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Beginner's Food Fermentation Guide Box Set (2 in 1): A Step-By-Step Guide to Ferment Your Own Food Year-Round for Healthy Eating (Canning & Preserving)

Laurie Mendez, Samantha Stewart

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Beginner's Fermentation Guide: Simple A to Z Tips to Ferment Your Own Food for Healthy Eating

Although the food fermentation process is far from being a new invention (it's quite the opposite in fact), there are numerous persons who still can't enjoy the delicacies that can be obtained in this manner. And the unique, almost addictive-like taste is only one small aspect of their loss. Eating foods obtained through fermentation brings so many benefits to your body and mind that you will find it hard to believe.

But this is why you now have Beginner's Fermentation Guide: Simple A to Z Tips to Ferment Your Own Food – the book that was written in order to help you experience all those benefits by yourself. Because we know that there are many beginners in the art of cooking who would like to include such foods in their menu, we organized the inside of the book as to be as easy to follow as possible.

Not only that you will find a very detailed (but comprehensible) step-by-step plan, but you will also learn more about the advantages of eating fermented foods correctly. And that's not all: the final chapter will familiarize you with 7 of the most popular fermentation recipes that you will be glad to start your practicing with.

You will also find other useful information, such as:

• Definition and stages of the process
• Ancient practices of food fermentation
• What tools will become useful
• What are the most common fermented foods
• What is a starter culture and when do you need it

Your body needs your help in order to stay healthy and strong. Don't let it fight alone against the maleficent bacteria!

Food Fermentation for Beginners: Step-by-Step Fermentation Guide for Tasty Vegetables Year-Round

If you have ever wished that you could somehow have all of summertime’s vast range of tasty and colorful vegetables for your table year-round, you actually can! This is a beginner’s guide for countertop fermentation of vegetables of all types. Contrary to canning, which requires heating and cooking foods to preserve them for a long period of time, countertop fermentation keeps your garden fresh vegetables in and an enhanced raw state. Enhanced? Yes, fermentation enhances probiotic content, creating more gut- and immune-health benefits for you from your vegetables.

In this book, you will learn:

• the health benefits from your countertop fermented vegetables
• what you need to easily start fermenting raw, garden-fresh vegetables today
• how to know when the fermentation process is complete
• a little bit about the science behind fermentation
• a few basic recipes for fermenting vegetables with herbs and spices to get you started

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Here thing why this Beginner's Food Fermentation Guide Box Set (2 in 1): A Step-By-Step Guide to Ferment Your Own Food Year-Round for Healthy Eating (Canning & Preserving) are different and trusted to be yours. First of all examining a book is good nevertheless it depends in the content than it which is the content is as yummy as food or not. Beginner's Food Fermentation Guide Box Set (2 in 1): A Step-By-Step Guide to Ferment Your Own Food Year-Round for Healthy Eating (Canning & Preserving) giving you information deeper and in different ways, you can find any book out there but there is no book that similar with Beginner's Food Fermentation Guide Box Set (2 in 1): A Step-By-Step Guide to Ferment Your Own Food Year-Round for Healthy Eating (Canning & Preserving). It gives you thrill looking at journey, its open up your personal eyes about the thing which happened in the world which is probably can be happened around you. You can easily bring everywhere like in recreation area, café, or even in your technique home by train. In case you are having difficulties in bringing the imprinted book maybe the form of Beginner's Food Fermentation Guide Box Set (2 in 1): A Step-By-Step Guide to Ferment Your Own Food Year-Round for Healthy Eating (Canning & Preserving) in e-book can be your substitute.

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