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## Wild Fermentation: The Flavor, Nutrition, and Craft of Life-Culture Foods (Mixed media product)

By Sandor Ellix Katz

Chelsea Green Publishing Co, United States, 2010. Mixed media product. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book. DVD AND BOOK SET: In this exclusive package, experience a complete look at fermentation with both the DVD of one of Sandor Ellix Katz s popular workshops and a copy of Sandor Ellix Katz s Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, the first cookbook to widely explore the culinary magic of fermentation. This book provides readers with basic and delicious recipes--some familiar, others exotic--that are easy to make at home. With nearly 100 recipes, it is the most comprehensive and wide-ranging fermentation cookbook ever published. Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods Bread. Cheese. Wine. Beer. Coffee. Chocolate. Most people consume fermented foods and drinks every day. For thousands of years, humans have enjoyed the distinctive flavors and nutrition resulting from the transformative power of microscopic bacteria and fungi. Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods is the first cookbook to widely explore the culinary magic of fermentation. Fermentation has been an important journey of discovery for me, writes author Sandor Ellix Katz. I invite you to...



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