



Beginner's Fermentation Guide: Simple A to Z Tips to Ferment Your Own Food for Healthy Eating (Canning & Preserving)

Laurie Mendez

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Although the food fermentation process is far from being a new invention (it's quite the opposite in fact), there are numerous persons who still can't enjoy the delicacies that can be obtained in this manner. And the unique, almost addictive-like taste is only one small aspect of their loss. Eating foods obtained through fermentation brings so many benefits to your body and mind that you will find it hard to believe. But this is why you now have *Beginner's Fermentation Guide: Simple A to Z Tips to Ferment Your Own Food* – the book that was written in order to help you experience all those benefits by yourself. Because we know that there are many beginners in the art of cooking who would like to include such foods in their menu, we organized the inside of the book as to be as easy to follow as possible. Not only that you will find a very detailed (but comprehensible) step-by-step plan, but you will also learn more about the advantages of eating fermented foods correctly. And that's not all: the final chapter will familiarize you with 7 of the most popular fermentation recipes that you will be glad to start your practicing with.

Here is a preview of what you will learn from this book:

- Definition and stages of the process
- Ancient practices of food fermentation
- What tools will become useful
- What are the most common fermented foods
- What is a starter culture and when do you need it

Your body needs your help in order to stay healthy and strong. Don't let it fight alone against the maleficent bacteria!

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Beginner's Fermentation Guide: Simple A to Z Tips to Ferment Your Own Food for Healthy Eating (Canning & Preserving) can be one of your basic books that are good idea. All of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to put every word into delight arrangement in writing Beginner's Fermentation Guide: Simple A to Z Tips to Ferment Your Own Food for Healthy Eating (Canning & Preserving) yet doesn't forget the main point, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information may drawn you into fresh stage of crucial pondering.

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