



## Fermented Foods: How to Ferment Vegetables

By Morgan Anderson

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you want to learn to ferment vegetables? The fermentation process takes vegetables and turns them into probiotic powerhouses packed full of healthy microorganisms and enzymes. If you're looking to add probiotic bacteria to your diet, learning to ferment vegetables is a cheap and easy way to do it. The following topics are covered in the beginning chapters of the book: What lacto-fermentation is and what happens during the fermentation process. The four items you need to get started. The health benefits of fermented vegetables. Vegetable fermenting basics. A quick introduction to fermenting vessels, including the pros and cons of some of the more popular container types. Weighting systems and why they're important. The best types of salt and water to use. Starter cultures and why they aren't always necessary. How to tell when vegetables are done fermenting. This handy guide contains more than 35 recipes, including step-by-step directions detailing how to make the following fermented vegetables: Asparagus. Fermented shredded beets. Beet kvass. Beet kanji. Brussels sprouts. Cultured cucumber salad. Curtido. Curried cauliflower. Dilly carrots. Dilly beans. Probiotic ketchup. Kimchi. Kohlrabi pickles. 5 different types of sauerkraut. Fermented cherry tomatoes and green tomatoes. and more....



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