



Fermentation for Beginners: Step-by-Step Fermentation Guide with 10 Easy Fermented Vegetable Recipes (Fermented Vegetables, Kimchi, Sauerkraut, Pickles, Fermentation 101)

Sarah Young

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The Ultimate Beginner's Guide to Fermentation and Fermented Vegetables

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Learn the process of fermentation with step-by-step instructions and 10 delicious recipes

Here Is A Preview Of What You'll Learn in This Book...

- History and overview of fermentation
- Fermentation as a preservation method
- Health benefits of vegetable fermentation
- The basics of vegetable fermentation including...
- what tools to use for fermenting your vegetables
- what type of salt to use and how much
- whether to use salt, whey and salt, or go without salt altogether
- water sources and tap treatment techniques to get the best water for your ferments
- how to tell whether your vegetables are fermenting properly
- common myths about fermentation
- easy beginner recipes including fermented lettuce, carrots, radishes, spinach, kimchi, sauerkraut and more!

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