



Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes

Kirsten K. Shockey, Christopher Shockey

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Fermented foods are a delicious, healthy addition to any diet, including the Paleo diet. They're full of nutritious bacteria and probiotics that aid in digestion and boost the immune system. A classic preserving method, the laco-fermentation process yield nutrient-dense live foods packed with vitamins, minerals, enzymes -- and flavor! -- and is easy enough for complete beginners. This guide includes in-depth instruction for making kimchi, sauerkraut, and pickles and then offers more than 120 recipes, using the same basic methods, for fermenting 64 different vegetables and herbs. You'll discover how easy it is to make dozens of exciting dishes, including pickled Brussels sprouts, curried golden beets, carrot kraut, and pickled green coriander. The recipes are creative, delicious, and healthful, and many of them can be made in small batches -- even just a single pint.

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Catherine Mejia:

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Harold Young:

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