
The Art Of Fermentation An In Depth Exploration Essential Concepts And Processes From Around World Sandor Ellix Katz

Bigger Bolder Baking

Salt

The Science of Good Cooking

Sandor Katz and the Tiny Wild

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The Revolution Will Not Be Microwaved

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The Farmhouse Culture Guide to Fermenting

Ferment Your Vegetables

The Essential Book of Fermentation

Mastering Fermentation

The Arts of the Microbial World

Wild Fermentation

Fermentation on Wheels

Ferment for Good: Ancient Food for the Modern Gut

The Permaculture Book of Ferment and Human Nutrition

Wild Fermentation

Fermentation for Beginners

The Wildcrafting Brewer

Fiery Ferments
Koji Alchemy
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Matty Matheson: A Cookbook
McGraw-Hill's 10 ACT Practice Tests, Second Edition
The Smitten Kitchen Cookbook
The Kitchen Diaries II
Miso, Tempeh, Natto & Other Tasty Ferments
The Art of Making Fermented Sausages
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The Noma Guide to Fermentation
The Zero-Waste Chef
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Wildcrafted Fermentation
Fermentation as Metaphor
The Art of Fermentation
The Lost Arts of Hearth and Home
Real Food Fermentation

*The Art Of Fermentation
An In Depth Exploration
Essential Concepts And
Processes From Around
World Sandor Ellix Katz*

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DORSEY DEMARCUS

Bigger Bolder Baking Hardie Grant
NEW YORK TIMES BEST SELLER •
Celebrated food blogger and best-selling

cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. "Innovative, creative, and effortlessly funny." —Cooking Light Deb Perelman loves to cook. She isn't a chef or

a restaurant owner—she's never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more than three million

results. Where do you start? What if you pick a recipe that's downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, *The Smitten Kitchen Cookbook* is all about approachable, uncompromised home cooking. Here you'll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you'll bookmark and use so often they become your own, recipes you'll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom

Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion. Look for Deb Perelman's latest cookbook, *Smitten Kitchen Keepers!* [Salt](#) Chelsea Green Publishing
At Noma—four times named the world's best restaurant—every dish includes some form of fermentation, whether it's a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma's extraordinary flavor profiles. Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant's acclaimed fermentation lab, share never-before-revealed techniques to creating Noma's extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe approachably written and meticulously tested, *The Noma Guide to Fermentation* takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-

ferments, vinegars, garums, and black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes. Fermentation is already building as the most significant new direction in food (and health). With *The Noma Guide to Fermentation*, it's about to be taken to a whole new level.

The Science of Good Cooking Chelsea Green Publishing

More than 100 accessible, flavor-packed recipes, using only common ingredients and everyday household kitchen tools, from YouTube celebrity Gemma Stafford *Sandor Katz and the Tiny Wild* Chelsea Green Publishing

In *The Art of Making Fermented Sausages* readers are provided with detailed information about how to: Control meat acidity and removal of moisture; Choose proper temperatures for fermenting smoking and drying ; Understand and control fermentation process ; Choose proper starter cultures and make traditional or fast-fermented products ; Choose proper equipment, and much more. --Publisher's website.

Wild Fermentation Storey Publishing, LLC
 From James Beard Award winner and New York Times–bestselling author of *The Art of Fermentation* An instant classic for a new generation of monkey-wrenching food activists. Food in America is cheap and abundant, yet the vast majority of it is diminished in terms of flavor and nutrition, anonymous and mysterious after being shipped thousands of miles and passing through inscrutable supply chains, and controlled by multinational corporations. In our system of globalized food commodities, convenience replaces quality and a connection to the source of our food. Most of us know almost nothing about how our food is grown or produced, where it comes from, and what health value it really has. It is food as pure corporate commodity. We all deserve much better than that. In *The Revolution Will Not Be Microwaved*, author Sandor Ellix Katz (Sandor Katz's *Fermentation Journeys*, *The Art of Fermentation*, and *Wild Fermentation*) profiles grassroots activists who are taking on Big Food, creating meaningful alternatives, and challenging the way many Americans think about food. From community-supported

