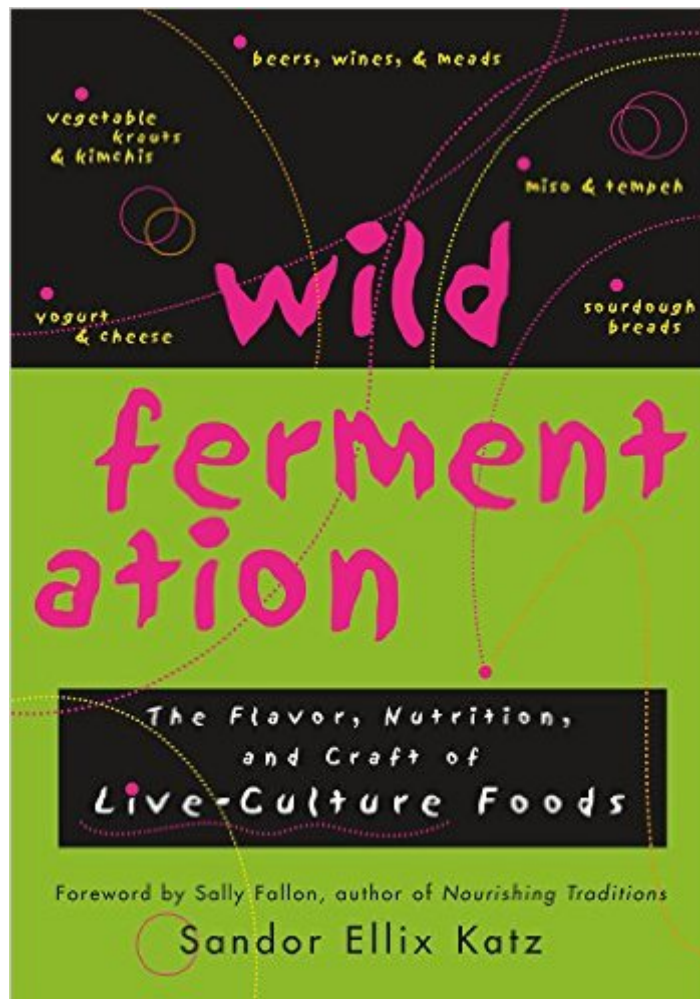


The book was found

Wild Fermentation: The Flavor, Nutrition, And Craft Of Live-Culture Foods



Synopsis

Bread. Cheese. Wine. Beer. Coffee. Chocolate. Most people consume fermented foods and drinks every day. For thousands of years, humans have enjoyed the distinctive flavors and nutrition resulting from the transformative power of microscopic bacteria and fungi. *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods* is the first cookbook to widely explore the culinary magic of fermentation. "Fermentation has been an important journey of discovery for me," writes author Sandor Ellix Katz. "I invite you to join me along this effervescent path, well trodden for thousands of years yet largely forgotten in our time and place, bypassed by the superhighway of industrial food production." The flavors of fermentation are compelling and complex, quite literally alive. This book takes readers on a whirlwind trip through the wide world of fermentation, providing readers with basic and delicious recipes—some familiar, others exotic—that are easy to make at home. The book covers vegetable ferments such as sauerkraut, kimchi, and sour pickles; bean ferments including miso, tempeh, dosas, and idli; dairy ferments including yogurt, kefir, and basic cheesemaking (as well as vegan alternatives); sourdough bread-making; other grain fermentations from Cherokee, African, Japanese, and Russian traditions; extremely simple wine- and beer-making (as well as cider-, mead-, and champagne-making) techniques; and vinegar-making. With nearly 100 recipes, this is the most comprehensive and wide-ranging fermentation cookbook ever published.

Book Information

Paperback: 187 pages

Publisher: Chelsea Green Publishing; 1st edition (September 1, 2003)

Language: English

ISBN-10: 1931498237

ISBN-13: 978-1931498234

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (553 customer reviews)

Best Sellers Rank: #16,596 in Books (See Top 100 in Books) #17 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Beer](#) #25 in [Books > Cookbooks, Food & Wine > Canning & Preserving](#) #26 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Homebrewing, Distilling & Wine Making](#)

Customer Reviews

'Wild Fermentation' by Sandor Ellix Katz appears like a living fossil of the sixties counterculture, surfacing after forty years of being both shaped and scarred by the currents and tides of the last forty years. The author is a member of a very sixties hippie influenced rural community whose lifestyle seems to be grown directly from the soil laid down by 'The Whole Earth Catalogue', 'Easy Rider', 'Alice's Restaurant', and the Hog Farm, but without any trace of the Merry Pranksters' antics or inclinations towards mind-altering drugs. The shaping of the last forty years is seen in the author's being HIV positive AIDS infected young man with a major interest in sharing his passion for fermented foods with the rest of the world through modern publishing and scholarly rigor. Fermented food products are probably much more common in our lives today than they have been since the advent of the processed foods industry. And, this is a fact that even the average foodie may not be conscious. A quick inventory of fermented foods commonly used in modern American homes will show how widespread they have become. The most obvious fermented product is beer, which has always been with us. Their cousins, wines and meads are also the product of fermentation. Virtually all cheeses are produced by fermentation, and our interest in and consumption of artisanal cheeses is rising fast. Yogurt is a close cousin of cheeses and consumption of yogurt has been rising since the early seventies. Sauerkraut and Choucroute have been with us since the beginning, but Asian fermented cabbage such as Kimchee and other fermented vegetables are becoming more popular.

[Download to continue reading...](#)

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods Mastering Fermentation: Recipes for Making and Cooking with Fermented Foods Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1) Floyd Cardoz: Flavorwalla: Big Flavor. Bold Spices. A New Way to Cook the Foods You Love. Native Indian Wild Game, Fish, and Wild Foods Cookbook: New Revised and Expanded Edition (Cooking) Native Indian Wild Game, Fish & Wild Foods Cookbook The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss The Complete Guide to Drying Foods at Home: Everything You Need to Know about Preparing, Storing, and Consuming Dried Foods (Back to Basics) Smoothies For Kids:

80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox
Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Foods to Fight
Cancer: Essential foods to help prevent cancer Williams-Sonoma Foods of the World: Florence:
Authentic Recipes Celebrating the Foods of the World #Food #Coloring Book: #FOOD is Coloring
Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books,
Foods, ... Series of Adult Coloring Books) (Volume 7) The Whole Life Nutrition Cookbook: Over 300
Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes
Healing with Whole Foods: Oriental Traditions and Modern Nutrition The Whole Life Nutrition
Cookbook: Whole Foods Recipes for Personal and Planetary Health, Second Edition

[Dmca](#)