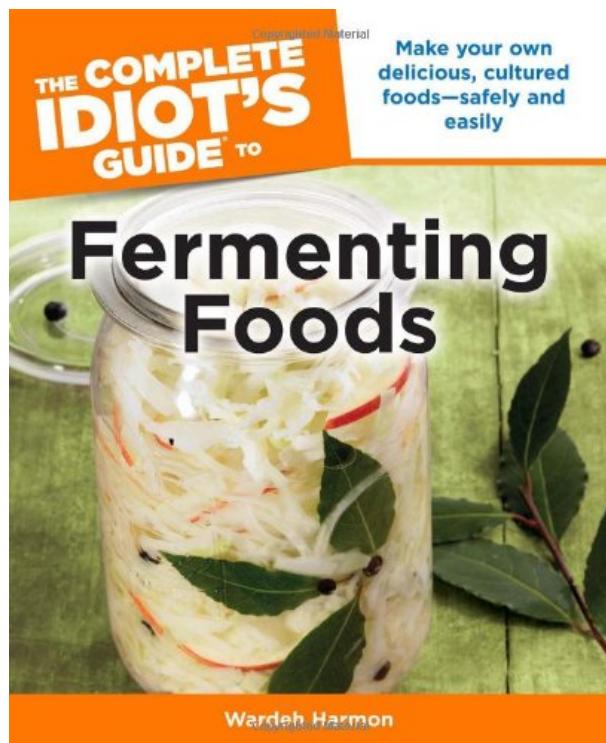
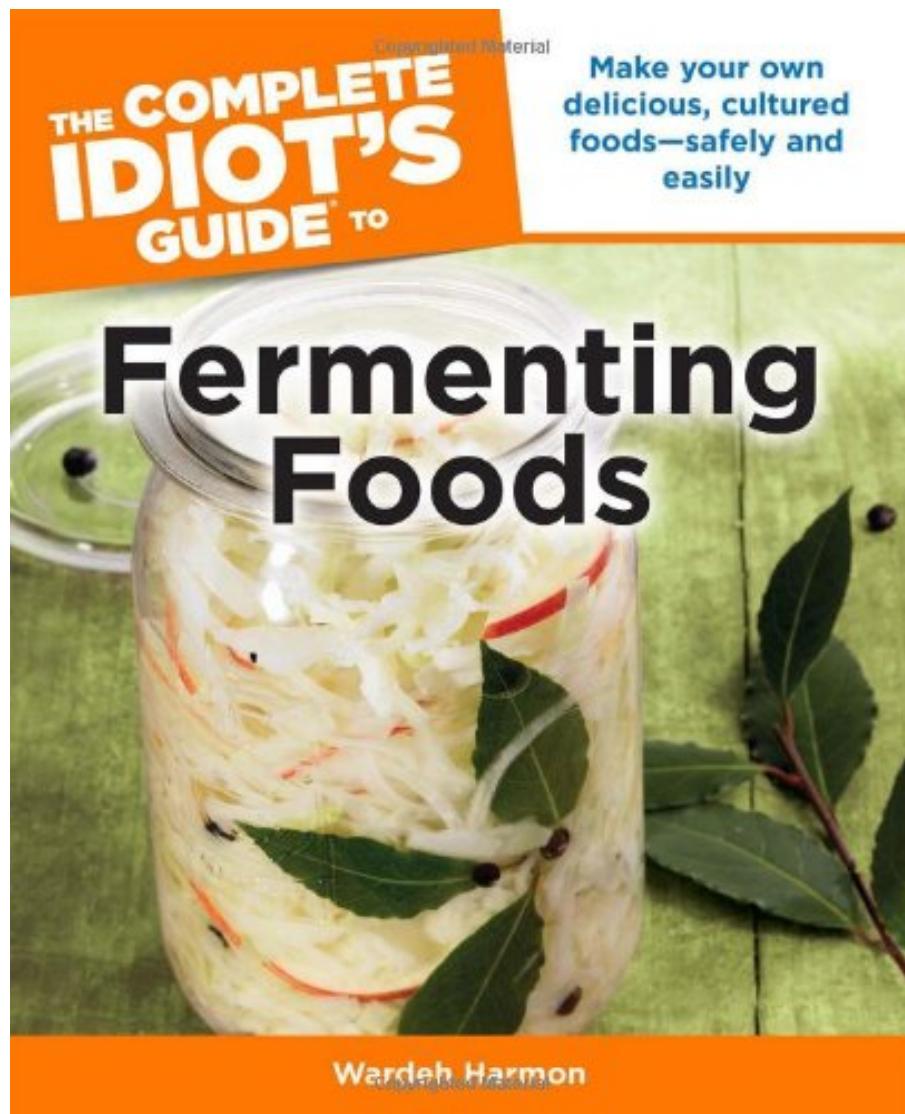