local farmers, community gardeners, and seed saving activists, to underground distribution networks of contraband foods and food resources rescued from the waste stream, this book shows how ordinary people can resist the dominant system, revive community-based food production, and take direct responsibility for their own health and nutrition.
The Revolution Will Not Be Microwaved
 Brewers Publications
 Primitive beers, country wines, herbal meads, natural sodas, and more Baudar has elevated the concept of terroir into the realm of extreme beverages, both fermented and unfermented. His book brings to life the innovative quest of the Palaeolithic shaman/healer/brewer.--
 Patrick E. McGovern, author of *Ancient Brews* Fermentation fans and home brewers can rediscover "primitive" drinks and their unique flavors in *The Wildcrafting Brewer*. Wild-plant expert and forager Pascal Baudar's first book, *The New Wildcrafted Cuisine*, opened up a whole new world of possibilities for readers wishing to explore and capture the flavors of their local terroir. *The Wildcrafting Brewer* does the same for

fermented drinks. Baudar reveals both the underlying philosophy and the practical techniques for making your own delicious concoctions, including: Wild sodas Country wines Primitive herbal beers Meads Traditional ferments like tiswin and kvass. The book opens with a retrospective of plant-based brewing and ancient beers. The author then goes on to describe both hot and cold brewing methods and provides lots of interesting recipes; mugwort beer, horehound beer, and manzanita cider are just a few of the many drinks represented. Baudar is quick to point out that these recipes serve mainly as a touchstone for readers, who can then use the information and techniques he provides to create their own brews, using their own local ingredients. *The Wildcrafting Brewer* will attract herbalists, foragers, natural-foodies, and chefs alike with the author's playful and relaxed philosophy. Readers will find themselves surprised by how easy making your own natural drinks can be, and will be inspired, again, by the abundance of nature all around them. With gorgeous photos and clear technical details, this book will be a source of great inspiration.--Sandor Ellix

Katz, author of *The Art of Fermentation* *Homebrewed Vinegar* Clarkson Potter From James Beard Award winner and New York Times–bestselling author of *The Art of Fermentation*: the recipes, processes, cultural traditions, and stories from around the globe that inspire Sandor Katz and his life’s work—a cookbook destined to become a modern classic essential for every home chef. "Sandor’s life of curiosity-filled travel and exploration elicits a sense of wonder as tastes, sights, and smells leap off the pages to ignite your imagination."—David Zilber, chef, fermenter, food scientist, and coauthor of *The Noma Guide to Fermentation* "Sandor Katz transposes his obsession with one of mankind’s foundational culinary processes into a cookbook-cum-travelogue."—The New York Times "Fascinating and full of delicious stuff. . . . I’m psyched to cook from this book."—Francis Lam, *The Splendid Table* For the past two decades, fermentation expert and bestselling author Sandor Katz has traveled the world, both teaching and learning about the many fascinating and delicious techniques for fermenting foods. Wherever he’s gone, he has gleaned valuable insights into the

cultures and traditions of local and indigenous peoples, whether they make familiar ferments like sauerkraut or less common preparations like natto and koji. In his latest book, *Sandor Katz’s Fermentation Journeys*, Katz takes readers along with him to revisit these special places, people, and foods. This cookbook goes far beyond mere general instructions and explores the transformative process of fermentation through: Detailed descriptions of traditional fermentation techniques Celebrating local customs and ceremonies that surround particular ferments Profiles of the farmers, business owners, and experimenters Katz has met on his journeys It contains over 60 recipes for global ferments, including: Chicha de jora (Ecuador) Miso Ono’s Shio-koji, or salt koji (Japan) Doubanjiang (China) Efo riro spinach stew (Nigeria) Whole sour cabbages (Croatia) Chucula hot chocolate (Colombia) *Sandor Katz’s Fermentation Journeys* reminds us that the magical power of fermentation belongs to everyone, everywhere. Perfect for adventurous foodies, armchair travelers, and fermentation fanatics who have followed Katz’s work through the

