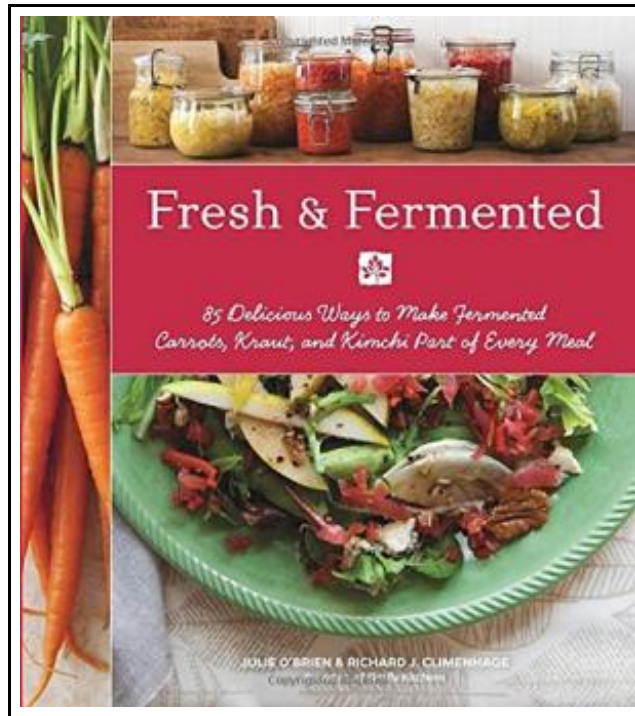


## Fresh & Fermented: 85 Delicious Ways to Make Fermented Carrots, Kraut, and Kimchi Part of Every Meal



Filesize: 8.12 MB

### ***Reviews***

*This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.*

***(Rene Olson)***

## FRESH & FERMENTED: 85 DELICIOUS WAYS TO MAKE FERMENTED CARROTS, KRAUT, AND KIMCHI PART OF EVERY MEAL



Sasquatch Books, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Fresh & Fermented is a celebration of the simplicity, power, and versatility of fermented vegetables. With great clarity, user-friendly detail, and gorgeous photos, Julie O'Brien and Richard Climenhage guide readers through the fermentation process itself, followed by dozens of inspiring ways to incorporate fermented vegetables into almost anything you could imagine eating, including smoothies, popsicles, spreads, sauces, dips, salsas, marinades, and even desserts. For people wanting to incorporate the power of fermentation into their lives, this book is a great guide. --Sandor Ellix Katz, author of The Art of Fermentation and Wild Fermentation O'Brien and Climenhage take the science and art of lacto-fermentation to a whole new level in this beautifully illustrated book. From a keen look at the science and health benefits of sauerkraut and other lacto-fermented foods, to an assortment of highly original sauces, salsas, salads, dips and desserts incorporating these culinary wonders, Fresh and Fermented is bound to please both experienced and neophyte cooks. --Sally Fallon Morell, president of The Weston A. Price Foundation and author of Nourishing Traditions If there's anyone who can persuade me to add kraut juice to my smoothie, stir sauerkraut into my peanut butter, or kick start my morning eggs with kimchi (that last one takes no persuasion), it'll be Richard and Julie who cheerfully spread the gospel of probiotic, lactic-fermented, and locally sourced from their Firefly Kitchens kraut factory in hipster Ballard. --Tom Douglas, chef/restaurateur O'Brien and Climenhage started their company, Firefly Kitchens, in 2010 and a year later received a Good Food Award for their zesty Yin Yang Carrots. Their successful venture in fermented vegetables has moved from home crocks to a commercial kitchen space, and their products are sold throughout the Pacific...



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