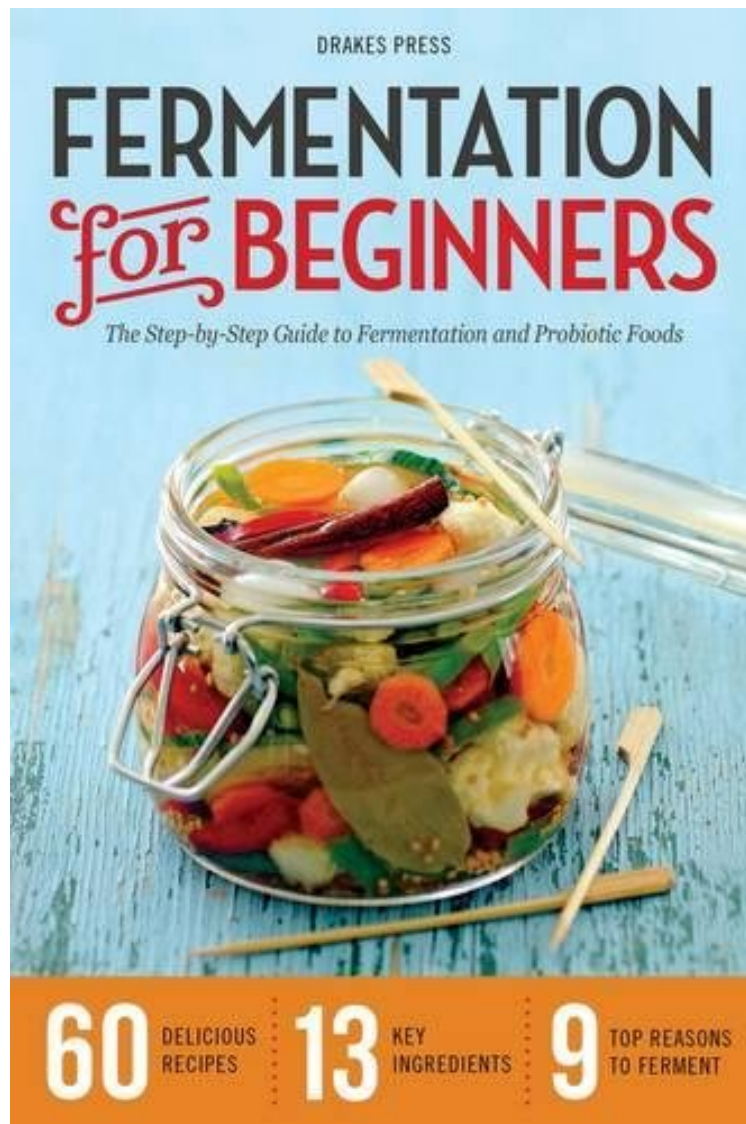


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Fermentation for Beginners: The Step-By-Step Guide to Fermentation and Probiotic Foods

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Drakes Press : Fermentation for Beginners: The Step-By-Step Guide to Fermentation and Probiotic Foods before purchasing it in order to gage whether or not it would be worth my time, and all praised Fermentation for Beginners: The Step-By-Step Guide to Fermentation and Probiotic Foods:

591 of 598 people found the following review helpful. Not really for "Beginners"By Elizabeth Van PeltI have been

fermenting things for a few years, but I remember how scary it was when I was just starting out. I looked for step by step instructions and photos showing how-tos and finished products. If you have never been exposed to home fermenting before you really need that kind guidance to feel comfortable with the process, at least I did - I mean, what if I did it wrong and poisoned my family?? How small do I chop or shred? Is it supposed to look like that? (I threw away my first batch of Kimchi because it looked weird - turns out it was probably fine) Now of course I know fermenting is perfectly safe (and easy), but I remember those early days. I bought this because it had recipes that I couldn't find in my other fermenting books (miso, tempeh, rootbeer, etc.). While I generally like what I see recipe-wise I don't think this is a good beginner book; there is too much left out of the instructions for someone just starting out - things like weighing down veggies during the ferment. It is mentioned in the chapter intro, but not in the recipes. People that have even a little fermenting experience will know this and do it without being specifically told each time, but newbies really need that in the recipe. The recipe for Kombucha says to cover vessel with cheesecloth, but if you do that with a single layer of run of the mill cheesecloth all you will be creating is a fruit fly buffet. There are no photos or drawings in this book for guidance - no big deal if you know the basics of fermenting, but for a real beginner no how-to images can be a source of frustration. I found an error in the recipe for rootbeer - it has you add the ginger bug just 10 minutes after the liquid is taken off of simmer. Big oops - that's a sure way to kill your bug. They have you add the bug after cooling too - clearly this is an editing error, but a newbie wouldn't know this. I do like the variety of recipes, but for real beginners I would suggest starting with "Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen". It has tons of photos and excellent step by step photo instructions for those new to fermenting. 58 of 61 people found the following review helpful. DIY Greek-Style Yogurt, buttermilk, and vinegars to name a few! By M. Key I have done some really basic bottling of vinegar with hot peppers but this book is great for going to the next level right down to actually making your own vinegar from scratch and all in an easy to follow manner. I especially enjoyed the section on making your own vinegars, simple and precise, definitely will be making the vinegar that comes from the scrapes (core and skin) of pineapple. There is also a neat beverage chapter with beer, mead, and natural soda formulas. Simple to follow recipes grab it for your kitchen! 46 of 50 people found the following review helpful. Fermentation for beginners By Dr. Jacqueline A. Alkire This introductory book on fermentation not only explains what fermentation is but it also explains why it is good for our bodies. It continues that those cultures that have fermented foods in their diet, such as pickles and yogurt in Asia, live longer than those cultures that do not have fermented foods. The text adds that fermented foods promote immunity and aid in digestion--even with those foods such as nuts and seeds--which need yogurt or other fermented foods to help in digestion. The book also contains information on yeasts, fungi and fruits in addition to alcoholic and nonalcoholic beer and wine. Instructions are included to ferment lots of edible items. It is an educational resource for fermentation. Dr. Jacqueline A. Alkire

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