



Fermentation: An Ultimate Guide for Beginners Plus Top Fermentation Recipes (Paperback)

By Hillary James

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When it comes to the basics of fermentation, many people only think of it in relation to alcoholic beverages like wine and beer. In reality, fermentation is a food preservation method that can be applied to many foods including fruits and vegetables. Not only does fermentation increase the shelf-life of foods, but it can increase the nutritional value as well. If you are curious to learn more about fermentation, this book is the perfect place to start. In this book you will receive the following: -An introduction to fermentation and the health benefits it offers -A step-by-step guide to fermentation for beginners -A collection of tasty recipes for lacto-fermented vegetables, condiments and beverages So, if you are ready to try fermentation for yourself, just pick up this book and get going!.

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