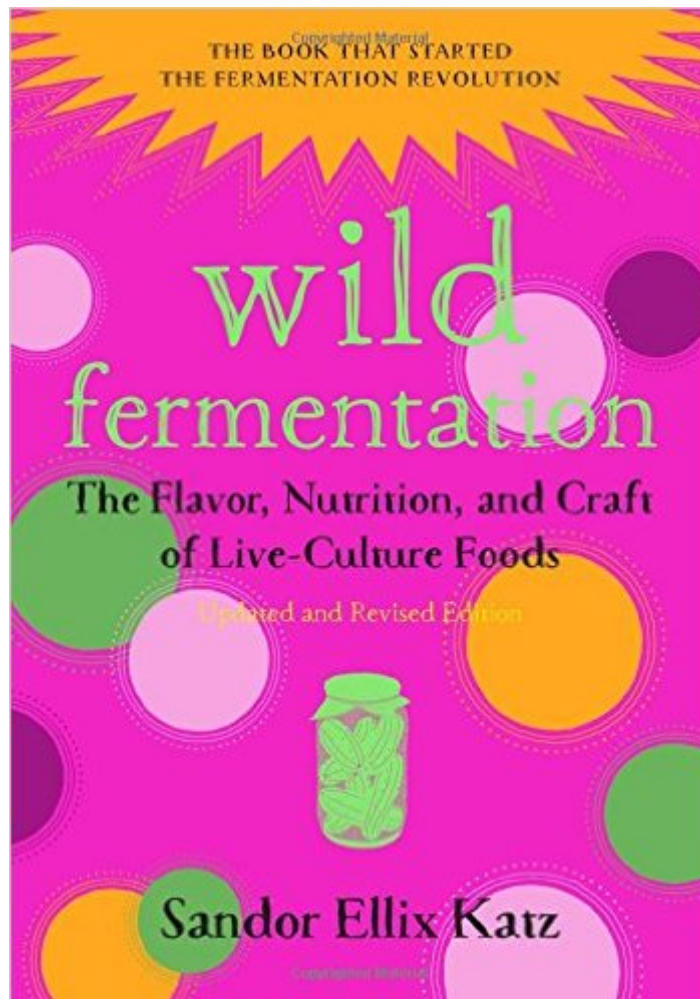


The book was found

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 and a New York Times bestselling author, whom Michael Pollan calls the "Johnny Appleseed of Fermentation" returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist 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 Katz's engaging and fervent workshop presentations, Wild Fermentation 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, they've traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz's work earned him the Craig Claiborne lifetime achievement award from the Southern Foodways Alliance, and has been called "one of the unlikely rock stars of the American food scene" by The 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 recipes including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread and updates and refines original recipes reflecting the author's 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: "The Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship." • Deborah Madison, author of Local Flavors "Sandor Katz has proven himself to be the king of fermentation." • Sally Fallon Morell, President, The Weston A. Price Foundation "Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century." • Gary Paul Nabhan, author of Growing Food in a Hotter, Drier Land "The fermenting bible." • Newsweek "In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives." • Grist

Book Information

Paperback: 320 pages

Publisher: Chelsea Green Publishing; 2 edition (August 19, 2016)

Language: English

ISBN-10: 1603586288

ISBN-13: 978-1603586283

Product Dimensions: 7 x 0.6 x 9.9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #12,200 in Books (See Top 100 in Books) #12 in Â Books > Cookbooks, Food & Wine > Beverages & Wine > Beer #19 in Â Books > Cookbooks, Food & Wine > Canning & Preserving #20 in Â Books > Science & Math > Agricultural Sciences > Food Science

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.

[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) Native Indian Wild Game, Fish, and Wild Foods Cookbook: New Revised and Expanded Edition (Cooking) Floyd Cardoz: Flavorwalla: Big Flavor. Bold Spices. A New Way to Cook the Foods You Love. 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) The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health, Second Edition 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

[Dmca](#)