years—from *Wild Fermentation* to *The Art of Fermentation* to *Fermentation as Metaphor*—this book reflects the enduring passion and accumulated wisdom of this unique man, who is arguably the world’s most experienced and respected advocate of all things fermented. "This international romp is funky in the best of ways."—Publishers Weekly More Praise for Sandor Katz: "[Katz is the] high priest of fermentation."—Helen Rosner, *The New Yorker* "His teachings and writings on fermentation have changed lives around the world."—BBC "The fermentation movement’s guru."—USA Today "A fermentation master."—*The Wall Street Journal*

The Perfect Loaf HarperCollins Publishers

A beautifully illustrated and authoritative guide to the art and science of fermented foods, featuring 70+ recipes that progress from simple fermented condiments like vinegars and mustards to more advanced techniques for using wild yeast, fermenting meats, and curing fish. Although fermentation has an ancient history, fermented foods are currently experiencing a renaissance: kombucha,

kefir, sauerkraut, and other potent fermentables appeal not only for their health benefits, but also because they are fun, adventurous DIY projects for home cooks of every level. Mastering Fermentation is a beautifully illustrated and authoritative guide to the art and science of fermented foods, featuring more than seventy recipes that allow you to progress from simple fermented condiments like vinegars and mustards to more advanced techniques for using wild yeast starters, fermenting meats, and curing fish. Cooking instructor and author Mary Karlin begins with a solid introduction to the wide world of fermentation, explaining essential equipment, ingredients, processes, and techniques. The diverse chapters cover everything from fermented dairy to grains and breads; legumes, nuts, and aromatics; and fermented beverages. Last but not least, the book concludes with more than twenty globally-inspired recipes that incorporate fermented foods into enticing finished dishes like Grilled Lamb Stuffed with Apricot-Date Chutney and Saffron Yogurt Sauce. Offering an accessible, recipe-driven approach, Mastering

Fermentation will inspire and equip you to facilitate the transformative, fascinating process of fermentation, with delicious results.

Sacred and Herbal Healing Beers Chelsea Green Publishing

"I am in awe of this book"—Sandor Katz, author of *The Art of Fermentation* Wild krauts and kimchis, fermented forest brews, seawater brines, plant-based cheeses, and more with over 100 easy-to-follow recipes! Featured in *The Independent's* (UK) "7 Best Fermentation Books of 2020" One of the most influential tastemakers of our time invites you on an extraordinary culinary journey into the lacto-fermentation universe of common wild edibles. Used for thousands of years by different cultures all around the world, lacto-fermentation is the easiest, safest, and most delicious way to preserve food. And nature provides all the necessary ingredients: plants, salt, and the beneficial lactic acid bacteria found everywhere. In *Wildcrafted Fermentation*, Pascal Baudar describes in detail and through step-by-step color photos how to create rich flavorful ferments: At home From the wild plants in your local landscape From the

cultivated plants in your garden From sauerkrauts and kimchis to savory pastes, hot sauces, and dehydrated spice blends, Baudar includes more than 100 easy-to-follow, plant-based recipes to inspire even the most jaded palate. The step-by-step photos illustrate foraging, preparation, and fermentation techniques for both wild and cultivated plants that will change your relationship to the edible landscape and give you the confidence to succeed like a pro. So much more than a cookbook, *Wildcrafted Fermentation* offers a deeply rewarding way to reconnect with nature through the greens, stems, roots, berries, fruits, and seeds of your local terroir. Adventurous and creative, this cookbook will help you rewild your probiotic palate and "create a cuisine unique to you and your environment."

The Farmhouse Culture Guide to Fermenting Penguin

Ferment for Good is a guide to discovering the joys of fermentation in its myriad variations - framed through the eyes of Sharon Flynn, who was hooked early in her 20s and has since made it her life's work to learn and share all there is to know about this most ancient of practices.

