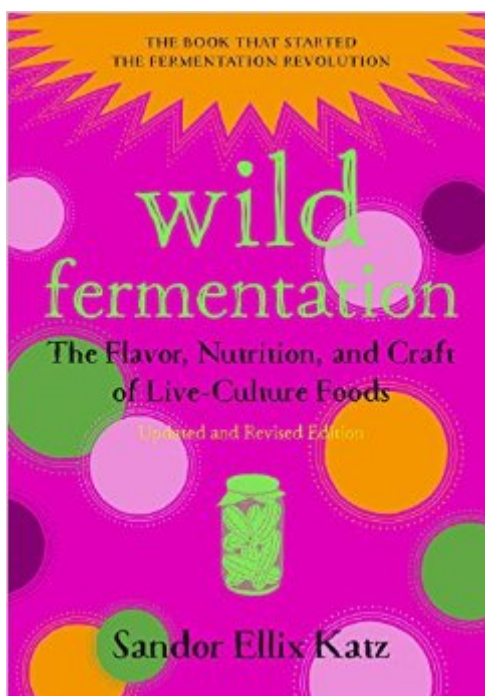


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# Wild Fermentation: The Flavor, Nutrition, And Craft Of Live-Culture Foods, 2nd Edition



## Synopsis

The Book That Started the Fermentation Revolution Sandor Ellix Katz, winner of a James Beard Award and a New York Times bestselling author, whom Michael Pollan calls the "Johnny Appleseed of Fermentation" returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach to making and eating fermented foods, the health benefits of which have helped launch a nutrition-based food revolution. Since its publication in 2003, and aided by Katz's engaging and fervent workshop presentations, Wild Fermentation has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more. In turn, they've traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz's work earned him the Craig Claiborne lifetime achievement award from the Southern Foodways Alliance, and has been called "one of the unlikely rock stars of the American food scene" by The New York Times. This updated and revised edition, now with full color photos throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipes including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread and updates and refines original recipes reflecting the author's ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz and his books: "The Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship." —Deborah Madison, author of Local Flavors "Sandor Katz has proven himself to be the king of fermentation." —Sally Fallon Morell, President, The Weston A. Price Foundation "Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century." —Gary Paul Nabhan, author of Growing Food in a Hotter, Drier Land "The fermenting bible." —Newsweek "In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives." —Grist

## Book Information

Paperback: 320 pages

Publisher: Chelsea Green Publishing; 2 edition (August 19, 2016)

Language: English

ISBN-10: 1603586288

ISBN-13: 978-1603586283

Product Dimensions: 7 x 0.6 x 9.9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 645 customer reviews

Best Sellers Rank: #12,173 in Books (See Top 100 in Books) #5 in Books > Cookbooks, Food & Wine > Beverages & Wine > Beer #15 in Books > Cookbooks, Food & Wine > Canning & Preserving #24 in Books > Science & Math > Agricultural Sciences > Food Science

## Customer Reviews

Sandor Ellix Katz is a fermentation revivalist. A self-taught experimentalist who lives in rural Tennessee, his explorations in fermentation developed out of overlapping interests in cooking, nutrition, and gardening. This book, originally published in 2003, along with his *The Art of Fermentation* (2012) and the hundreds of fermentation workshops he has taught around the world, have helped to catalyze a broad revival of the fermentation arts. *Newsweek* called *Wild Fermentation* "the fermenting Bible," and *The New York Times* calls Sandor one of the unlikely rock stars of the American food scene. For more information, check out his website [www.wildfermentation.com](http://www.wildfermentation.com).

Great book and the bible on fermentation. Written in a language and style that is easy to understand. Explains the hows and whys of fermentation and includes many basic recipes. Really will get you past the fear part of fermentation, my fear being that I would ruin a bunch of home-grown vegetables as well as waste time and additional materials. My first few batches have turned out great, now I'm trying other things like sourdough. Well worth the read.

Sandor Katz really knows his stuff but is not pompous or verbose. He is down to earth and practical in his approach which means his ideas spread easily!

I have been making several probiotic drinks at home. They work great at keeping the body in tune, as it should be, for healthy living. *Wild Fermentation* expands my knowledge of other healthy products that can be made at home, eliminating the middle man pricing and giving you the comfort

of knowing what actually goes into your healthy products.

This is my fermentation bible. I like how it covers so many different types of fermentation and I like the loose, non-technical tone. I imagine that this can be frustrating for some people but if you want more technical detail you can consider this a jumping off point. Personally, the part of this that's fascinating to me is how low-tech it can be. One problem I have with the book is that the author includes metric measurements but they are not really accurate in some cases. For example, saying that 1 tsp = 5 gm is only true if you're talking about water - could be totally wrong if you're talking about salt! (eg: a teaspoon of coarse salt isn't going to weigh what a teaspoon of fine salt does). Just plugging in a standard measure into a formula/google and pasting the metric equivalent into the book is not good enough.

Excellent Book on the wonderful art of fermentation and how infant VERY safe and easy it is to do! Great resource on the topic and many wonderful recipes to get yourself started and encouragement to jump in. Here's the best and easiest way to boost and improve your overall health. Check it out, well worth the price and time to read it.

As one who knew very little about fermentation, I learned quite a bit from this book. Though I skipped through some chapters, it was a good and enlightening read.

As a germ-a-phobe, I had a real fear of fermenting, but kept hearing over and over the benefit of fermented foods. Skim the mold off and eat the rest? NOOOOOOOO!! I grew up on American cheese and a household mantra of 'When in doubt, throw it out'. After the name of the author kept coming up while researching the topic, I finally bought this book. It did so much more than provide recipes. He explains everything so clearly and completely that the fear begins to dissipate. This book is about courage. Courage in foods and in life. And here's the thing...I wanted simple, safe recipes that I could read and execute. Not interested in any history or anecdotes. Yet I read this book cover to cover the first time I opened it. There is a reason why 'Wild Fermentation' is wildly popular. Actually, MANY reasons. It is down-to-earth, in every way. And so many of the recipes are, or can be adapted, to small amounts. Very pleased with this book, and if you have an interest in health, good food, recipes, or just enjoy a good read, chances are you'll enjoy it as well.

Very nice- Everything I have tried from this book has turned out well. After much research I bought

three books at the same time- to start me on my fermenting way."Fresh & Fermented: 85 Delicious Ways to...." by Julie O'Brien "Fermented Vegetables: Creative Recipes for...." by Kirsten K. Shockley and "Wild Fermentation..." by Sandor Ellix Katz.Having all 3 gave me the knowledge and recipes to try lots of fermentation projects with many more to go. I am giving the same review to all 3 books because all were a good buy, a good read and informative.

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