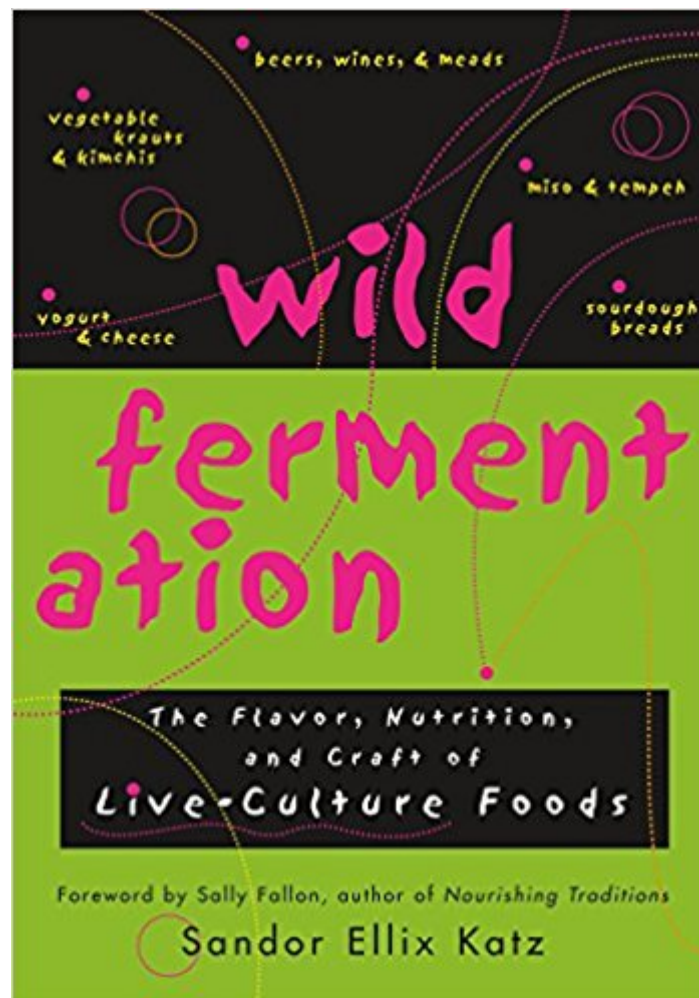




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Wild Fermentation: The Flavor, Nutrition, And Craft Of Live-Culture Foods



Synopsis

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.

Book Information

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Customer Reviews

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 Knoblauch

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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 Knoblauch)"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*

Great book and the bible on fermentation. Written in a language and style that is easy to understand. Explains the hows and whys of fermentation and includes many basic recipes. Really will get you past the fear part of fermentation, my fear being that I would ruin a bunch of home-grown vegetables as well as waste time and additional materials. My first few batches have

turned out great, now I'm trying other things like sourdough. Well worth the read.

Sandor Katz really knows his stuff but is not pompous or verbose. He is down to earth and practical in his approach which means his ideas spread easily!

I have been making several probiotic drinks at home. They work great at keeping the body in tune, as it should be, for healthy living. Wild Fermentation expands my knowledge of other healthy products that can be made at home, eliminating the middle man pricing and giving you the comfort of knowing what actually goes into your healthy products.

This is my fermentation bible. I like how it covers so many different types of fermentation and I like the loose, non-technical tone. I imagine that this can be frustrating for some people but if you want more technical detail you can consider this a jumping off point. Personally, the part of this that's fascinating to me is how low-tech it can be. One problem I have with the book is that the author includes metric measurements but they are not really accurate in some cases. For example, saying that 1 tsp = 5 gm is only true if you're talking about water - could be totally wrong if you're talking about salt! (eg: a teaspoon of coarse salt isn't going to weigh what a teaspoon of fine salt does). Just plugging in a standard measure into a formula/google and pasting the metric equivalent into the book is not good enough.

Excellent Book on the wonderful art of fermentation and how infant VERY safe and easy it is to do! Great resource on the topic and many wonderful recipes to get yourself started and encouragement to jump in. Here's the best and easiest way to boost and improve your overall health. Check it out, well worth the price and time to read it.

As one who knew very little about fermentation, I learned quite a bit from this book. Though I skipped through some chapters, it was a good and enlightening read.

As a germ-a-phobe, I had a real fear of fermenting, but kept hearing over and over the benefit of fermented foods. Skim the mold off and eat the rest? NOOOOOOOO!! I grew up on American cheese and a household mantra of 'When in doubt, throw it out'. After the name of the author kept coming up while researching the topic, I finally bought this book. It did so much more than provide recipes. He explains everything so clearly and completely that the fear begins to dissipate. This book is about

courage. Courage in foods and in life. And here's the thing...I wanted simple, safe recipes that I could read and execute. Not interested in any history or anecdotes. Yet I read this book cover to cover the first time I opened it. There is a reason why 'Wild Fermentation' is wildly popular. Actually, MANY reasons. It is down-to-earth, in every way. And so many of the recipes are, or can be adapted, to small amounts. Very pleased with this book, and if you have an interest in health, good food, recipes, or just enjoy a good read, chances are you'll enjoy it as well.

Very nice- Everything I have tried from this book has turned out well. After much research I bought three books at the same time- to start me on my fermenting way. "Fresh & Fermented: 85 Delicious Ways to...." by Julie O'Brien "Fermented Vegetables: Creative Recipes for...." by Kirsten K. Shockley and "Wild Fermentation..." by Sandor Ellix Katz. Having all 3 gave me the knowledge and recipes to try lots of fermentation projects with many more to go. I am giving the same review to all 3 books because all were a good buy, a good read and informative.

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