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## Food Fermentation at Home: A Basic Guide for the Beginner

By J D Rockefeller

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you are someone who enjoys his sauerkraut and pickled veggies, you have already begun to enjoy the taste of delicious fermented foods. The process of fermentation is basically a chemical reaction. It changes complex substances into simpler compounds that contain digestive enzymes, gut-friendly bacteria and quite a few other nutrients. This means that when you consume fermented foods, they are not just delicious, but they are also easy to digest and full of nutrients. The best part is that you can pick any of your favorite veggies, ferment them using certain substances right at home, and enjoy home-made fermented foods! But the question is how to get started? What is fermentation? Which foods can you ferment? How do you ferment foods? What is a fermentation starter? How do make sauerkraut? Lots and lots of questions and you probably have no idea about the answers. But worry not, this guide will help you learn about what fermentation is, what happens during this process, what foods you can ferment, and what fermentation starters would you need....



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