



Fermenting For Dummies

Marni Wasserman, Amelia Jeanroy

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Want to ferment at home? Easy.

Fermentation is what makes foods like beer, pickles, and sauerkraut delicious—and nutritious. Fermented foods are chock-full of probiotics that aid in digestive and overall health. In addition, the fermentation process also has been shown to add nutrients to food, making already nutritious food even better! *Fermenting For Dummies* provides step-by-step information for cooks, homesteaders, farmers, and food lovers of any kind who want to develop a deeper understanding and appreciation for arguably the oldest form of food preservation.

Fermenting For Dummies gives you the scoop on the fermenting process, the tools and ingredients you'll need to get started, and 100+ recipes for fermenting at home. So what are you waiting for?

- Shows you how to ferment vegetables, including slaw-style, pickles, and kimchee
- Covers how to ferment dairy into yogurt, kefir, cheese, and butter
- Explains how to ferment fruits, from lemons to tomatoes, and how to serve them
- Details how to ferment beverages, including mead, beer, kombucha, vinegar, and more

If you're interested in preserving food using this ancient method, *Fermenting For Dummies* has everything you need to get started.

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John Honeycutt:

The particular book Fermenting For Dummies will bring you to the new experience of reading a new book. The author style to elucidate the idea is very unique. Should you try to find new book to read, this book very suited to you. The book Fermenting For Dummies is much recommended to you to learn. You can also get the e-book in the official web site, so you can more easily to read the book.

Karin Eubanks:

People live in this new day time of lifestyle always try to and must have the time or they will get lot of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely sure. People is human not a robot. Then we question again, what kind of activity are there when the spare time coming to anyone of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative in spending your spare time, typically the book you have read will be Fermenting For Dummies.

Jerry Hull:

Playing with family within a park, coming to see the coastal world or hanging out with friends is thing that usually you will have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Fermenting For Dummies, it is possible to enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its known as reading friends.

Rose Heck:

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