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## Fermenting Food for Healthy Eating: Delicious probiotic recipes to boost your digestive and immune systems (Paperback)

By Catherine Atkinson

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Fermented foods - kefir, kimchi and kombucha, to name just a few - are flooding the supermarket shelves but can be costly to buy. Whether you are new to fermented foods or looking to expand your repertoire, with Fermenting Food for Healthy Eating you ll discover the astonishing nutritional benefits of fermented foods and drinks, how easy they are to make at home and how to incorporate them into everyday eating. It includes:\* A comprehensive introduction explaining how fermentation works to preserve food, make it more digestible and increase its vitamin and mineral availability.\* All the basic and more advanced techniques, with step-by-step recipes, foolproof advice and handy hints.\* Individual chapters on fermented vegetables such as sauerkraut and dill pickles, dairy products, including kefir, yogurt and cheeses (and many non-dairy versions), a selection of fermented drinks such as rejuvelec and kvass, plus how to make sourdough and other fermented breads.Fermenting Food for Healthy Eating is the ultimate guide to fermenting. The book contains a total of 40 recipes for making fermented foods and drinks, and over 40 more nutrient-packed recipes showing how these fermented...



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