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Fermented Foods for Vitality Health: Boost Your Digestive and Immune Systems with Delicious Probiotic Recipes (Paperback)

By Dunja Gulin

Ryland, Peters Small Ltd, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. For thousands of years, people have been making naturally fermented vegetables, fruits, dairy products and ales. Japanese cuisine features fermented pickles, miso and tempeh, which are both made using fermented soy beans. In South Korea, live cultured cabbage, or kimchi, is a culinary mainstay and is spreading far and wide. Sourdough bread, made from naturally fermented dough is now coveted across the world. These fermented foods contain friendly bacteria that help to maintain a healthy digestive tract, which can help increase energy levels, stabilize blood pressure and lead to healthier, radiant-looking skin. Creative chef, teacher and health-food expert Dunja Gulin presents over 60 tantalizing ways to introduce fermented foods to your everyday diet. Start the day with Banana and Blueberry Kefir Muffins or Comforting Cacao Oatmeal. Lunch Dinner ideas include Probiotic Gazpacho and Egyptian-inspired Rice and Lentil Stew. You ll find globally-inspired recipes in the Side Salads Snacks section, from a Scandinavian Chanterelle Salad to Tender Spring Rolls with Fermented Onion. In the Breads Pancakes section, Dunja presents delicious recipes for Red Lentil Dosas and Pesto Focaccia, among others. The Probiotic Drinks section includes health-boosting...



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