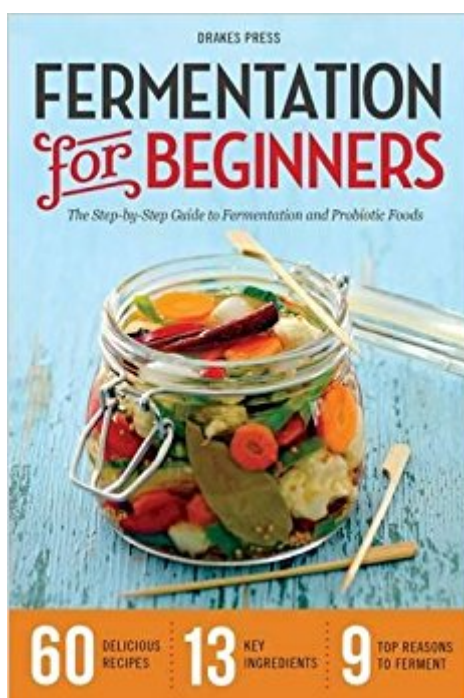


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# Fermentation For Beginners: The Step-By-Step Guide To Fermentation And Probiotic Foods



## Synopsis

WALL STREET JOURNAL **Â** BESTSELLER Fermented foods are a delicious and rich source of nourishment. Many of our favorite everyday foods like beer, wine, cheese, bread, and yogurt, or beloved family traditions like sauerkraut, corned beef, and kimchi, are the result of fermentation. Besides adding complexity and flavor to many foods, fermentation is also proven to add amazing health benefits--from promoting healthy digestion to allowing our body to fully absorb the necessary nutrients in our food. **Â** However, many beginners are skittish about starting the process of fermentation for the first time. With straightforward guides, delicious recipes, and **Â** step-by-step instructions, **Â** Fermentation for Beginners **Â** takes the stress out of at-home fermentation. Whether you are trying fermentation to improve your health, or just want to explore this time-tested culinary skill, **Â** Fermentation for Beginners **Â** will be your guide to the art of fermentation and the science of probiotic foods. **Â** Fermentation for Beginners **Â** will show you how and why to ferment your own foods, with: **Â** 60 delicious fermentation recipes, from pickles to yogurt to sourdough bread to wine **Â** 13 key ingredients for fermentation **Â** 9 top health reasons to eat probiotic foods **Â** Step-by-step instructions for safe and effective fermentation **Â** Overview of the science behind fermentation **Â** Tips on starting your home fermentation laboratory **Â** With the right combination of microbes and a little skill, **Â** Fermentation for Beginners **Â** will give you all the tools you need to start fermenting your own foods right away. **Â**

## Book Information

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## Customer Reviews

I have been fermenting things for a few years, but I remember how scary it was when I was just

starting out. I looked for step by step instructions and photos showing how-tos and finished products. If you have never been exposed to home fermenting before you really need that kind of guidance to feel comfortable with the process, at least I did - I mean, what if I did it wrong and poisoned my family?? How small do I chop or shred? Is it supposed to look like that? (I threw away my first batch of Kimchi because it looked weird - turns out it was probably fine) Now of course I know fermenting is perfectly safe (and easy), but I remember those early days. I bought this because it had recipes that I couldn't find in my other fermenting books (miso, tempeh, rootbeer, etc.). While I generally like what I see recipe-wise I don't think this is a good beginner book; there is too much left out of the instructions for someone just starting out - things like weighing down veggies during the ferment. It is mentioned in the chapter intro, but not in the recipes. People that have even a little fermenting experience will know this and do it without being specifically told each time, but newbies really need that in the recipe. The recipe for Kombucha says to cover vessel with cheesecloth, but if you do that with a single layer of run of the mill cheesecloth all you will be creating is a fruit fly buffet. There are no photos or drawings in this book for guidance - no big deal if you know the basics of fermenting, but for a real beginner no how-to images can be a source of frustration. I found an error in the recipe for rootbeer - it has you add the ginger bug just 10 minutes after the liquid is taken off of simmer. Big oops - that's a sure way to kill your bug. They have you add the bug after cooling too - clearly this is an editing error, but a newbie wouldn't know this. I do like the variety of recipes, but for real beginners I would suggest starting with "Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen". It has tons of photos and excellent step by step photo instructions for those new to fermenting.

A bit simple, and a bit clunky in style, but well worth the very reasonable price of admission. If you're curious about exploring fermentation at home, (and you should be), this is a very decent vehicle to explore upon that interest and see if it's for you. If the bug catches, you'll want to go on to Katz or Karlin. That said, a casual fermenter could get by OK with this one. Good broad range of recipes, due attention paid to food safety and process. My only caveat is that this book makes some assumptions about what you may or may not know about process. Not all the recipes are easy, and not all the instructions are perfectly clear - Again, the writing style is a bit clunky - if any of that concerns you, you may be happier with Sandor Katz' The Art of Fermentation.

I don't want to be too hard on this book since it was clearly written for beginners. However, much of the information is passed on to the reader as though it is absolute fact, when the author(s) are really

just passing on opinion. No citations or any attempt at documenting where the knowledge is coming from leaves me feeling suspicious about the data presented. Fermentation is a well understood process with tons of scientific literature that could be used as references. A little bit of that could be passed down to the reader so that this doesn't feel like a self-published book of fermentation folk-lore. Also, how is there no recipe for hot sauce? What about a basic discussion over the types of salt to use or even the use of post-fermentation vinegar additions for preservation? What about methods/tools for measuring acidity and making sure your end product is safe to consume? Rather than delving into the VERY advanced topics of alcohol fermentation why not stay focused on lactobacillic fermentation of fruits, vegetables and meats? The up side to this book is that the very basic and generalized information provided is probably enough to get anyone started in the realm of fermentation of basic foods. The reader should be aware, though, that they should do much more research before jumping deeply into fermentation. The recipes will allow the typical beginner to produce some fermented food goods, which will hopefully push them to learn more.

I have done some really basic bottling of vinegar with hot peppers but this book is great for going to the next level right down to actually making your own vinegar from scratch and all in an easy to follow manner. I especially enjoyed the section on making your own vinegars, simple and precise, definitely will be making the vinegar that comes from the scrapes (core and skin) of pineapple. There is also a neat beverage chapter with beer, mead, and natural soda formulas. Simple to follow recipes grab it for your kitchen!

This introductory book on fermentation not only explains what fermentation is but it also explains why it is good for our bodies. It continues that those cultures that have fermented foods in their diet, such as pickles and yogurt in Asia, live longer than those cultures that do not have fermented foods. The text adds that fermented foods promote immunity and aid in digestion--even with those foods such as nuts and seeds--which need yogurt or other fermented foods to help in digestion. The book also contains information on yeasts, fungi and fruits in addition to alcoholic and nonalcoholic beer and wine. Instructions are included to ferment lots of edible items. It is an educational resource for fermentation. Dr. Jacqueline A. Alkire

For some reason I just don't feel as though this book walks you through the steps from a beginner's point of view. It has some nice recipes in it. And it does cover quite a bit of territory, but it seems to lack detail. A kind-of 'it's over there' feeling is what I get from it. I am already familiar with the

material - just not all of the recipes. There is 'Wild Fermentation' by Katz and 'The Art of Fermentation' also by Katz. Enjoy!

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