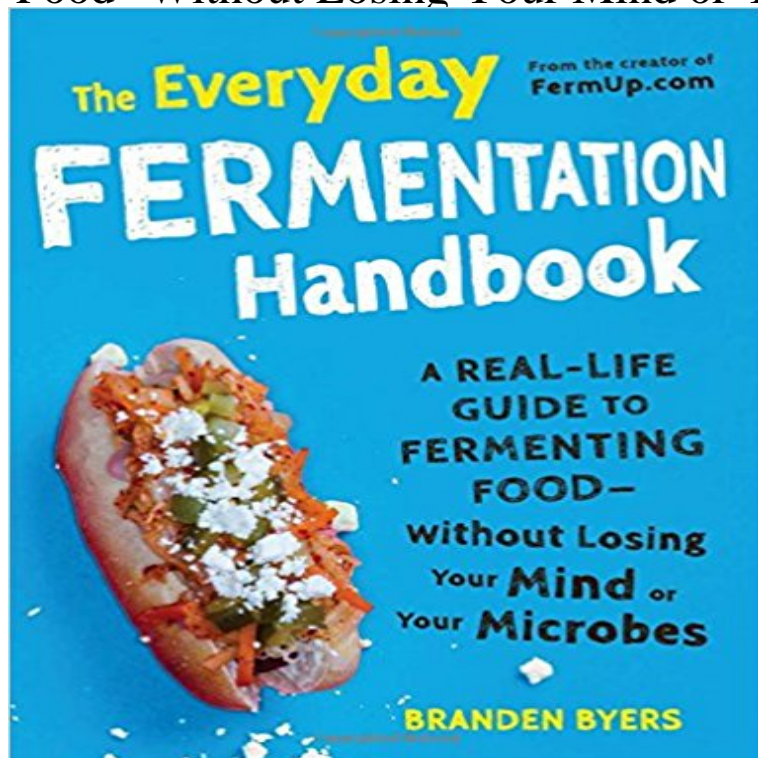


# The Everyday Fermentation Handbook: A Real-Life Guide to Fermenting Food--Without Losing Your Mind or Your Microbes



Easy recipes to ferm up any kitchen! Get ready for a wild microbial transformation with the healthy and flavorful foods in The Everyday Fermentation Handbook! Going way beyond ordinary sauerkraut and kimchi, this book teaches you the ins and outs of fermentation with simple instructions for fermenting just about every kitchen staple. Complete with tasty recipes for turning fermented foods into meals, you'll relish the opportunity to fill each day with mouthwatering dishes like: Sourdough Belgian waffles, Miso and mushroom soup, Sauerkraut Pretzel, grilled cheese, Chickpea and wild rice tempeh, Hard cider pie. The Everyday Fermentation Handbook helps you create more than 100 delicious fermented recipes--and a bona fide zoo of microbial diversity--right at home!

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