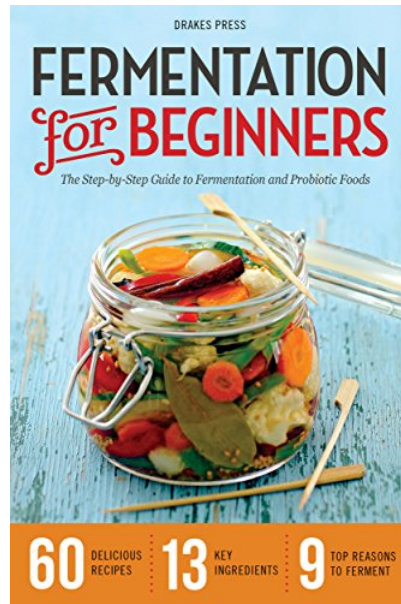


34uFr [Free PDF File] Fermentation for Beginners: The Step-By-Step Guide to Fermentation and Probiotic Foods



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Master the age-old art of fermentation from home with *Fermentation for Beginners*. Fermented foods are a delicious and rich source of nourishment. However, many beginners are skittish about starting the process of fermentation for the first time. With straightforward guides, delicious recipes, and step-by-step instructions, *Fermentation for Beginners* takes the stress out of at-home fermentation. Whether you are trying fermentation to improve your health, or just want to explore this time-tested culinary skill, *Fermentation for Beginners* will be your guide to the art of fermentation and the science of probiotic foods. *Fermentation for Beginners* will show you how and why to ferment your own foods, with: 60 Recipes providing step-by-step instructions for safe and effective fermentation Helpful Tips covering the ingredients and equipment you need to start fermenting at home An Overview explaining the science behind fermentation Fermentation recipes include: Garlic Dill Pickles, Pear Chutney, Greek-Style Yogurt, Tempeh, Sourdough Baguettes, Corned Beef, Red Wine Vinegar, Basic Beer, Basic Wine, and much more! With the right combination of microbes and a little skill, *Fermentation for Beginners* will give you all the tools you need to start fermenting your own foods right away.

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