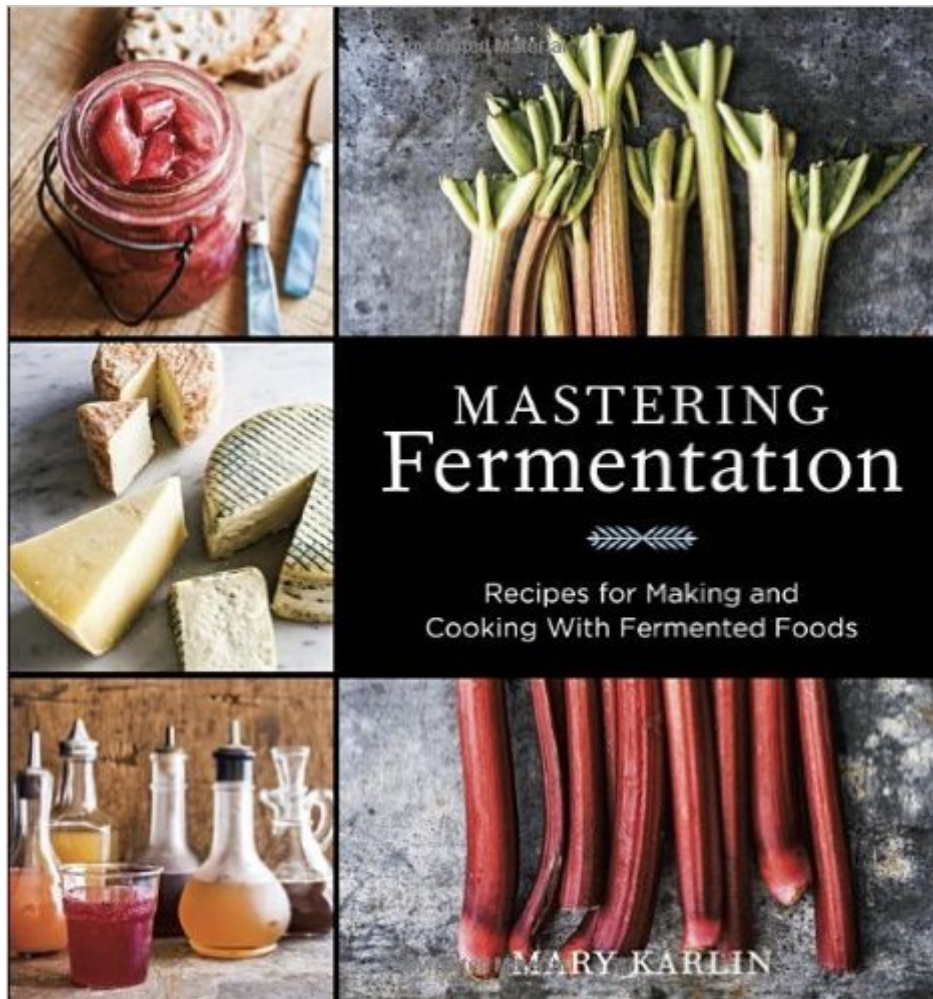


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# Mastering Fermentation: Recipes For Making And Cooking With Fermented Foods



## 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. 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

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## Customer Reviews

It does have great photos and some interesting ideas, but as an avid home brewer, fermenter and chef I would not recommend this book for beginners. I have never made cheese so I can't speak on those recipes and the sourdoughs do seem sound. Many of the veg and fruit recipes are not fermented, they are not left long enough and do not have good descriptions on what to look for or how to gauge the fermentation. The soy and beer recipes are not good. Some will work and some won't. I'd recommend The book of tofu, The book of miso, Wild Fermentation and How to Brew to those interested. 1/15/14 I kept this book for a few more day to review further. I now think this book is actually dangerous! there are a few recipes using cornmeal that recommend using pickling lime water to make the product. That is dangerous. Lime is used to make nixtamal (masa) but that lime is washed away with many changes of water. Lime is very alkaline and dangerous, when you get it on your skin you can feel it breaking down the top layers. The trace that is found in tortillas won't hurt you and does have many benefits. Wood ash was the traditional alkali used in nixtamal but the process takes longer. Having read the sourdough recipes more carefully: I would think that if you take the time to make a sourdough you want to learn how to use it for leavening, the method for making a sourdough is sound but the recipes for sourdough pizza and bread use bakers yeast to leaven. Wild yeast can't compete with specific yeasts (bread, wine, beer, cider, mead), they are not as fast at feeding and die off. That is a benefit if you want a consistent product but not if you are trying to nurture wild yeasts.

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