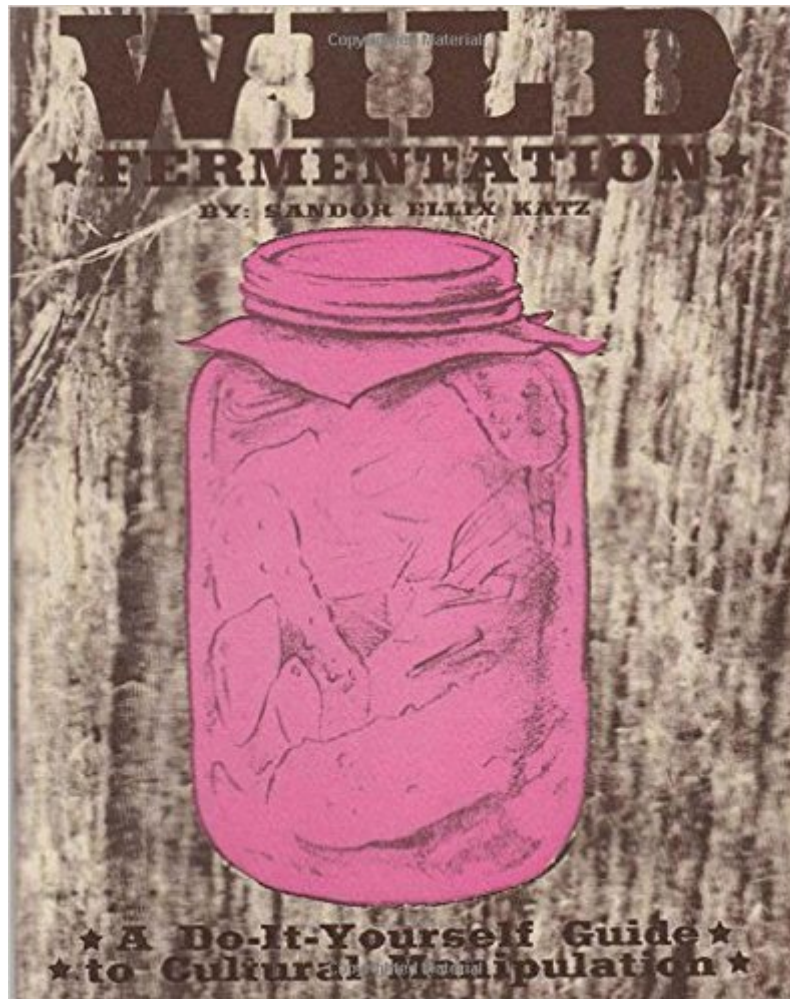


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# Wild Fermentation: A Do-It-Yourself Guide To Cultural Manipulation (DIY)



## Synopsis

This is the original beginner's guide to basic home fermentation of just about anything. *Wild Fermentation* is a great resource by one of the world's foremost experts on the topic, becoming an underground classic years before he rose to fame. Includes easy to read and inspiring instructions to get you started making anything fermentable, from bread to cheese to yogurt to kimchi to miso to injera to beer to even chocolate; in the comfort of your own home. Who knew making tasty, healthy, interesting food could be so easy?

## Book Information

Series: DIY

Paperback: 64 pages

Publisher: Microcosm Publishing; 2 edition (January 1, 2002)

Language: English

ISBN-10: 1934620173

ISBN-13: 978-1934620175

Product Dimensions: 0.2 x 5.8 x 7.2 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (106 customer reviews)

Best Sellers Rank: #115,134 in Books (See Top 100 in Books) #105 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Beer](#) #121 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian](#) #159 in [Books > Cookbooks, Food & Wine > Canning & Preserving](#)

## Customer Reviews

This is more of a thick pamphlet than a book but the information contained within has been top notch so far. I have tried a few of the recipes and so far they have all worked out. Kimchi, krout, NY style sour garlic pickles all excellent results following the book's instructions. The basics of fermentation are presented in a very clean and concise manner that I found easy to follow, it also lends itself to experimentation. For a first fermenting book I don't think I could have done better especially for the price.

This small booklet is just about completely contained inside Sandor Katz's larger book on wild fermentation so you may not want both. But this one has the basics and is a very good place to start, and if you qualify for free shipping on your order, well worth it. *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods*

Brief and easy to follow. I've made several recipes from this book. Consider it an inexpensive, easy guide to simple homemade probiotics.

These recipes are great ways to preserve and use food from your garden. I got this after tasting the sauerkraut a friend made from this book, it was just like I remember my father making over 55yrs ago! Brought back fond memories.

I bought the book because it seemed to be a good price, but I didn't realize how short it was. There was no new or special information that is not in other fermenting books. Instead I would recommend "Fermenting: How to Ferment Vegetables" by Rashelle Johnson as a more complete and reasonably priced book for beginners.

I'm not an expert on Sandor Katz or fermentation, but I like this book as an object, especially the small size, two-color printing on the cover, and quality binding. More importantly, this book is really useful, easy to understand, and the one recipe I have tried works great (raw yogurt). The "voice" is both personable and personal, and it's enjoyable to read even if you are just sitting in bed & not planning on preparing food just yet.

Great introductory info booklet- written by the wild fermentation guru. But only an intro with information on a limited number of fermentation techniques.

This book contains the only recipe for Kimchi I've ever tried. It makes a small batch - about a quart - and does not have to be buried outside. I bought this copy, my second, as a gift for a friend who's a Kimchi aficionado.

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