

WILTED

★ FERMENTATION ★

BY: SANDOR ELIX KATZ



★ A Do-It-Yourself Guide ★
★ to Cultural Manipulation ★

Sandor Ellix Katz

Wild Fermentation: A Do-It-Yourself Guide to Cultural Manipulation (DIY)



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This is actually the original beginner's guide to basic home fermentation of almost anything. Who knew producing tasty, healthy, interesting food could be very easy?in the comfort of your own home. Includes easy to read and inspiring guidelines to get you started producing anything fermentable, from loaf of bread to cheese to yogurt to kimchi to miso to injera to beer to also chocolate— Wild Fermentation is a superb resource by among the world's foremost specialists on the topic, becoming an underground classic years before he rose to fame.



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gotta like the stinky healthy stuff That is more of a thick pamphlet than a book however the information contained within provides been top notch so far. I have tried some of the recipes and so far they will have all worked out. I purchased this copy, my second, as a gift for a pal who's a Kimchi aficionado. Still crunchy with a hint of sweetness. For an initial fermenting publication I don't believe I could do better especially for the price. Cut back fond memories. a good gift. This book provides the only recipe for Kimchi I've ever really tried. But this one gets the essentials and is an excellent place to start, and if you be eligible for free shipping on your order, really worth it. Crazy Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods Yup, that's sauerkraut! Katz would be even more useful. The kraut is certainly mild at first, following a little bit it starts to get tangy and now it's got a good tartness. The basics of fermentation are offered in a very clean and concise manner that I came across easy to follow, in addition, it lends itself to experimentation. But it provides a not a lot of overview of fermentation history and how to information. SOOOOO easy to make. Make sure you get the cup pebbles to weigh the cabbage down. It makes it easier and less messy. I wish I had noticed this before I actually purchased and go through this. You're spending money on the assortment of these recipes into one .. Ideal for any one person, even more fun to have the family involved. You're spending money on the assortment of these recipes into one place, which is handy and value the price. However, all of them are available online if you are so inclined. It's on kindle too... This small booklet is merely about completely contained inside Sandor Katz's larger book on wild fermentation so you might not want both. Don't bother, purchase authors other books instead IMPORTANT. Kimchi, kraut, NY design sour garlic pickles all excellent results following books instructions. Quality recipes you can't usually find These recipes are great ways to preserve and use meals from your garden. I acquired this after tasting the sauerkraut a friend created from this book, it was just like I remember my father producing over 55yrs ago! Like it! Several great dishes that got me started in fermenting. Easy. And fun. Easy DIY for anyone thinking about basic live culture food projects.. As a kid growing up in Poland, we was raised on fermented and pickled foods. It's amazing how simple, how great, how easy and how healthy live culture foods are. Why purchase it when you're able to make it. Sandor teaches you the way. Very brief overview. Various other books by S.E. Made my 1st batch of sauerkraut a week or two ago and I'm still alive and haven't passed away so the guidelines in the book functions! Good information, and worth reading as an overview. The tang is very mild, not really astringent or overpowering. I recommend it. Great little quick guide. Down to earth easy techniques no special stuff needed. Love this handy small guide. I can't wait around to make Kimchi. Two Stars Slightly disappointed, was expecting more fermenting info for vegetables. It makes a small batch - in regards to a quart - and will not have to be buried outdoors. This can be an abridged "booklet" version of the authors complete books .Buy one particular instead and obtain the full info. Place a little dish underneath the jar initially because a few of the juice will bubble out. Simple and easy to follow Basic and easy to follow. Simple. This book provides the only recipe for Kimchi I've ever . Five Stars Great read. One Star Just research on Pinterest. No true info here. I go through it cover to cover.



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