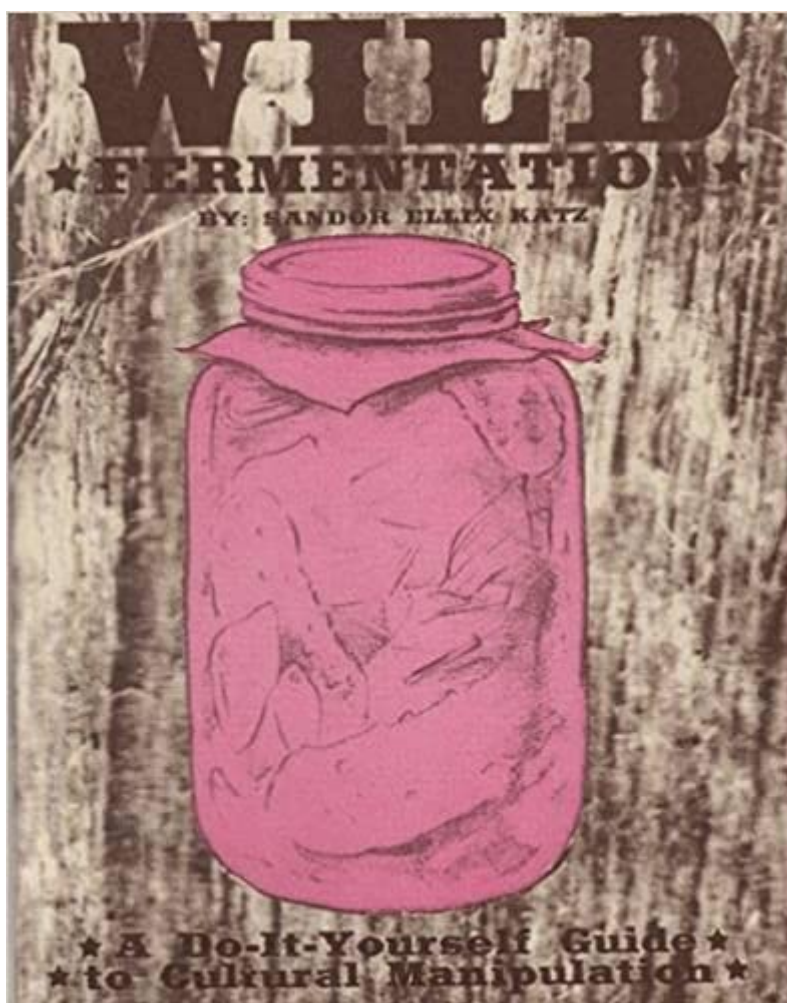


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# Wild Fermentation: A Do-It-Yourself Guide To Cultural Manipulation (DIY)



## Synopsis

This is the original beginner's guide to basic home fermentation of just about anything. *Wild Fermentation* is a great resource by one of the world's foremost experts on the topic, becoming an underground classic years before he rose to fame. Includes easy to read and inspiring instructions to get you started making anything fermentable, from bread to cheese to yogurt to kimchi to miso to injera to beer to even chocolate—in the comfort of your own home. Who knew making tasty, healthy, interesting food could be so easy?

## Book Information

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## Customer Reviews

"GENIUS! Americans are suffering from yucky guts and this book teaches us how to fix it—simple and basic!" —[www.BambooFamilyMag.com](http://www.BambooFamilyMag.com)

Sandor Ellix Katz is a self-taught fermentation experimentalist. He wrote *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods* (Chelsea Green, 2003)—which *Newsweek* called "the fermenting bible"—in order to share the fermentation wisdom he had learned, and demystify home fermentation. Since the book's publication, Katz has taught hundreds of fermentation workshops across North America and beyond, taking on a role he describes as a "fermentation revivalist." Most recently, with a decade more experience behind him, producing *The Art of Fermentation* gave him the opportunity to share a more in-depth exploration of the topic. Katz is also

the author of *The Revolution Will Not Be Microwaved: Inside America's Underground Food Movements* (Chelsea Green, 2006).

This small booklet is just about completely contained inside Sandor Katz's larger book on wild fermentation so you may not want both. But this one has the basics and is a very good place to start, and if you qualify for free shipping on your order, well worth it. *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods*

Made my first batch of sauerkraut a couple of weeks ago and I'm still alive and haven't died so the instructions in the book works! The kraut is mild at first, after a bit it starts to get tangy and now it's got a nice tartness. Still crunchy with a hint of sweetness. The tang is very mild, not astringent or overpowering. SOOOOO easy to make. Make sure you get the glass pebbles to weigh the cabbage down. It makes it easier and less messy. Place a small dish underneath the jar at first because some of the juice will bubble out.

These recipes are great ways to preserve and use food from your garden. I got this after tasting the sauerkraut a friend made from this book, it was just like I remember my father making over 55yrs ago! Brought back fond memories.

This book contains the only recipe for Kimchi I've ever tried. It makes a small batch - about a quart - and does not have to be buried outside. I bought this copy, my second, as a gift for a friend who's a Kimchi aficionado.

I really enjoyed reading this book and now I am excited to try some different fermented foods for the first time. I don't know if I am quite ready for homemade tempeh, but some yogurt will be nice. I also liked the extensive list of suppliers.

This is a small short book. Has some interesting info but nothing new for me. If you new to fermenting it's a good find.

Book was a lot smaller than I expected but it is packed with info!

Great book quick and simple, keeping it easy for beginning fermenters!

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