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Easy Fermented Vegetables for Everyone: Fun to Make Recipes for Krauts, Kimchis, Chutneys, Relishes, Plus Gourmet Entrees (Paperback)

By Andrea Silver

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Fermentation is an addictive hobby. I ferment almost everything these days. Oh, look, a strange fruit or vegetable I've never seen before, better stick it in a jar with brine! Once you get a taste of fermenting vegetables you'll experience the same addiction. Getting started with fermentation doesn't have to be complex. One time a friend said, I love to cook. But fermenting, too complex for me. This is not true. There are just many particular fermentation recipes (it's not always uniform). This often depends on what is being fermented, and it requires experimentation. However, with a researched cookbook, it's VERY easy to ferment, and fun too! In this book we dive into the world of fermented vegetables. I also write about kombucha and other recipes, but veggies is an excellent way to get started fermenting. It's also a GREAT way to boost your health. Fermented foods have been linked to everything from expanded gut flora and reduced gastrointestinal problems, an enhanced immune system, a greater supply of vitamins and minerals, and a lot more....



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