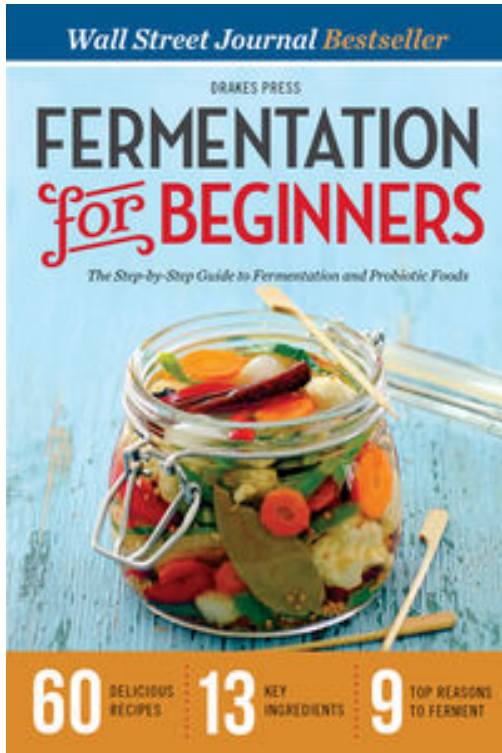


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Fermented foods are a delicious and rich source of nourishment. However, many beginners are skittish about starting the process of fermentation for the first time. With straightforward guides, delicious recipes, and step-by-step instructions, *Fermentation for Beginners* takes the stress out of at-home fermentation. Whether you are trying fermentation to improve your health, or just want to explore this time-tested culinary skill, *Fermentation for Beginners* will be your guide to the art of fermentation and the science of probiotic foods.

Fermentation for Beginners will show you how and why to ferment your own foods, with:

60 Recipes providing step-by-step instructions for safe and effective fermentation **Helpful Tips** covering the ingredients

and equipment you need to start fermenting at home **An Overview** explaining the science behind fermentation Fermentation recipes include: Garlic Dill Pickles, Pear Chutney, Greek-Style Yogurt, Tempeh, Sourdough Baguettes, Corned Beef, Red Wine Vinegar, Basic Beer, Basic Wine, and much more!

With the right combination of microbes and a little skill, *Fermentation for Beginners* will give you all the tools you need to start fermenting your own foods right away.

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