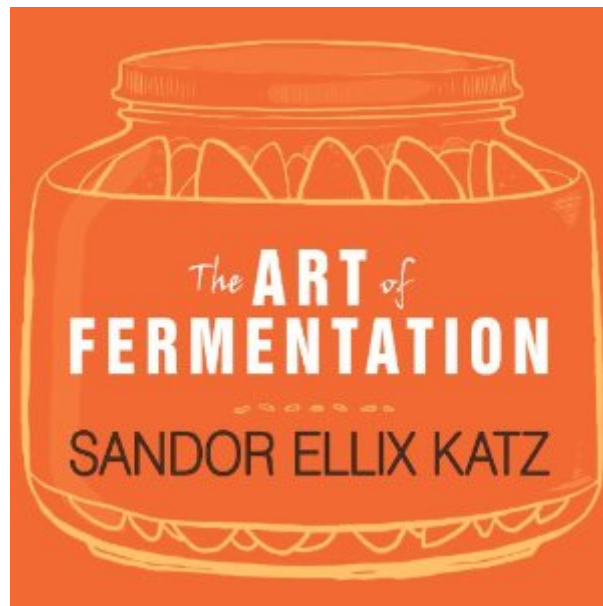


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# The Art Of Fermentation: An In-Depth Exploration Of Essential Concepts And Processes From Around The World



## Synopsis

The Art of Fermentation is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Ellix Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide listeners through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding and insight for experienced practitioners. While Katz expertly contextualizes fermentation in terms of biological and cultural evolution, health and nutrition, and even economics, this is primarily a compendium of practical information - how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more. Featuring a foreword by Michael Pollan, The Art of Fermentation provides essential wisdom for cooks, homesteaders, farmers, gleaners, foragers, and food lovers of any kind who want to develop a deeper understanding and appreciation for arguably the oldest form of food preservation, and part of the roots of culture itself. Listeners will find detailed information on fermenting vegetables; sugars into alcohol (meads, wines, and ciders); sour tonic beverages; milk; grains and starchy tubers; beers (and other grain-based alcoholic beverages); beans; seeds; nuts; fish; meat; and eggs, as well as growing mold cultures, using fermentation in agriculture, art, and energy production, and considerations for commercial enterprises. Sandor Katz has introduced what will undoubtedly remain a classic in food literature, and is the first - and only - of its kind.

## Book Information

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Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

First off: this book is beautiful. Hardcover, with a series of full-color plates 1/3rd and 2/3rds through.

For only twice the price of a flimsy paperback, you're investing in five hundred solidly-constructed pages that will last. And a good thing, because this book is destined to be a classic. You don't need to have read Katz' other work, *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods*, to understand, appreciate, and use this book - it stands alone. If you already own *Wild Fermentation*, don't be put off by the duplication of some recipes in the Table of Contents. Yes, sauerkraut, kimchi, and pickles are in here, but every section is greatly expanded with much more information and many more references. (Ever thought of using a layer of cooking oil as an airlock? Neither had I, but I'm going to try it!) Speaking of references... the Resources, Glossary, and Works Cited chapters could keep you busy for a few years. And yes: you will use this book. As Michael Pollan states in the well-written foreword, this is not one of those cookbooks you buy for the nice pictures and keep on your coffee table. This is a project manual. Fermentation is something you have to experience to understand, and Katz give you absolutely everything you need to get started. The first 67 pages are devoted entirely to the beginner, focusing not on specific recipes but on answering the inevitable questions: "WHY would I want to ferment food? is it safe? what equipment and general expertise do I need?"

Fermentation was frankly something I had little to no experience or interest in until a few years ago....even then it was a slow progression. For health reasons (we're not getting any younger) we started taking an active interest in food - both the quality of the food and the preparation practices. The more we learned, the more we started cooking, baking and making our own food. Bread was perhaps one of the very first things we took the time to make from scratch and soon the bread baking became a weekly tradition. Fresh baked bread is so delicious, warm and comforting. Of course, that led to grinding our own flour and since bread is so much like beer - my spouse began experimenting with home brewed beer and wine and even soda. It wasn't long before something always seemed to be brewing in the kitchen and at least one of us, was quickly becoming a fermentation fan. Over those few years, our diet, shopping habits, food choices and preparation methods changed fairly radically from what we had thought was a decent diet to an all organic, homemade diet with local produce when possible. It was during that time I started hearing more and more about the benefits of fermentation of other foods - but frankly, not having grown up around anything remotely related to food preparation, I had no idea what was/wasn't fermented. In fact, I thought pickles were always made with vinegar and canned - I had no idea they were fermented. Ditto for sauerkraut or oodles of other items. Somewhere along the line, I came across Sandor's first book on fermentation and purchased it. It was NOT love at first sight...in fact, after the first read, I

thought it sounded horrible (rotted food?!) and set it aside for at least another year. Then by chance, I happened to taste some REAL pickles..

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