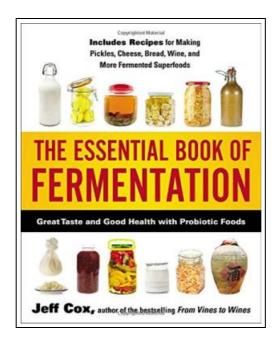
The Essential Book of Fermentation: Great Taste and Good Health with Probiotic Foods



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Reviews

Absolutely essential go through publication. Yes, it really is engage in, nevertheless an amazing and interesting literature. Its been developed in an exceptionally straightforward way and it is simply following i finished reading this publication through which actually changed me, change the way i really believe.

(Vergie Hyatt)

THE ESSENTIAL BOOK OF FERMENTATION: GREAT TASTE AND GOOD HEALTH WITH PROBIOTIC FOODS



Avery Publishing Group, United States, 2013. Paperback. Book Condition: New. Jeff Cox (illustrator). 231 x 185 mm. Language: English. Brand New Book. The country s leading expert on organic food delivers the ultimate guide to the new culinary health movement—feasting on fermented probiotics, from artisanal cheese to kimchi. In his extensive career as a bestselling cookbook author and TV garden-show host, Jeff Cox has always been keenly aware of the microbiology that helps his garden flourish. He has long known that microbes keep our bodies healthy as they ferment food, releasing their nutritional power and creating essential vitamins and enzymes. In The Essential Book of Fermentation, Cox shares a bounty of recipes for nourishing the internal garden. Simplifying the art and science of fermentation, Cox offers a primer on the body s microbial ecosystem, complemented by scrumptious recipes, and easy-to-follow pickling and canning techniques. Basics such as bread and yogurt help readers progress to wine, cheese, and a host of international delicacies, including kim chi and chow chow. Inspiring and innovative, The Essential Book of Fermentation serves up great taste along with great health on every page.



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