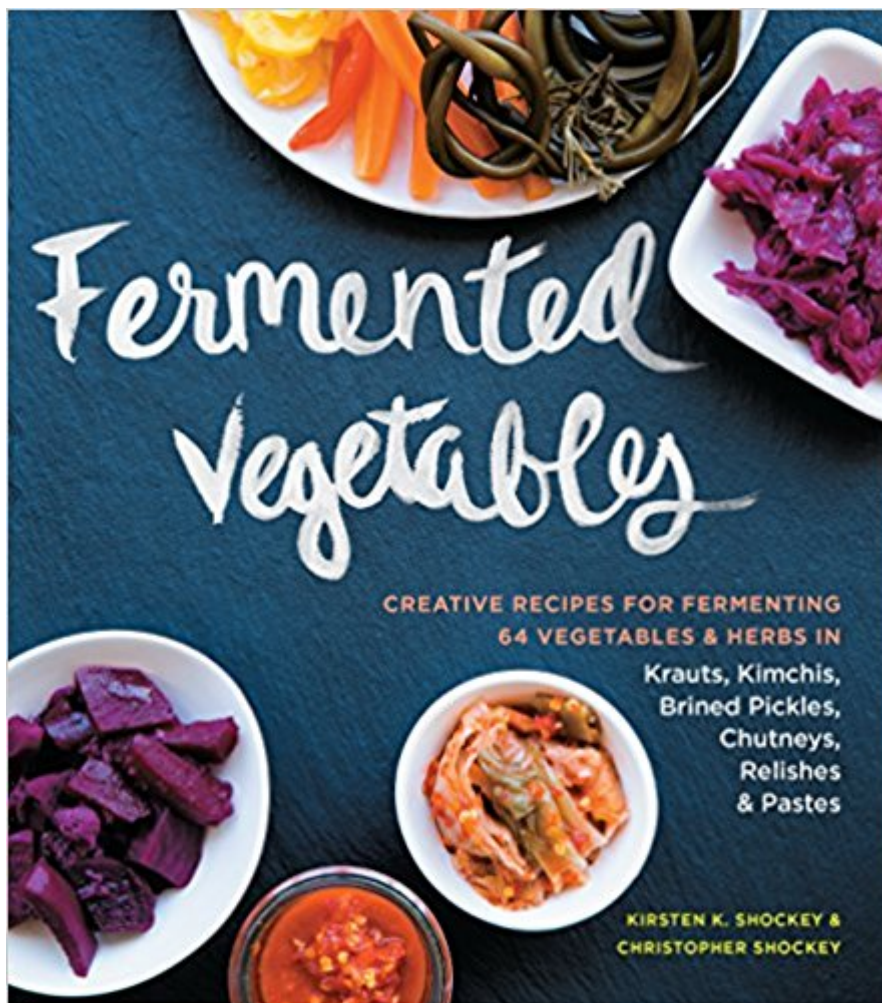


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# Fermented Vegetables: Creative Recipes For Fermenting 64 Vegetables & Herbs In Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes



## Synopsis

Even beginners can make their own fermented foods! This easy-to-follow comprehensive guide presents more than 120 recipes for fermenting 64 different vegetables and herbs. Learn the basics of making kimchi, sauerkraut, and pickles, and then refine your technique as you expand your repertoire to include curried golden beets, pickled green coriander, and carrot kraut. With a variety of creative and healthy recipes, many of which can be made in batches as small as one pint, youâ™ll enjoy this fun and delicious way to preserve and eat your vegetables.

## Book Information

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## Customer Reviews

Fermented Vegetables contains the tools needed to learn the art of fermenting vegetables. The first 3 chapters cover the basics of fermentation including the science of fermentation and the tools needed for the craft. The next few chapters cover mastering sauerkraut, condiments, brine pickling, and kimchi basics. There is even a section on storage and troubleshooting. You then jump into the detailed instructions for fermenting 64 different fruits, herbs, and vegetables. Because the recipes are broken down by type of fruit/herb/vegetable, itâ™s easy to just head to the section for the item you have on hand. The chapters and recipes are filled with helpful tips, information important to safe fermenting, and interesting facts and tid-bits about various herbs, veggies, and more. The story at the beginning of this chapter brought a smile to my face as itâ™s about sauerkraut, and Iâ™ll say that it has me rethinking my stance on sauerkraut. I just may have to give making my own a try.

**\*\*grin\*\*** Once you have your fermented goodies made, youâ™ll want to make sure they you actually use them. The Shockeyes have you covered with a wide variety of ideas and recipes for using your

fermented veggies, herbs, and fruits. I was pleasantly surprised to see that there were a lot of gluten free recipes in the mix. I appreciated the fact that recipes were labeled gluten-free, vegetarian, and/or vegan if they fit into those categories as it made it very easy to look for gluten-free options for my family. The recipes are broken down into sections: breakfast, snacks, lunch, happy hour (cocktails), dinner, and dessert. The appendix includes a very helpful section on how to tell if your ferments are good or bad.

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