Ferment for Good includes a how-to guide to the basics (why do it; what you need; and what you'll get), alongside sections on wild fermented vegetables (including sauerkraut, kimchi, brine); drinks (including water kefir, kombucha and apple cider); milk and dairy (including yogurt and milk kefir), grains (simple sourdough, dosa and injera); and Japanese traditions (including miso & tamari, soy sauce, sake kasu and pickled ginger). Sharon then shares recipes and advice for incorporating these foods into every meal. These include nine variations on kraut and how to eat it (mixed through mashed potatoes, tossed through scrambled eggs, accompanying pork chops or on the side of a soft fish taco). And let's not forget about kimchi. The book contains six variations, plus a handful of recipes that incorporate it (from kimchi gyoza to Korean pancakes to kimchi fried rice). Ferment for Good is a beautiful, personal collection to introduce you into the fermentation world - complete with photographs of selected dishes and Manga-style cartoons that channel the author's connection to Japan and offer graphic, often entertaining short tales of her adventures in fermenting.

Ferment Your Vegetables Chelsea Green Publishing
Los Angeles Times Best Cookbooks 2020
Saveur Magazine "Favorite Cookbook to Gift"
Esquire Magazine Best Cookbooks of 2020
"The book weaves in reflections on art, religion, culture, music, and more, so even if you're not an epicure, there's something for everyone."—Men's Journal
Bestselling author Sandor Katz—an "unlikely rock star of the American food scene" (New York Times), with over 500,000 books sold—gets personal about the deeper meanings of fermentation. In 2012, Sandor Ellix Katz published *The Art of Fermentation*, which quickly became the bible for foodies around the world, a runaway bestseller, and a James Beard Book Award winner. Since then his work has gone on to inspire countless professionals and home cooks worldwide, bringing fermentation into the mainstream. In *Fermentation as Metaphor*, stemming from his personal obsession with all things fermented, Katz meditates on his art and work, drawing connections between microbial communities and aspects of human culture: politics, religion, social and cultural movements, art, music,

sexuality, identity, and even our individual thoughts and feelings. He informs his arguments with his vast knowledge of the fermentation process, which he describes as a slow, gentle, steady, yet unstoppable force for change. Throughout this truly one-of-a-kind book, Katz showcases fifty mesmerizing, original images of otherworldly beings from an unseen universe—images of fermented foods and beverages that he has photographed using both a stereoscope and electron microscope—exalting microbial life from the level of "germs" to that of high art. When you see the raw beauty and complexity of microbial structures, Katz says, they will take you "far from absolute boundaries and rigid categories. They force us to reconceptualize. They make us ferment." *Fermentation as Metaphor* broadens and redefines our relationship with food and fermentation. It's the perfect gift for serious foodies, fans of fermentation, and non-fiction readers alike. "It will reshape how you see the world."—Esquire
[The Essential Book of Fermentation](#) Live Oak Media
Apple cider vinegar has a long history as a

folk remedy for a variety of health conditions and, as a result, has achieved something akin to cult status among natural health enthusiasts. But many people don't realize that there is a whole world of options beyond store-bought ACV or distilled white vinegar. In fact, vinegar can be made from anything with fermentable sugar, whether leftover juicing pulp or brown bananas, wildflowers or beer. With her in-depth guide, Kirsten K. Shockey takes readers on a deep dive into the wide-ranging possibilities alive in this ancient condiment, health tonic, and global kitchen staple. In-depth coverage of the science of vinegar and the basics of equipment, brewing, bottling, and aging gives readers the foundational skills and knowledge for fermenting their own vinegar. Then the real journey begins, as the book delves into the many methods and ingredients for making vinegars, from apple cider to red wine to rice to aged balsamic. Along the way, Shockey shares insights into vinegar-making traditions around the world and her own recipes for making vinegar tonics, infused vinegars, and oxymels.

