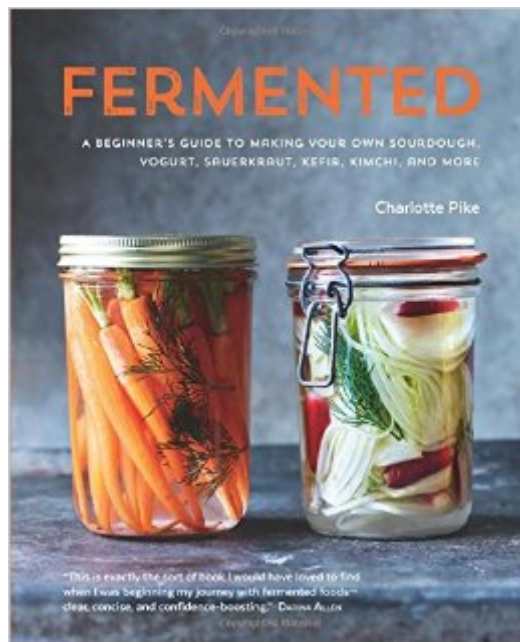


The book was found

Fermented: A Beginner's Guide To Making Your Own Sourdough, Yogurt, Sauerkraut, Kefir, Kimchi And More



Synopsis

Incorporate fermented foods into everyday eating with delicious recipes that are easily achievable at home. This gorgeous, fully photographed cookbook includes chapters covering fruit and vegetables, milk, pulses, baking and drinks that will introduce you to unique new flavors as well as traditional fermented vegetables such as German Sauerkraut and Korean Kimchi. Use fermented ingredients in dishes such as Kraut-slaw, Bacon and Potato Soup, Kimchi and Pork Salad and Smoky Grilled Tempeh. Learn how to make sweet and savory yogurts such as Coconut Yogurt or Cardamom and Rose Yogurt Cream to go with your perfected Sourdough Chocolate Cake. Create essential pickles, sauces and chutneys with fermentation that will have endless uses, fully stock any kitchen cupboard or make an excellent homemade gift.

Book Information

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (2 customer reviews)

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Customer Reviews

Loved this book. The recipes are so easy to use and follow.

Good book with good information and recipes

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