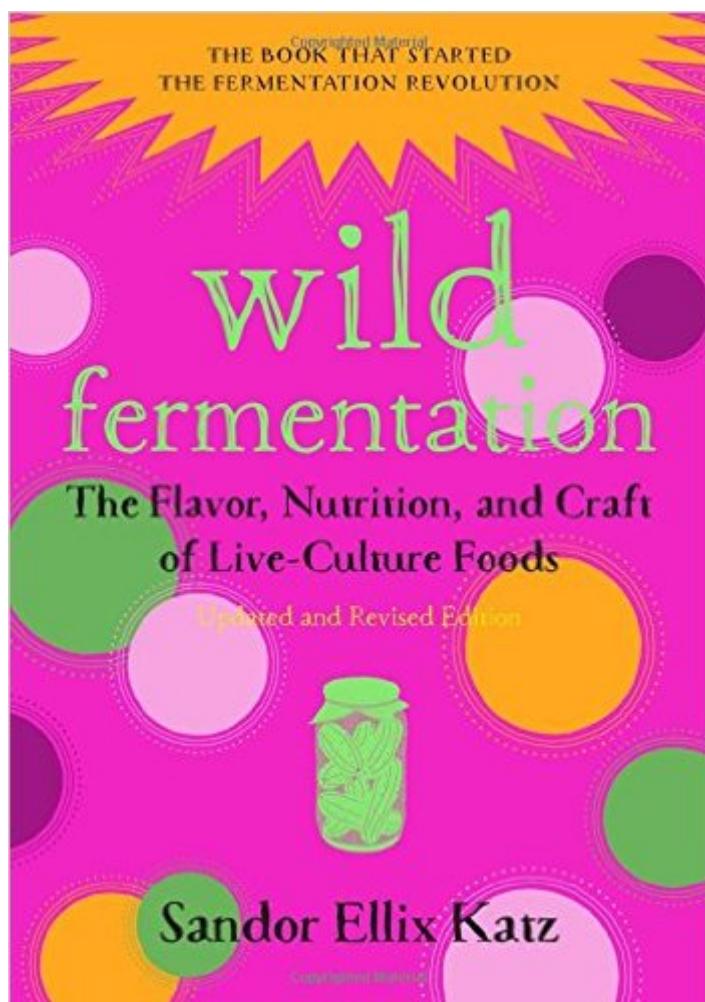


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# Wild Fermentation: The Flavor, Nutrition, And Craft Of Live-Culture Foods, 2nd Edition



## Synopsis

The Book That Started the Fermentation Revolution Sandor Ellix Katz, winner of a James Beard Award andÂ New York TimesÂ bestselling author,Â whomÂ Michael Pollan callsÂ the â œJohnny Appleseed of Fermentationâ •Â returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expandedÂ wisdomÂ from his travels around the world.Â This self-described fermentation revivalistÂ is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach to making and eating fermented foods, the health benefits of which have helped launch a nutrition-based food revolution. Since its publication in 2003, and aided by Katzâ ™s engaging and fervent workshop presentations,Â Wild FermentationÂ has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more. In turn, theyâ ™ve traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katzâ ™s work earned him the Craig Clairborne lifetime achievement award from the Southern Foodways Alliance, and has been called â œone of the unlikely rock stars of the American food sceneâ • by TheÂ New York Times. This updated and revised edition, now with full color photos throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipesâ •including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Breadâ •and updates and refines original recipes reflecting the authorâ ™sÂ ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz and his books: â œThe Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship.â •â •Deborah Madison, author of Local Flavors â œSandor Katz has proven himself to be the king of fermentation.â •â •Sally Fallon Morell, President, The Weston A. Price Foundation â œSandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century.â •â •Gary Paul Nabhan, author of Growing Food in a Hotter, Drier Land â œThe fermenting bible.â •â •Newsweek â œIn a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives.â •â •Grist

## Book Information

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## Customer Reviews

I loved it, not enough different recipes, or combinations.

Good and informative book, but it appeared the package got seriously mangled during shipping.

The book still is very usable, but it got pretty bent up, too.

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Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition Wild

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