

Fermenting Recipes & Preparation



BOOK DETAILS

- Author : Daphne Lambert
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BOOK SYNOPSIS

All you need to know about fermenting. Including basic recipes for culturing healthy bacteria to create classic ferments such as sauerkraut, kimchi, yogurt and sourdough, and more beautifully illustrated recipes for pickles, drinks, soups, mains and treats - probiotic Cucumber & Kefir Smoothie to Buckwheat Pancakes. Great for tastebuds and tummy!

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