THE COMPLETE IDIOT'S GUIDE TO FERMENTING FOODS (IDIOT'S GUIDES) BY WARDEH HARMON



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- This is the first series book to discuss the wonderful health benefits of live-culture foods and the techniques for preparing them
- Includes over 100 delicious recipes for all types of fermentations
- Sales Rank: #56936 in Books
- Brand: Alpha
- Published on: 2012-04-03
- Released on: 2012-04-03
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x .73" w x 7.38" l, 1.04 pounds
- Binding: Paperback
- 320 pages

Most helpful customer reviews

3 of 3 people found the following review helpful.

Oh, wow!

By mamato5boysand?

LOVE, LOVE, LOVE!!!!

This is a MUST HAVE "A to Z" Fermenting Guide!

From sourdoughs, to kefirs, to cultured veggies, Wardeh covers it all! Incredibly well explained and taught! I HIGHLY recommend this book to prevent some nasty flops!

5 stars for Wardeh Harmon! Check out her wonderful website too: Traditional Cooking School.

6 of 6 people found the following review helpful.

Very helpful for the new, timid fermenter

By rural girl

Hi - I have been pickling for a few years & have been buying fermented foods for many years (I guess we all do) in any case, this year was the year I started fermenting. To start this process I needed to study, so I bought the The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World book; I had heard a wonderful interview with him on NPR one day ... maybe that was the spark that ignited the realization that I could ferment too ... his book is fascinating & full of interesting historical information and extremely full but there are no real recipes or actual steps to fermenting ... which, as I've gotten more bold, is helpful.

I needed a book that had actual steps & recipes, and that was why I bought this book The Complete Idiot's Guide to Fermenting Foods. I like the step by step recipes. I like the clear observations of what can happen and what to expect. Most recipes do include lacto-fermentation and there is a convincing reason earlier in

the book ... but if you're not up to all that she does tell you how to do every recipe without the lacto-part; although after reading about lacto-fermentation I do feel it is probably a really good way to go.

The Nourishing Traditions book has a very good description of lacto-fermenting, and I have enjoyed her book quite a bit; every food chapter has reasons for making those health choices in the side-pafe of the recipe & it's a very good read ... her recipes are often the longest way of doing things ... I've been making beef stocks for years & years and her recipe is good, but I never take or have the time to roast the bones, I never waste wine in stock and I only have time to cook a stock for 11 hours max and sometimes only 8 I think she was recommending far more than 11 hours ... and many of her recipes are the absolute best & most complicated way of doing things.

Since starting to ferment I have made a delicious batch of mead, mostly using Sandor katz's book; it is effervesent & delicious! This weekend I am making a big batch of saurkraut. I have also made wonderful kimchi.

Have a good day!

1 of 1 people found the following review helpful.

Helpful book for a newbie.

By Sheila Fox

Good book with helpful tips and recipes. Even if you do not follow the recipes exactly, there are good ideas in the book. Great seller that I will do business with again.

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