Mastering Fermentation Quarto

Publishing Group USA

Known from *Viceland* and *Just a Dash*, the acclaimed chef shares personal stories and memories of the food that defined him in this bestselling cookbook. Matty Matheson is known as much for his amazing food as his love for life, positive mental attitude, and epic Instagram account. This debut cookbook is about Matty's memories of the foods that have defined who he is. With a drive to share his zest for life, he creates dishes within these pages that reinterpret the flavors of his youth in Canada, as well as the restaurant fare for which he has become so well-known. Interpretations of classics like Seafood Chowder, Scumbo: Dad's Gumbo, and Rappie Pie appear alongside restaurant recipes like Bavette, Pigtail Tacos, and his infamous P&L Burger. This is a very personal cookbook, full of essays and headnotes that share Matty's life—from growing up in Fort Erie, exploring the wonders of Prince Edward Island, struggling and learning as a young chef in Toronto, and, eventually, his rise to popularity as one of the world's most recognizable food personalities. His no-nonsense approach to food makes these

recipes practical enough for all, while his creativity will entice seasoned cooks. This book is like cooking alongside Matty, sharing stories that are equal parts heartwarming and inappropriate while helping you cook dishes that are full of love. *Matty Matheson: A Cookbook* is a collection of recipes from one of today's most beloved chefs. A *New York Times* Bestseller and *Esquire* Best Cookbook of 2018

The Arts of the Microbial World

Houghton Mifflin

Ferment Your Vegetables for Flavor, Health, and Fun! Fermented vegetables are a great, healthy addition to anyone's diet. Abundant in probiotics, enzymes, vitamins, minerals, and more, research continues to reveal the many ways that these foods positively contribute to our well-being. From kimchi and sauerkraut to pickles and kvass, fermented foods have been part of the human diet for millennia—and are rightfully reclaiming their place at our daily table. The idea of fermenting vegetables at home can be intimidating for those who have never tried it before. The truth is, it's quite easy once you learn just a few basic concepts. In *Ferment Your*

Vegetables, author Amanda Feifer, fermentation expert and founder of pickle.com, serves as your guide, showing you, step by step, how you can create traditional, delicious fermented food at home, using only simple ingredients and a little time. No fancy starters or elaborate equipment required. Using only veggies, a few spices, and a glass jar, here's just a small sampling of recipes you could start making today: - Zucchini Bread Pickles -Curried Cauliflower Pickles -Pint of Pickled Peppers -Simplest Sauerkraut -Ginger Beet Kraut -Green Bean Kimchi -Wild Fermented Tomato Sauce -Bullseye Beet Kvass Ferment Your Vegetables will make beginners wonder why they didn't start sooner, and give veteran fermenters loads of new ideas and techniques to try at home. All aboard the probiotic train!

Wild Fermentation America's Test Kitchen

The Lost Arts of Hearth and Home is not about extreme, off-the-grid living. It's for city and suburban dwellers with day jobs: people who love to cook, love fresh natural ingredients, and old techniques for preservation; people who like doing things

themselves with a needle and thread, garden hoe, or manual saw. Ken Albala and Rosanna Nafziger Henderson spread the spirit of antiquated self-sufficiency throughout the household. They offer projects that are decidedly unplugged and a little daring, including: * Home building projects like rooftop food dehydrators and wood-burning ovens * Homemaking essentials, from sewing and quilting to rug braiding and soap making * The wonders of grain: making croissants by hand, sprouting grains, and baking bread * Adventures with meat: pickled pig's feet, homemade liverwurst, and celery-cured salami Intended for industrious cooks and crafters who aren't afraid to roll up their sleeves, The Lost Arts of Hearth and Home will teach you the history and how-to on projects for every facet of your home, all without the electric toys that take away from the experience of making things by hand.

