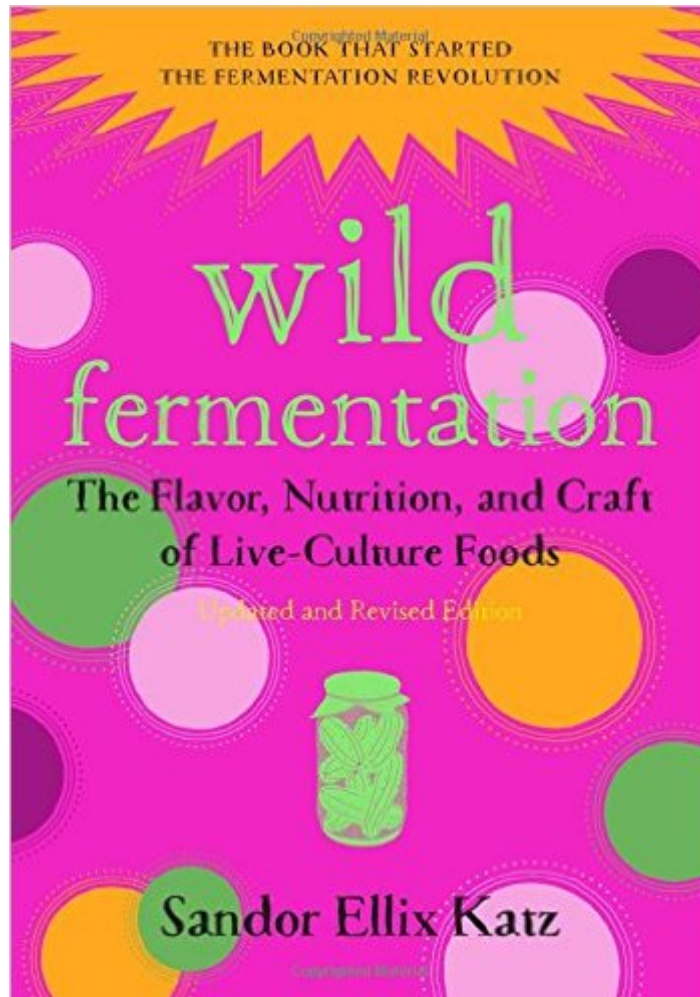


The book was found

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 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #12,200 in Books (See Top 100 in Books) #12 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Beer #19 inÂ Books > Cookbooks, Food & Wine > Canning & Preserving #20 inÂ 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 Floyd Cardoz: Flavorwalla: Big Flavor. Bold Spices. A New Way to Cook the Foods You Love. Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss 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 #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) DIY Bitters: Reviving the Forgotten Flavor - A Guide to Making Your Own Bitters for Bartenders, Cocktail Enthusiasts, Herbalists, and More Low-So Good: A Guide to Real Food, Big Flavor, and Less Sodium with 70 Amazing Recipes Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials of Nutrition & Diet Therapy) Nutrition Care of the Older Adult: A Handbook of Nutrition throughout the Continuum of Care A Modern Way to Cook: 150+ Vegetarian Recipes for Quick, Flavor-Packed Meals Easy. Whole. Vegan.: 100 Flavor-Packed, No-Stress Recipes for Busy Families The Air Fryer Cookbook: Deep-Fried Flavor Made Easy, Without All the Fat! Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel Following the Wild Bees: The Craft and

Science of Bee Hunting The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best Appetizers Cookbook - Appetizers and Finger Foods You Can Enjoy Everyday: Easy to Make Snacks and Appetizers - Party Appetizers to Share with Friends Life Just Got Real: A Live Original Novel (Live Original Fiction) Ultimation: Play to Live, Book 7: Play to Live, Book 7 The Big Book of Organic Baby Food: Baby PurÃ©es, Finger Foods, and Toddler Meals For Every Stage The Ultimate Healthy Dehydrator Cookbook: 150 Recipes to Make and Cook with Dehydrated Foods

[Dmca](#)