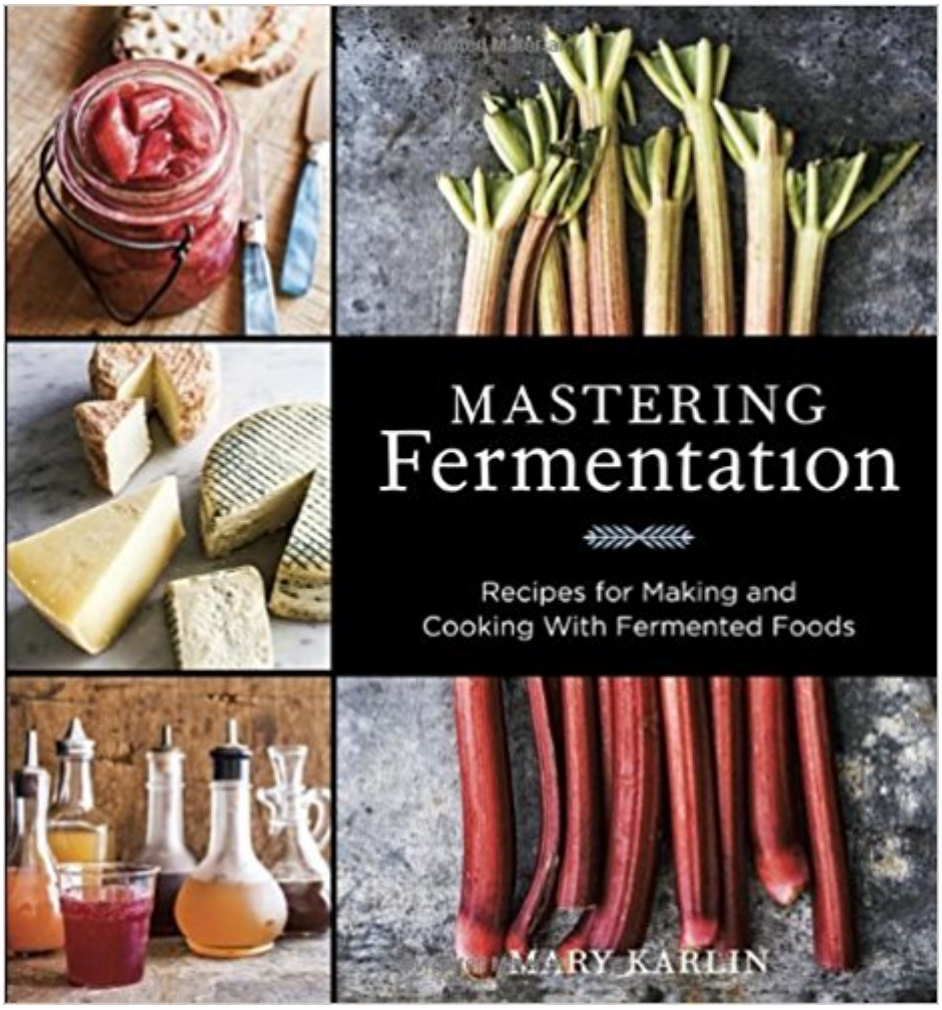
Ebook Directory
the best source of ebook

The book was found

Mastering Fermentation: Recipes For Making And Cooking With Fermented Foods



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

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.Ã Â Ã Â Ã Â 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.

Book Information

Hardcover: 256 pages

Publisher: Ten Speed Press (August 27, 2013)

Language: English

ISBN-10: 1607744384

ISBN-13: 978-1607744382

Product Dimensions: 8.7 x 0.9 x 9.3 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 43 customer reviews

Best Sellers Rank: #71,739 in Books (See Top 100 in Books) #62 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments #91 inÃ Â Books > Cookbooks, Food & Wine > Canning & Preserving #197 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

The microbial process of fermentation plays a part in many everyday foods. The bacteria, molds, and fungi let loose on raw ingredients transforms them into wholly new foods, sometimes far removed from their original natures. Nearly everyone is familiar with this process that turns grape into wine or barley into beer, but few are as aware that parallel bacterial activity makes cabbage into sauerkraut and milk into cheese or yogurt. Meats, such as corned beef, rely on fermentation for flavor, and every Dane knows what it can do for a smorgasbordÃ¢â ¬â„¢s herring. Karlin aims to make the home cook less daunted by these biological processes. She carefully inventories requisite equipment and gives detailed directions. She usefully catalogs sources of supply for mold starters, specialized yeasts, and the like. As with many food preservation techniques, sanitation and other controls are vital, not just for tasty outcomes but to ensure food safety. A valuable reference book. --Mark Knoblauch

Ã¢â ¬Å“Mary Karlin does a lot to render a topic that is beguiling but mysterious in a direct and straightforward way. Mastering Fermentation is full of recipes and ideas that are imminently doable and also delicious. Do try making your own cream cheese and youÃ¢â ¬â„¢ll know its goodness!Ã¢â ¬Â• Ã¢â ¬â •DEBORAH MADISON, author of Vegetable Literacy and Vegetarian Cooking for Everyone Ã Â Ã Â Ã¢â ¬Å“Mary Karlin has done it again, getting me all excited about the passions we share, as she previously did with cheese making and wood-fired cooking. But this time itÃ¢â ¬â„¢s for the whole magical category of fermentation, and she goes both broad and deep. I could not put this book down, and now I simply want to make everything in it.Ã¢â ¬Â• Ã¢â ¬â •PETER REINHART, author of The Joy of Gluten-Free, Sugar-Free Baking and Artisan Breads Every Day Ã Â Ã Â Ã¢â ¬Å“If cooking is an art, and baking a science, then fermentation must be akin to magic. Ordinary foodsÃ¢â ¬â •vegetables, milk, juice, tomatoes, teaÃ¢â ¬â •are transformed by it into the most extraordinary pickles, cheeses, vinegars, ketchups, and kombuchas. But, as with all magic, itÃ¢â ¬â„¢s important to stay on the side of light and goodness. Mary Karlin is the sorceress and this is her book of culinary spells.Ã¢â ¬Â• Ã¢â ¬â •KIRI FISHER, owner of The Cheese School of San Francisco Ã Â

