



Mastering Fermentation: Recipes for Making and Cooking with Fermented Foods

Mary Karlin

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A beautifully illustrated and authoritative guide to the art and science of fermented foods, featuring 70+ recipes that progress from simple fermented condiments like vinegars and mustards to more advanced techniques for using wild yeast, fermenting meats, and curing fish.

Although fermentation has an ancient history, fermented foods are currently experiencing a renaissance: kombucha, kefir, sauerkraut, and other potent fermentables appeal not only for their health benefits, but also because they are fun, adventurous DIY projects for home cooks of every level. *Mastering Fermentation* is a beautifully illustrated and authoritative guide to the art and science of fermented foods, featuring more than seventy recipes that allow you to progress from simple fermented condiments like vinegars and mustards to more advanced techniques for using wild yeast starters, fermenting meats, and curing fish.

Cooking instructor and author Mary Karlin begins with a solid introduction to the wide world of fermentation, explaining essential equipment, ingredients, processes, and techniques. The diverse chapters cover everything from fermented dairy to grains and breads; legumes, nuts, and aromatics; and fermented beverages. Last but not least, the book concludes with more than twenty globally-inspired recipes that incorporate fermented foods into enticing finished dishes like Grilled Lamb Stuffed with Apricot-Date Chutney and Saffron Yogurt Sauce. Offering an accessible, recipe-driven approach, *Mastering Fermentation* will inspire and equip you to facilitate the transformative, fascinating process of fermentation, with delicious results.

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