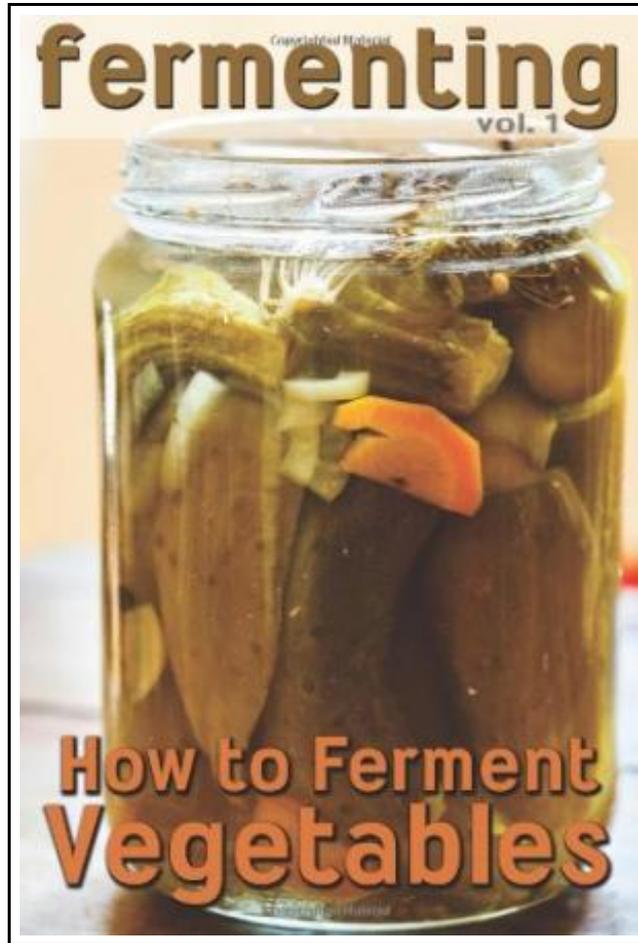


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(Prof. Maya Hand)

FERMENTING: HOW TO FERMENT VEGETABLES (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 230 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Fermenting is a food preservation technique that takes healthy vegetables and makes them even healthier! There s no doubt about it. Vegetables are good for you. They re packed full of vitamins, minerals and all sorts of other nutrients the body needs to thrive. Fermented vegetables are even better because they re packed full of probiotic cultures that give your immune system a boost and help your body process and absorb nutrients from the foods you eat. This book covers fermented vegetables and includes a number of recipes including the following: Six different sauerkraut recipe.Cultured coleslaw.Kale slaw.Horseradish.Cultured beets.Beet kvass.Pickled jalapenos (just like the ones you use on nachos, only healthier!).Kohlrabi.Dilly carrots.Fermented pickles.Zucchini pickles.Cultured olives.Probiotic garlic.Cultured salsa.Fermented ketchup.and more. This book includes a handy FAQ that covers many of the questions you might have while fermenting foods, including what to do when you encounter moldy vegetables, foam and white yeast growing near the surface of the brine. Buy this book now and get started fermenting vegetables today.



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