



## Fermenting: Recipes & Preparation

By Daphne Lambert

Flame Tree Publishing, 2016. HARDCOVER. Condition: New. Flame Tree Publishing. New. This beautifully illustrated new cookbook will not only inspire you to try new foods and recipes, it will show you how foods can actively foster a healthier body, encouraging a balanced digestive system and healthy gut. A fascinating discussion of the history, benefits, techniques and tools needed for fermenting, is followed by basic recipes that use age-old methods to culture healthy bacteria to create essential classic ferments such as sauerkraut, kimchi, yogurt and sourdough. The book then goes on to provide further recipes for salads and pickles, drinks and smoothies, soups, main dishes, and breads and treats. Whether it's a super probiotic Cucumber & Kefir Smoothie, a delicious Broccoli Miso Soup or tempting Buckwheat Pancakes, the ancient wisdom of fermented foods from around the world will delight your tastebuds and tummy! . 2016. HARDCOVER.

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