This BEAUTIFUL book is a terrific introduction to fermentation. I've been fermenting foods and beverages for over 4 years and have found some excellent recipes and techniques. So far I've tried Basic Brine for cauliflower and carrots (p13), Tomato Ketchup (p24), Whole Grain Dijon-Style Mustard (p63), Beet Kvass (p176 which we now drink everyday), and Kombucha (p177). they have

all turned out fabulous. Can’t wait to try some of the other recipes.Pickled fish must be the most disgusting food on the planet, but Ed Anderson has actually made it look good on page 151. This book is so beautiful, it would make an excellent gift for someone interested in fermentation.

I am discovering the benefits of fermented food for my digestive system. I am not getting any younger and now the doctor has told me that I have to take iron pills which really plug up the human plumbing system. I have been taking probiotic pills for several years but they are not always enough. Since I enjoy eating Kimchi and Saurkraut, I purchased a fermenting lid that fits on wide mouth mason jars so I can make my own mixtures. This book appealed to me and the recipes are easy enough for me to understand. I make a lot of my own foods from scratch because I like to know what I am eating and I don’t want to feed my family chemicals.

Great book for eating "fermented." I got IBS-D 5 years back, and had to completely change what I was eating. Fermented foods are the way to go, and well as pickleing food.

An excellent introduction to using fermentation processes in a wide variety of foods. If you are familiar with using fermentation as a food preparation process in some kind of food, this book is a wonderful guide to other areas you might wish to try out. I’m sorry to say I can’t rate this book from the perspective of a novice, but the recipes and explanations seem reasonably complete. I would like to note that the feta cheese recipe fixes an omission in another popular cheese making book. As someone who has come to this book through bread and cheese making, I appreciate the use of materials such as whey as starter cultures, rather than starting all over with each food type. Enjoy

I am thoroughly enjoying this book. I have been making Kim Chi for years and wanted to start trying to ferment other food items, this book is a great resource. All of the recipes so far are fairly simple to follow with minimal ingredients, also, the pictures that accompany the recipes are beautiful.

I really enjoy the recipes in this book. They are concise and reliable. I love the kimchi recipes in particular, as well as the endless uses for the beer brine. I feel that the equipment or special items and vessels needed for some of the recipes are not too expensive or hard to find. I really want to try making the pineapple vinegar, it sounds wonderful. Worth every penny for the inspiration in the kitchen alone. If you are patient enough to wait for your endeavor to ferment(up to several months in certain recipes, like fruit vinegars), definitely pick this book up.

I have gotten into fermenting foods somewhat recently, making sauerkrauts, pickling corn, okra, eggplant, hot sauces, etc. I saw this book referenced in a magazine, and decided to purchase it despite its having no reviews at that time.I am glad I did. It is now one of the books I would want to save if my house catches fire. There are several of those, but this is near the top of the list.I don't follow recipes; instead, I follow ideas. This book is full of wonderful ideas. I used ideas from her hot sauce recipes and her mustard recipes to make a wonderful habanero mustard. I can't wait to try others, such as bran-fermented vegetables. I'm going to have to work up to some, such as corned beef that sits at room temp for 24 hours. Every page I turn to has a nice idea to try.The only negative I see in the book is that it really needs to be a companion book to, say, Wild Fermentation or The Art of Fermentation. Those books explain why fermentation is neither entirely predictable nor exactly repeatable, and gives mileposts and signs for judging when a fermentation is going right or astray. And also that the final product can depend on personal preference. This book, to me, gives the impression that one should follow a very precise regiment, and is less informative about how individual conditions (or preferences!) might require adjustments. Likewise, some ingredients and steps are called for, such as adding whey or blanching, and it is sometimes not clear why. I understand what these do, but the description does not say whether something special to the ingredients/procedure makes them necessary (for safety) or if they are conveniences and optional.I think this is a fantastic book and it goes beyond what I have seen elsewhere. My personal negatives are trivial in comparison to what the author has accomplished

Great book, lots of useful recipes and information! I highly recommend this for anyone who is looking to improve their health and add fermented foods to their diet. Beautiful photos and insightful knowledge.

Download to continue reading...

Mastering Fermentation: Recipes for Making and Cooking with Fermented Foods Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Fermentation for Beginners: The Step-By-Step Guide to Fermentation and Probiotic Foods Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making,

Soap Making Supplies, Crafting) Kombucha: for Beginners: How to Make Kombucha at Home (Kombucha, Kombucha Recipes, How to Make Kombucha, Fermented Drinks, Fermented Tea, Kombucha Mushroom Book 1) Whole Food: The 30 Day Whole Food Challenge Ã¢â ¬â œ Whole Foods Diet Ã¢â ¬â œ Whole Foods Cookbook Ã¢â ¬â œ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Paleo Recipes for Beginners: 230+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 220+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 210+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Traditionally Fermented Foods: Innovative Recipes and Old-Fashioned Techniques for Sustainable Eating The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Kombucha: The Best Recipes For Making Kombucha At Home! (Kombucha Recipes, How to Make Kombucha, Fermented Drinks) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition

Contact Us

DMCA

Privacy