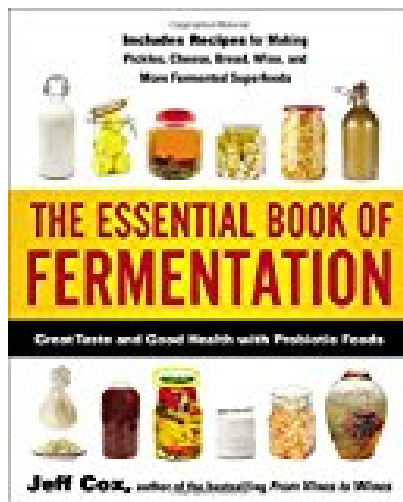


The Essential Book of Fermentation

Great Taste and Good Health with Probiotic Foods



BOOK DETAILS

- Author : Jeff Cox
- Pages : 320 Pages
- Publisher : Avery
- Language : English
- ISBN : 158333503X



BOOK SYNOPSIS

Sharing a bounty of recipes for nourishing the internal garden, the countrys leading expert on organic food simplifies the art and science of fermentation, offering easy-to-follow pickling and canning techniques and revealing the nutritional and probiotic power of such foods as artisanal cheese and kimchi. Original.

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