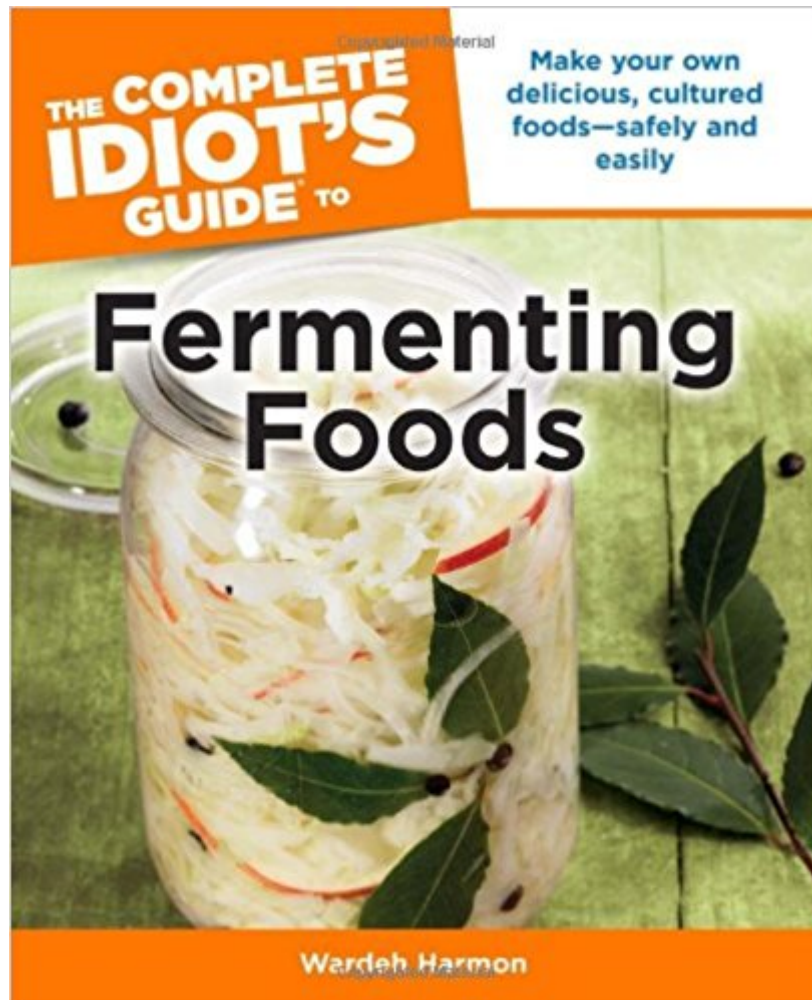




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# The Complete Idiot's Guide To Fermenting Foods (Idiot's Guides)



## Synopsis

• This is the first series book to discuss the wonderful health benefits of live-culture foods and the techniques for preparing them • Includes over 100 delicious recipes for all types of fermentations

## Book Information

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## Customer Reviews

Hi - I have been pickling for a few years & have been buying fermented foods for many years (I guess we all do) in any case, this year was the year I started fermenting. To start this process I needed to study, so I bought the "The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World" book; I had heard a wonderful interview with him on NPR one day ... maybe that was the spark that ignited the realization that I could ferment too ... his book is fascinating & full of interesting historical information and extremely full but there are no real recipes or actual steps to fermenting ... which, as I've gotten more bold, is helpful. I needed a book that had actual steps & recipes, and that was why I bought this book "The Complete Idiot's Guide to Fermenting Foods". I like the step by step recipes. I like the clear observations of what can happen and what to expect. Most recipes do include lacto-fermentation .... and there is a convincing reason earlier in the book ... but if you're not up to all that she does tell you how to do every recipe without the lacto-part; although after reading about lacto-fermentation I do feel it is probably a really good way to go. The "Nourishing Traditions" book has a very good description of lacto-fermenting, and I have enjoyed her book quite a bit; every food chapter has reasons for making those health choices in the side-page of the recipe & it's a very good read ... her recipes are often the longest way

of doing things ... I've been making beef stocks for years & years and her recipe is good, but I never take or have the time to roast the bones, I never waste wine in stock and I only have time to cook a stock for 11 hours max and sometimes only 8 I think she was recommending far more than 11 hours ... and many of her recipes are the absolute best & most complicated way of doing things. Since starting to ferment I have made a delicious batch of mead, mostly using Sandor katz's book; it is effervescent & delicious! This weekend I am making a big batch of sauerkraut. I have also made wonderful kimchi. Have a good day!

Good book with helpful tips and recipes. Even if you do not follow the recipes exactly, there are good ideas in the book. Great seller that I will do business with again.

Consuming fermented foods, after having researched extensively about it, seemed like an excellently healthful dietary habit to begin and maintain. I wasn't so sure I could ferment foods myself, though, and do it in a manner that wouldn't cause me to hesitate eating the stuff after I made it. So, I bought the Kindle edition of "The Complete Idiot's Guide to Fermenting Foods" and I'm SO glad I did! Every bit of the information I found in this book eased my apprehension through its well-written and easily understood reasons for why it's done and step-by-step procedures for how it's done. I've got yogurt "cooking" and fresh vegetables from my garden waiting to be picked and put in jars with whey from the yogurt and... well, various other ingredients suggested by the author... then to be processed for the right amount of time in the most conducive environment for fermentation. That's how confident this book has helped me become. I'd recommend this book to anyone who's interested in consuming fermented foods but a little skittish about actually fermenting foods at home. I'll probably buy the hard-copy eventually, too!

I have learned to make several of these items in this book and I believe that fermented foods help so much with stomach problems that many of people have these days

Clearly written and very helpful for someone who is new to fermenting, and a little nervous about the process. So far I've fermented various sauerkrauts, carrots, and beet kvass.

Love this book! I'm new to fermented foods, but this book makes it understandable. It's well-written, and I'm looking forward to making several of recipes in the upcoming months. I'm doing one project at a time until I get used to what to do.

This is great! Well-written in an easy conversational style. Now if my crazy schedule would only open up so I could start making some of these recipes! Maybe someone will write "The Complete Idiot's Guide to Time Management"!

I love this book! Wardeh is very thorough in her ecourse classes and her brand new book is no exception. There are so many interesting tips and tidbits included - it is a joy to read. There is truly something for everyone. Some super simple recipes that caught my eye are Honey Kombucha (with wildflower honey), Spinach Sticks (fermented spinach stalks), Fig Butter (using dried figs), Spicy Cilantro Pesto (yummm!), Orange Cream Kefir Smoothie (using dairy kefir or yogurt), and probiotic Lemonade (using whey) to name a few. If you are familiar with Wardeh's blog you will find a lot of your favorites in one handy hold-in-your-hand place as well.....Sourdough starter for pancakes, bread, waffles, crepes, english muffins, and Chocolate Sourdough Cake, simple cheeses, relishes, chutneys, hummus, plum sauce, and more. If fermenting foods is new for you this book definitely has you covered and then some:)

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