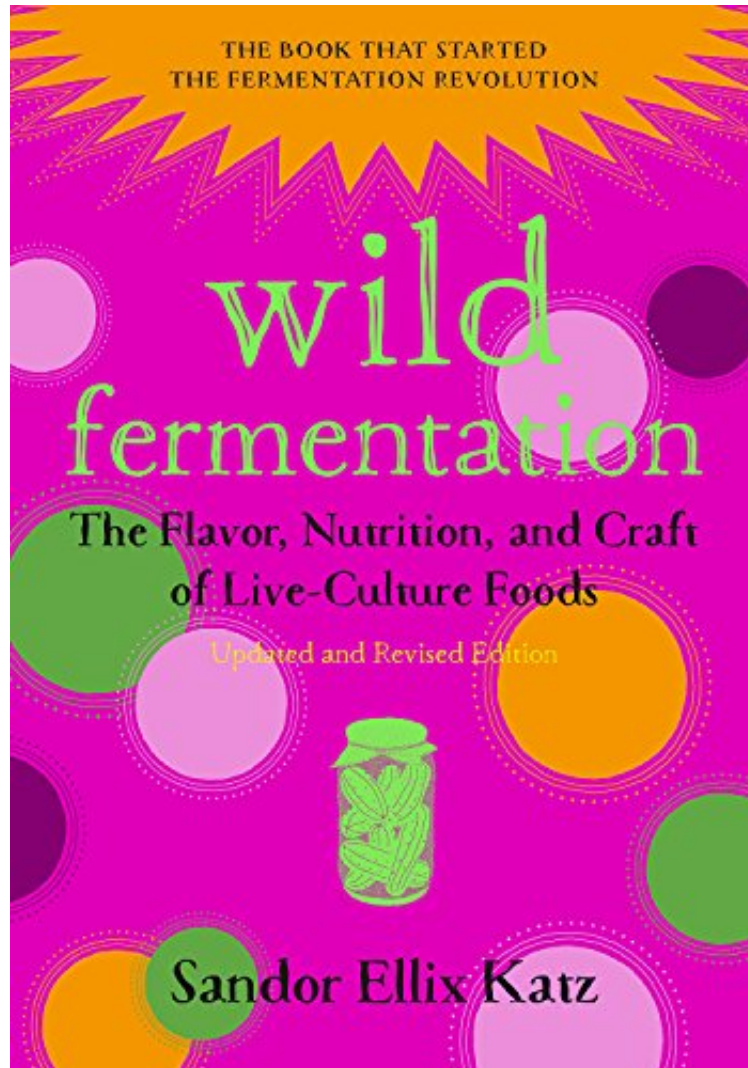


(Download) Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition

Sandor Ellix Katz

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Sandor Ellix Katz : Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition:

18 of 18 people found the following review helpful. A Great ResourceBy RichardThere are lots of five star reviews for Wild Fermentation already, but one more can't hurt, right? Katz provides many detailed recipes in this book for ferments of several varieties, which makes it a great starter book to read before stepping up to The Art of

Fermentation. Wild Fermentation has two features that stand out to me as especially valuable: First, I did enjoy Katz's philosophical musings in regard to food, politics, death, and human existence in general. Although he is definitely thinking and writing from a very particular perspective, his tone is conciliatory and he remains focused on the potential of food as a unifying social force rather than going off on a tangent of blaming or demonizing folks with different experiences and/or perspectives. I think this demonstrates a degree of good will and rhetorical restraint that is badly needed in our increasingly polarized culture. Second, the suggested reading sections at the end of each chapter are extremely helpful. These have led me to a wealth of knowledge in the particular genres of fermentation that I became interested while reading this book. With such a dizzying number of books available on every type of fermentation, these suggestions have helped to pinpoint which ones are especially worth checking out.

0 of 0 people found the following review helpful. Very Useful
By CustomerBought for an ill friend since I didn't want to part with my own copy. It is full of recipes and practical advice to get creative juices flowing, but also includes the health benefits and why fermented foods are so vital to everyone's well being. Even the histories of the various foods are interesting. I actually created a sauerkraut my family likes and have replaced soft drinks with various flavored kombuchas. And the experimentation continues...

7 of 7 people found the following review helpful. A Great Read,
Adventurous Fermentation Ideas
By PrettysmartideasI had no idea what I was getting into when I ordered this book - I had just seen a number of very positive comments on it around the Web. What a delight! Sandor is an interesting character who brings his new-found zeal in life to his experiments with fermented food... Living in an intentional community, he has space and time to explore all sorts of ways of fermentation, and he does so in a friendly, chatty way. Reading this book was almost like sitting down with a fellow fermenter and discussing different ideas. Sandor is very into traditional fermentation methods which can take up to a year or more, but, at the same time, a "short-time fermenter", such as myself, can glean a wealth of information from his experiments and observations. This is another book on my "first go-to" book shelf.

The Book That Started the Fermentation Revolution Sandor Ellix Katz, winner of a James Beard Award and New York Times bestselling author, whom Michael Pollan calls the "Johnny Appleseed of Fermentation" returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach to making and eating fermented foods, the health benefits of which have helped launch a nutrition-based food revolution. Since its publication in 2003, and aided by Katz's engaging and fervent workshop presentations, Wild Fermentation has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more. In turn, they've traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz's work earned him the Craig Clairborne lifetime achievement award from the Southern Foodways Alliance, and has been called "one of the unlikely rock stars of the American food scene" by The New York Times. This updated and revised edition, now with full color photos throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipes including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread and updates and refines original recipes reflecting the author's ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz and his books: "The Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship." - Deborah Madison, author of Local Flavors "Sandor Katz has proven himself to be the king of fermentation." - Sally Fallon Morell, President, The Weston A. Price Foundation "Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century." - Gary Paul Nabhan, author of Growing Food in a Hotter, Drier Land "The fermenting bible." - Newsweek "In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives." - Grist

About the Author Sandor Ellix Katz is a fermentation revivalist. A self-taught experimentalist who lives in rural Tennessee, his explorations in fermentation developed out of overlapping interests in cooking, nutrition, and gardening. This book, originally published in 2003, along with his The Art of Fermentation (2012) and the hundreds of fermentation workshops he has taught around the world, have helped to catalyze a broad revival of the fermentation arts. Newsweek called Wild Fermentation "the fermenting Bible," and The New York Times calls Sandor "one of the unlikely rock stars of the American food scene." For more information, check out his website www.wildfermentation.com.