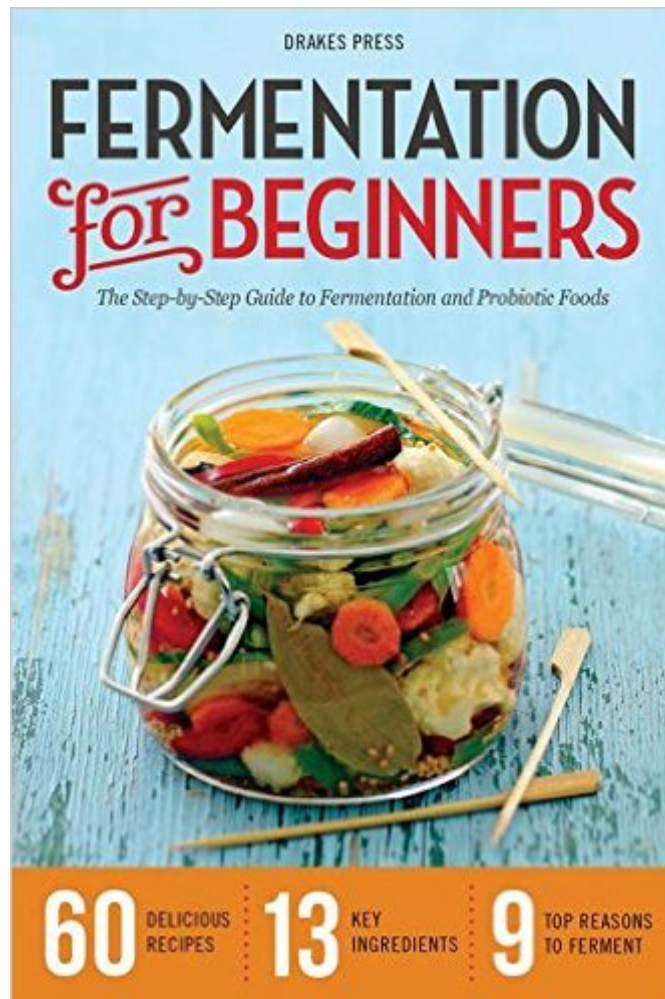


The book was found

# Fermentation For Beginners: The Step-By-Step Guide To Fermentation And Probiotic Foods



## Synopsis

WALL STREET JOURNALÂ BESTSELLER Fermented foods are a delicious and rich source of nourishment. Many of our favorite everyday foods like beer, wine, cheese, bread, and yogurt, or beloved family traditions like sauerkraut, corned beef, and kimchi, are the result of fermentation. Besides adding complexity and flavor to many foods, fermentation is also proven to add amazing health benefits--from promoting healthy digestion to allowing our body to fully absorb the necessary nutrients in our food.Â However, many beginners are skittish about starting the process of fermentation for the first time. With straightforward guides, delicious recipes, andÂ step-by-step instructions,Â Fermentation for BeginnersÂ takes the stress out of at-home fermentation. Whether you are trying fermentation to improve your health, or just want to explore this time-tested culinary skill,Â Fermentation for BeginnersÂ will be your guide to the art of fermentation and the science of probiotic foods.Â Fermentation for BeginnersÂ will show you how and why to ferment your own foods, with:Â 60 delicious fermentation recipes, from pickles to yogurt to sourdough bread to wineÂ 13 key ingredients for fermentationÂ 9 top health reasons to eat probiotic foodsÂ Step-by-step instructions for safe and effective fermentationÂ Overview of the science behind fermentationÂ Tips on starting your home fermentation laboratoryÂ With the right combination of microbes and a little skill,Â Fermentation for BeginnersÂ will give you all the tools you need to start fermenting your own foods right away.Â

## Book Information

Paperback: 144 pages

Publisher: Drakes Press (November 27, 2013)

Language: English

ISBN-10: 1623152569

ISBN-13: 978-1623152567

Product Dimensions: 6.2 x 0.5 x 8.9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (224 customer reviews)

Best Sellers Rank: #29,460 in Books (See Top 100 in Books) #34 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Beer #50 inÂ Books > Cookbooks, Food & Wine > Canning & Preserving #69 inÂ Books > Reference > Encyclopedias & Subject Guides > Cooking

## Customer Reviews

I have been fermenting things for a few years, but I remember how scary it was when I was just

starting out. I looked for step by step instructions and photos showing how-tos and finished products. If you have never been exposed to home fermenting before you really need that kind guidance to feel comfortable with the process, at least I did - I mean, what if I did it wrong and poisoned my family?? How small do I chop or shred? Is it supposed to look like that? (I threw away my first batch of Kimchi because it looked weird - turns out it was probably fine) Now of course I know fermenting is perfectly safe (and easy), but I remember those early days. I bought this because it had recipes that I couldn't find in my other fermenting books (miso, tempeh, rootbeer, etc.). While I generally like what I see recipe-wise I don't think this is a good beginner book; there is too much left out of the instructions for someone just starting out - things like weighing down veggies during the ferment. It is mentioned in the chapter intro, but not in the recipes. People that have even a little fermenting experience will know this and do it without being specifically told each time, but newbies really need that in the recipe. The recipe for Kombucha says to cover vessel with cheesecloth, but if you do that with a single layer of run of the mill cheesecloth all you will be creating is a fruit fly buffet. There are no photos or drawings in this book for guidance - no big deal if you know the basics of fermenting, but for a real beginner no how-to images can be a source of frustration. I found an error in the recipe for rootbeer - it has you add the ginger bug just 10 minutes after the liquid is taken off of simmer. Big oops - that's a sure way to kill your bug.

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

Fermentation for Beginners: The Step-By-Step Guide to Fermentation and Probiotic Foods Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir \* Kombucha \* Cultured Vegetables Woodworking: Woodworking Projects and Plans for Beginners: Step by Step to Start Your Own Woodworking Projects Today (WoodWorking, Woodworking Projects, Beginners, Step by Step) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Foods High

in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods  
Crochet for Beginners: 15 Common Crochet Mistakes and Useful Tips For Beginners: (Crochet patterns, Crochet books, Crochet for beginners, Crochet for Dummies, ... beginner's guide, step-by-step projects) Wild Fermentation: A Do-It-Yourself Guide to Cultural Manipulation (DIY) How To Make Kefir: The Complete Guide On How To Ferment and Make Your Own Kefir Milk: Enjoy This Probiotic Drink With Dairy-Free and Alternative Milk Options and Kefir Recipes Pickle Mastery (Fervid Fermentation Book 1) Linux: Linux Guide for Beginners: Command Line, System and Operation (Linux Guide, Linux System, Beginners Operation Guide, Learn Linux Step-by-Step) The Big Book of Juicing: 150 of the Best Recipes for Fruit and Vegetable Juices, Green Smoothies, and Probiotic Drinks Javascript: A Pocket Key to JavaScript for beginners (JavaScript Programming, JavaScript Beginners, JavaScript for web developers, JavaScript Beginners Guide, Java Programming for Beginners) What is a Probiotic, Probiotics against Obesity, Colon Cancer, Inflammatory Bowel Disease, Heart Disease, Multiple Sclerosis, Weight Loss, Cholesterol, Diabetes and Autism. Digestive Wellness Life - The Epic Story of Our Mitochondria: How the Original Probiotic Dictates Your Health, Illness, Ageing, and Even Life Itself What Is a Probiotic? Probiotics Against Obesity, Colon Cancer, Inflammatory Bowel Disease...

[Dmca](#)