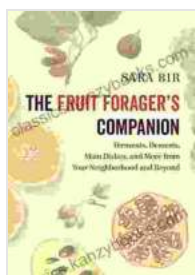


# Ferments: Desserts, Main Dishes, and More From Your Neighborhood and Beyond

by Sandor Ellix Katz

Fermentation is a natural process that humans have used for centuries to preserve food and create delicious and nutritious dishes. In his new cookbook, *Ferments*, Sandor Ellix Katz explores the world of fermentation, from classic sauerkraut to innovative kimchi ice cream.



## The Fruit Forager's Companion: Ferments, Desserts, Main Dishes, and More from Your Neighborhood and Beyond

by Christina Tosch

★★★★☆ 4.5 out of 5

Language : English

File size : 270737 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 400 pages



Katz begins the book with a comprehensive to fermentation, explaining the science behind the process and providing step-by-step instructions for making your own ferments. He then offers a wide variety of recipes for fermented foods, including:

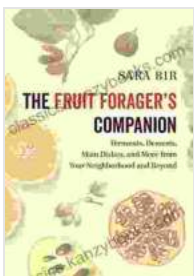
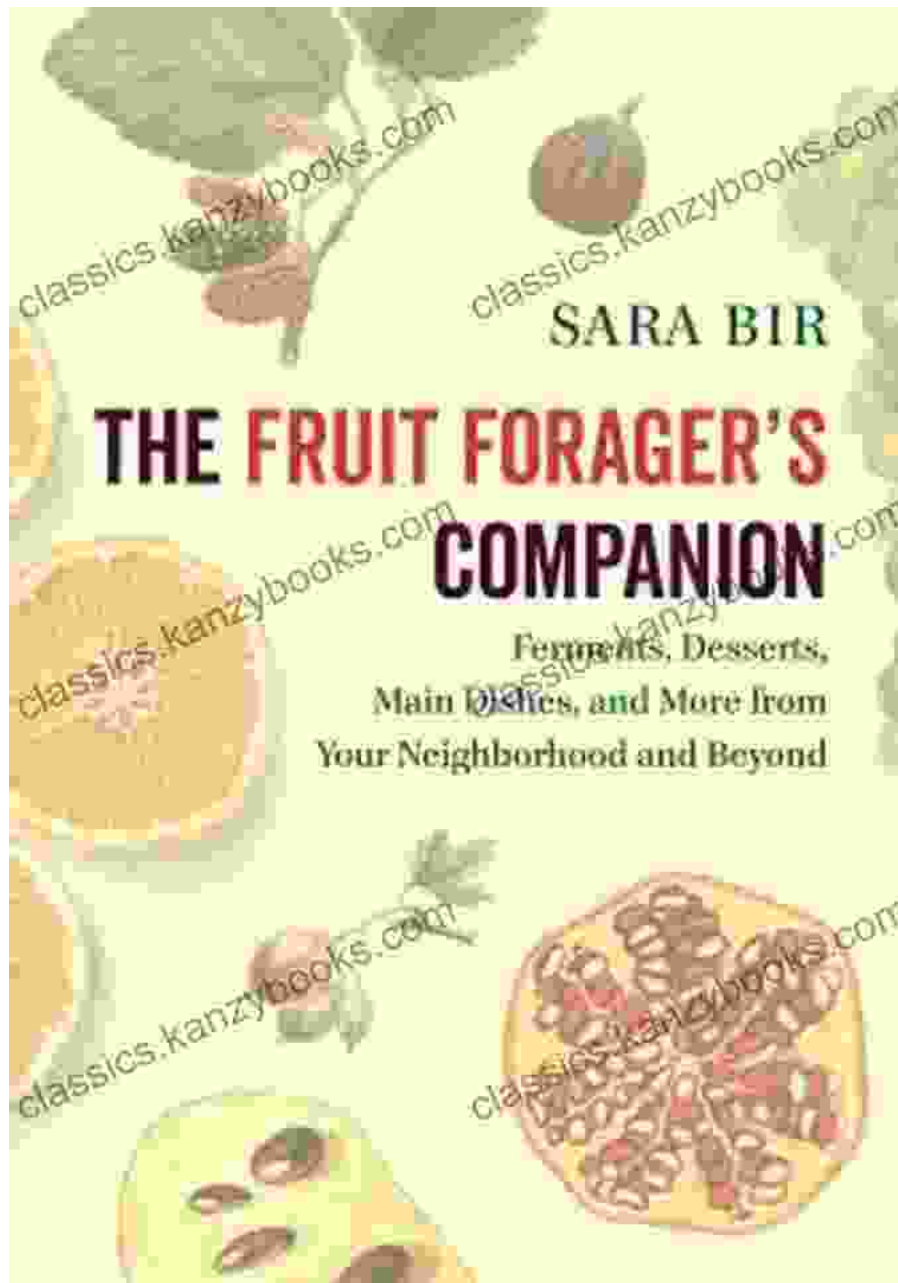
- Desserts: kimchi ice cream, sauerkraut pie, kombucha sorbet

- Main dishes: fermented tofu scramble, kimchi tacos, sauerkraut and sausage soup
- Condiments: kimchi, sauerkraut, kombucha, kefir, yogurt

Katz's recipes are easy to follow and packed with flavor. He also provides helpful tips and troubleshooting advice, so you can be sure that your ferments will turn out perfectly every time.

Whether you're a fermentation newbie or a seasoned pro, Ferments is a must-have cookbook. With its comprehensive , wide variety of recipes, and helpful tips, Katz's book will help you create delicious and nutritious fermented foods that will impress your family and friends.

**Free Download your copy of Ferments today!**



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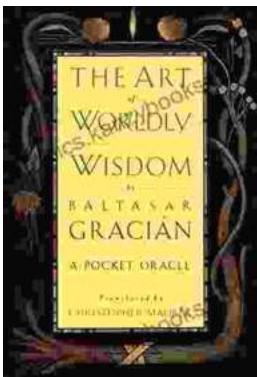
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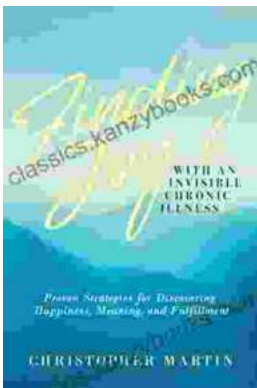
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