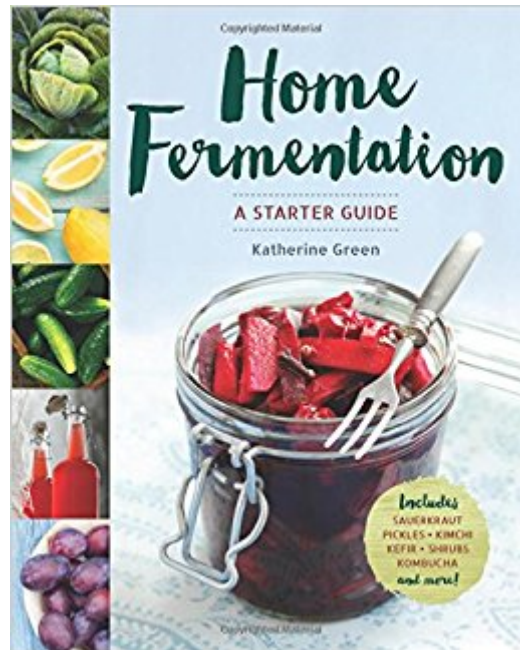




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# Home Fermentation: A Starter Guide



## Synopsis

Your No-Fuss Beginner's Guide to Preparing Fermented Foods Get the most from your meals with probiotic-packed fermented foods like sauerkraut, kimchi, kombucha, and kefir. With *Home Fermentation*, you'll prepare these popular ferments in your own kitchen—no fancy equipment or expensive ingredients required. Your practical primer to fermenting foods, *Home Fermentation* takes you step-by-step through the process of fermenting a wide variety of foods, from vegetables and fruits to dairy, condiments, and beverages. Discover how easy and fun fermentation can be, with: Detailed, step-by-step color illustrations Shopping, troubleshooting, and prep tips An in-depth look at the health benefits of fermented foods 100+ simple and creative fermenting recipes, including Sourdough Pizza Dough, Ginger-Pear Kombucha, and more! Jumpstart your kitchen hobby toward mastering fermentation-friendly recipes.

## Book Information

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## Customer Reviews

Katherine Green is a writer and food educator in Portland, OR. She is a fermentation geek, trained winemaker, and the former owner of Mama Green's Jam. She lives with her husband, two sons, and a flock of chickens.

If you're not sure what to do with extras from your garden this book gives you a lot of great ideas. I found some recipes took more time than I was willing to spend, some did not. I suggest starting with the easy recipes that require little items that you don't already have in your kitchen. I loved the fermented blueberries right off the bat, they were super quick and easy to make. I had most items in my kitchen.

I have always been interested in learning to make pickles. My grandmother used to make them, and one of my favorites she made were watermelon pickles...they were delicious. This book is a great tool to get started making, not just pickles but many fermented foods. The book is full of nice full color pictures and many pictorial instructions, which makes it simple to learn. You get to read the authors story and journey with fermenting. You'll learn the science behind fermentation, the types of fermentation, and the difference between fermenting and pickling. The author gives you all the great reasons you should ferment and a list of the best foods for a beginner to try fermenting. It even talks about how there was a study, linking better mental health to eating fermented food. You'll go on to learn about different fermenting methods, essential equipment, and basic ingredients for fermentation. You'll learn what kind of environment you need. Then, how to do your first ferment, starting you out with sauerkraut. You get step by step instructions, and troubleshooting tips and a recipe, and speaking of recipes, the rest of the book is filled with great ones, all broken down into categories. Vegetables- for example dill pickles, and Kochi Fruits- for example triberry sauce, Apple butter, and Apple pickles Dairy- for example berry yogurt, and sour cream Grains and Breads- for example sourdough bread and blueberry sourdough muffins Condiments and Vinegars- for example tomato chutney and cranberry sauce. There is something for everyone. I thought this book was a great beginners guide to fermentation. It really breaks everything down for you in an easy way. It was easy to learn, and lots of fun. I'm excited to get started. I received this book for free for my honest unbiased review.

This book is really cool. It's an easy guide to learning how to make things that are fermented like sour kraut and pickles. I've always wanted to make my own pickles. There are some awesome recipes for sour kraut and other things. Kombucha is not my style, but you can learn how to make that too. I love kimchi and now I can make it myself. It's a great way to save some money and make your favorite foods at home. I received this book in exchange for my honest opinion.

This is one excellent book for the beginner at the fermentation process. Complete with instructions, tips, dealing with failures and figuring out what caused them and what to do to fix those mistakes. Topped off with a number of excellent recipes!

We typically grow everything we can right out of our backyard. From hearty vegetables to fruits and even fresh laid eggs from our chickens. I find that showing my son these things not only help him

but we have so much fun doing them. I wanted to start fermenting and adding that into our regiment. The process of fermentation increases the amounts of some vitamins. Fermented milk is a great source of energetic B vitamins while fermented vegetables are a great source of Vitamin C. The process of fermentation also increases the bioavailability of these foods. I have to say it was a bit overwhelming at first but the recipes make it easy to learn and follow along. I would definitely recommend this if you are interested in fermenting as well! \*\*I received a free product to review. I was not required to write a positive review nor was I compensated in any other way.

This book is definitely written for beginners, but I think will also benefit people with some experience. I've always thought cucumbers and only a few other things could be pickled, but this book talks about all types of fermentation, including pickling. I never realized so many vegetables and fruits could be preserved using fermentation, nor did I realize the health benefits of including fermented foods in your diet. This book includes tips and tricks, as well as how to determine if the fermentation is good, is complete, or is bad, and how to correct some errors. I was also glad the book includes "The Dirty Dozen and Clean Fifteen" by the Environmental Working Group (EWG), which lists the fruits and vegetables that have the worst and the best pesticide loads in commercial crops for 2015. I received this book free in exchange for my review.

A great starters guide to home fermentation. Part one covers the basics of fermentation including what fermentation is, why fermented foods are good for you & your digestive system, equipment needed (nothing fancy, much of it you already have in your kitchen), and instructions on a basic ferment recipe to get you rolling. Once you get your feet wet with part one and you have tried your first recipe, section two offers an extensive list of recipes. The recipes vary and include a wide array of foods such as krauts, kimchi, vegetables, fruits, condiments, vinegars, and even beverages! Definitely a great starter book for anyone considering dabbling in fermenting their own foods. It's an easy read and has a ton of great recipes that I can't wait to try! \*I received a sample of this item in return for an honest and unbiased review\*

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