



Mastering Fermentation: Recipes for Making and Cooking with Fermented Foods

By Mary Karlin

Ten Speed Press. Hardcover. Condition: New. 256 pages. 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. Fermented foods appeal to today's home cooks not only for their health benefits, but also for their DIY nature. This lavishly illustrated book offers a recipe-driven, food-first approach to fermentation while also exploring its fascinating history and health benefits. Mary Karlin offers a solid introduction to the principles of fermentation and explains equipment, ingredients, processes, and techniques, plus she includes two dozen recipes that incorporate fermented foods into elegant and enticing finished dishes like Grilled Lamb Stuffed with Apricot-Date Chutney. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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