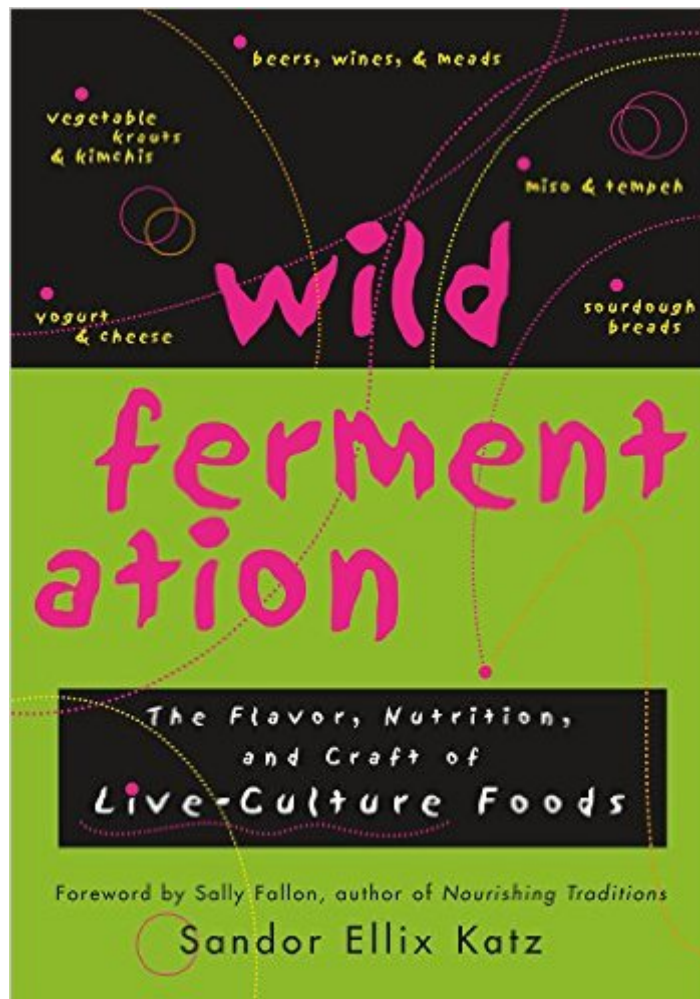


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# Wild Fermentation: The Flavor, Nutrition, And Craft Of Live-Culture Foods



## Synopsis

Bread. Cheese. Wine. Beer. Coffee. Chocolate. Most people consume fermented foods and drinks every day. For thousands of years, humans have enjoyed the distinctive flavors and nutrition resulting from the transformative power of microscopic bacteria and fungi. *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods* is the first cookbook to widely explore the culinary magic of fermentation. "Fermentation has been an important journey of discovery for me," writes author Sandor Ellix Katz. "I invite you to join me along this effervescent path, well trodden for thousands of years yet largely forgotten in our time and place, bypassed by the superhighway of industrial food production." The flavors of fermentation are compelling and complex, quite literally alive. This book takes readers on a whirlwind trip through the wide world of fermentation, providing readers with basic and delicious recipes—some familiar, others exotic—that are easy to make at home. The book covers vegetable ferments such as sauerkraut, kimchi, and sour pickles; bean ferments including miso, tempeh, dosas, and idli; dairy ferments including yogurt, kefir, and basic cheesemaking (as well as vegan alternatives); sourdough bread-making; other grain fermentations from Cherokee, African, Japanese, and Russian traditions; extremely simple wine- and beer-making (as well as cider-, mead-, and champagne-making) techniques; and vinegar-making. With nearly 100 recipes, this is the most comprehensive and wide-ranging fermentation cookbook ever published.

## Book Information

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## Customer Reviews

'Wild Fermentation' by Sandor Ellix Katz appears like a living fossil of the sixties counterculture, surfacing after forty years of being both shaped and scarred by the currents and tides of the last forty years. The author is a member of a very sixties hippie influenced rural community whose lifestyle seems to be grown directly from the soil laid down by 'The Whole Earth Catalogue', 'Easy Rider', 'Alice's Restaurant', and the Hog Farm, but without any trace of the Merry Pranksters' antics or inclinations towards mind-altering drugs. The shaping of the last forty years is seen in the author's being HIV positive AIDS infected young man with a major interest in sharing his passion for fermented foods with the rest of the world through modern publishing and scholarly rigor. Fermented food products are probably much more common in our lives today than they have been since the advent of the processed foods industry. And, this is a fact that even the average foodie may not be conscious. A quick inventory of fermented foods commonly used in modern American homes will show how widespread they have become. The most obvious fermented product is beer, which has always been with us. Their cousins, wines and meads are also the product of fermentation. Virtually all cheeses are produced by fermentation, and our interest in and consumption of artisanal cheeses is rising fast. Yogurt is a close cousin of cheeses and consumption of yogurt has been rising since the early seventies. Sauerkraut and Choucroute have been with us since the beginning, but Asian fermented cabbage such as Kimchee and other fermented vegetables are becoming more popular.

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