Fermentation on Wheels Penguin The Book That Started the Fermentation Revolution Sandor Ellix Katz, winner of a James Beard Award and New York Times bestselling author, whom Michael Pollan calls the "Johnny Appleseed of

Fermentation" returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach to making and eating fermented foods, the health benefits of which have helped launch a nutrition-based food revolution. Since its publication in 2003, and aided by Katz's engaging and fervent workshop presentations, Wild Fermentation has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more. In turn, they've traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz's work earned him the Craig Clairborne lifetime achievement award from the Southern Foodways Alliance, and has been called "one of the unlikely rock stars of the American food scene" by The New York Times. This updated and revised edition, now with full

color photos throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipes—including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread—and updates and refines original recipes reflecting the author’s ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz and his books: “The Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship.”—Deborah Madison, author of Local Flavors “Sandor Katz has proven himself to be the king of fermentation.”—Sally Fallon Morell, President, The Weston A. Price Foundation “Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century.”—Gary Paul Nabhan, author of Growing Food in a Hotter, Drier Land “The fermenting bible.”

— Newsweek “In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives.” — Grist

Ferment for Good: Ancient Food for the Modern Gut Ten Speed Press

SHORTLISTED for the 2021 Gourmand World Cookbook Award *SHORTLISTED for the 2022 Taste Canada Award for Single-Subject Cookbooks* A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, from the friendly voice behind @ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has preached that "zero-waste" is above all an intention, not a hard-and-fast rule. Because, sure, one person eliminating all their waste is great, but thousands of people doing 20 percent better will have a much bigger impact. And you likely already have all the tools you need to begin. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less, and finally,

the recipes and strategies to turn them into self-reliant, money-saving cooks and makers. Rescue a hunk of bread from being sent to the landfill by making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save 10 dollars (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese, then use the cheese in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they go bad--including end-of-recipe notes on what to do with your ingredients next--Bonneau lays out an attainable vision for a zero-waste kitchen.

The Permaculture Book of Ferment and Human Nutrition Bloomsbury Publishing USA

This beautifully illustrated guide by the author of Japanese Farm Food includes essential Japanese pantry tips and 125 recipes. In Preserving the Japanese Way, Nancy Singleton Hachisu offers step-by-step instructions for preserving fruits, vegetables, and fish using the age-old methods of Japanese farmers and

fishermen. The recipes feature ingredients easily found in grocery stores or Asian food markets, such as soy sauce, rice vinegar, sake, and koji. Recipes range from the ultratraditional— Umeboshi (Salted Sour Plums), Takuan (Half-Dried Daikon Pickled in Rice Bran), and Hakusai (Fermented Napa Cabbage)— to modern creations like Zucchini Pickled in Shoyu Koji, Turnips Pickled with Sour Plums, and Small Melons in Sake Lees. Hundreds of full-color photos offer a window into the culinary life of Japan, from barrel makers and fish sauce producers to traditional morning pickle markets. More than a simple recipe book, *Preserving the Japanese Way* is a book about community, seasonality, and ultimately about why both are relevant in our lives today. “This is a gorgeous, thoughtful—dare I say

spiritual—guide to the world of Japanese pickling written with clarity and a deep respect for technique and tradition.”

—Rick Bayless, author of *Authentic Mexican* and owner of Frontera Grill
Wild Fermentation Chelsea Green Publishing

Includes over 250 recipes, many from his BBC TV series *Dish of the Day*, *Simple Suppers* and *Simple Cooking*. From Nigel Slater, presenter of *Dish of the Day* and one of our best-loved food writers, a beautiful and inspiring companion volume to his bestselling *Kitchen Diaries*.

Fermentation for Beginners Storey Publishing, LLC

An authoritative and easy-to-use guide to fermentation with 100 recipes for fermented foods and drinks. IACP AWARD WINNER Fermented and live-culture foods are beloved for their bold and layered

flavors as well as their benefits for gut health and boosting immunity, but until now, there hasn't been a book that is both authoritative and easy to use. The *Farmhouse Culture Guide to Fermenting* provides you with the history, health information, and safest methods for preserving, along with 100 recipes for krauts, pickles, kimchi, fermented vegetables, hot sauces, preserved fruits and jams, kombucha, and even mead. With trusted authors Kathryn Lukas, founder of mega brand Farmhouse Culture, and master fermenter and best-selling author Shane Peterson and their thoroughly tested recipes, this is the fermentation book that every home fermenter needs--whether you are about to make your first batch of pickles or have been preserving foods for decades.