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Wild Fermentation

By Sandor Ellix Katz

Chelsea Green Publishing Co Jul 2003, 2003. Taschenbuch. Book Condition: Neu. 253x177x14 mm. Neuware - For thousands of years humans have enjoyed the taste and nutrition of fermented foods and drinks. We rely on the transformative, almost magical power of fermentation to preserve and improve all sorts of food, making them tastier, more digestible, and more appealing. Author Sandor Katz takes readers on a whirlwind trip through the wild world of fermentation. The book is divided into chapters that focus on particular types of food, and Katz provides readers with delicious recipes--some familiar, others exotic--that are easy to make at home, including vegetable krauts and kimchis; sourdough breads and pancakes; miso and tempeh; beers, wines, and meads; yogurt and cheeses. The recipes provide a veritable smorgasbord of tastes, like homemade tempeh, sauerkraut, and borscht, along with a basic description of yogurt and cheese-making, complete with vegan alternatives. Whether you prefer to wash down your meal with Elderberry wine or Nepalese rice beer, there's something here to satisfy any palate. Katz, a leading expert on the history of these foods, has written a revolutionary and informative culinary guide he calls 'a cultural manifesto.' He has experimented with many forms of fermentation...



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