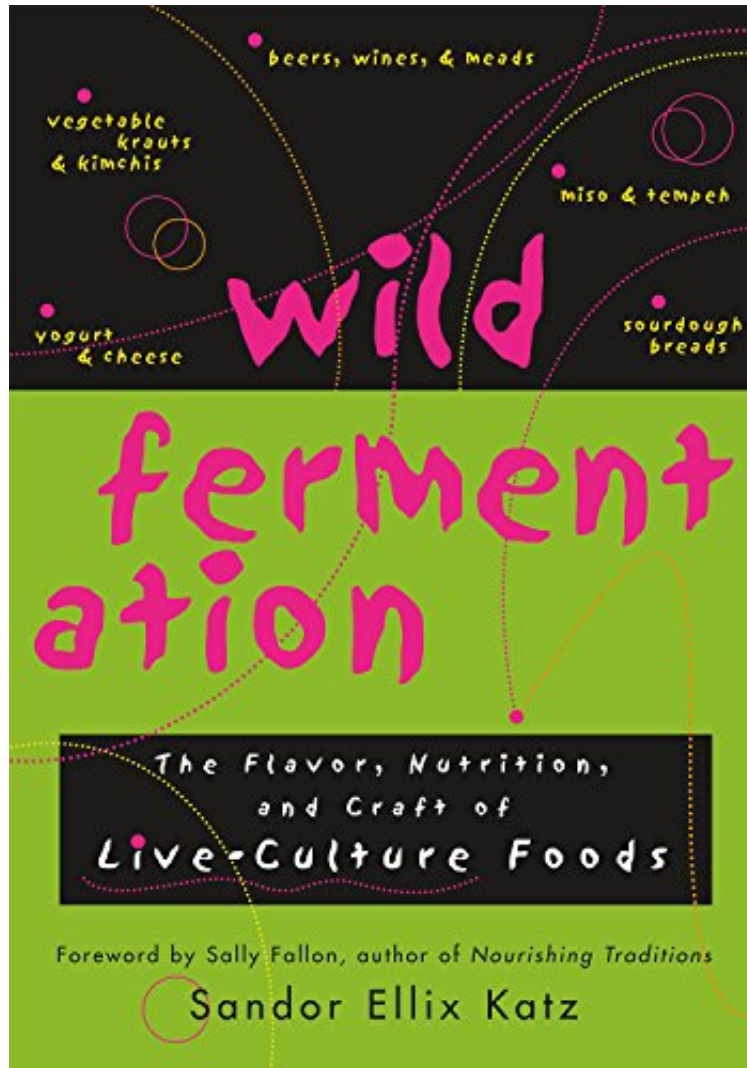


(Read download) Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods

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

Sandor Ellix Katz

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

18 of 18 people found the following review helpful. A Great Resource By Richard There 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 Customer Bought 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 Prettysmartideas I 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.

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 join me along this effervescent path, well trodden for thousands of years yet largely forgotten in our time and place, bypassed by the superhighway of industrial food production." The flavors of fermentation are compelling and complex, quite literally alive. This book takes readers on a whirlwind trip through the wide world of fermentation, providing readers with basic and delicious recipes—some familiar, others exotic—that are easy to make at home. The book covers vegetable ferments such as sauerkraut, kimchi, and sour pickles; bean ferments including miso, tempeh, dosas, and idli; dairy ferments including yogurt, kefir, and basic cheesemaking (as well as vegan alternatives); sourdough bread-making; other grain fermentations from Cherokee, African, Japanese, and Russian traditions; extremely simple wine- and beer-making (as well as cider-, mead-, and champagne-making) techniques; and vinegar-making. With nearly 100 recipes, this is the most comprehensive and wide-ranging fermentation cookbook ever published.

From Booklist Fermentation is one of the earliest natural processes involving food and its preservation that humans sought to control. The earliest puffed-up breads, wines, and cheeses likely occurred by chance, and results were scarcely uniform or predictable. Disconcerted by off-flavors and spoilage in beer, wine, and baked goods, early peoples learned to control microorganisms whose existence would not be demonstrated for centuries. But in that process of control, people lost some of the benefits of wild fermentation. Sandor Ellix Katz has experimented with *Wild Fermentation*, and his book explains to others how to take advantage of natural fermentation processes to produce bread, yogurt, cheese, beer, wine, miso, sauerkraut, kimchi, and other fermented foods. A gold mine for science-fair projects, Katz's work presents properly supervised young people ample opportunity to explore both the science and the art of fermented foods (alcoholic beverages excepted). Mark Knoblach Copyright copy; American Library Association. All rights reserved Booklist-Fermentation is one of the earliest natural processes involving food and its preservation that humans sought to control. The earliest puffed-up breads, wines, and cheeses likely occurred by chance, and results were scarcely uniform or predictable. Disconcerted by off-flavors and spoilage in beer, wine, and baked goods, early peoples learned to control microorganisms whose existence would not be demonstrated for centuries. But in that process of control, people lost some of the benefits of wild fermentation. Sandor Ellix Katz has experimented with *Wild Fermentation*, and his book explains to others how to take advantage of natural fermentation processes to produce bread, yogurt, cheese, beer, wine, miso, sauerkraut, kimchi, and other fermented foods. A gold mine for science-fair projects, Katz's work presents properly supervised young people ample opportunity to explore both the science and the art of fermented foods (alcoholic beverages excepted). (Mark Knoblach) "This immensely valuable book belongs in the kitchen of anyone interested in health, nutrition and wild cultures. It is a feast of fact, fun, and creativity by a modern wise wo-MAN." --Susun Weed, author of *Healing Wise* "A nostalgic journey... this is a book that will fascinate and inspire food lovers." --Saul Zabar, owner of Zabar's, New York City's Most famous food

market"Sandor Katz has labored mightily to deliver this opus magnum to a population hungry for a reconnection to real food."--Sally Fallon, author of Nourishing Traditions
From the Author"I have been fermenting foods and drinks for a decade. It started with sauerkraut. I found an old crock buried in our barn, harvested cabbage from our garden, chopped it up, salted it, and waited. That first kraut tasted so alive and powerfully nutritious! Its sharp flavor sent my salivary glands into a frenzy and got me hooked on fermentation. I have made sauerkraut ever since, earning the nickname Sandorkraut, even as my repertoire has expanded. I have explored and experimented widely in the realm of fermentation, and I want to share what I have learned."--Sandor Ellix Katz