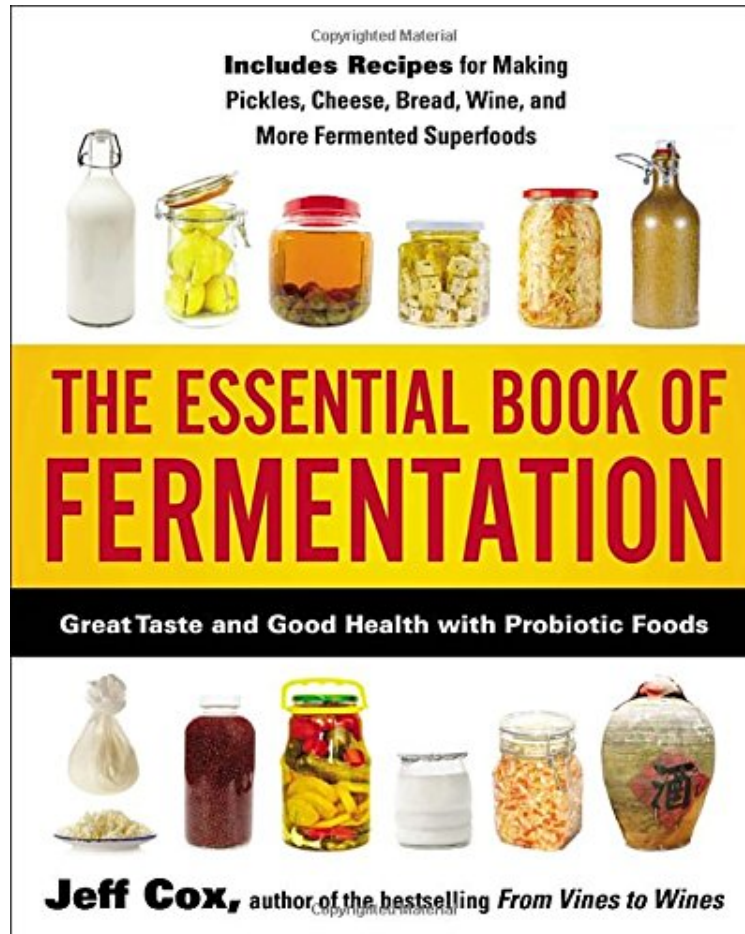


# The Essential Book of Fermentation: Great Taste and Good Health with Probiotic Foods

Jeff Cox

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**Jeff Cox : The Essential Book of Fermentation: Great Taste and Good Health with Probiotic Foods** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Essential Book of Fermentation: Great Taste and Good Health with Probiotic Foods:

2 of 2 people found the following review helpful. Good introduction for someone getting started in fermentation!By MalinutI enjoyed this book. The chapter on the human microbiota was a pretty good summary and should get someone who is unfamiliar with the subject interested in reading more about it, which is great. I gave it four stars instead of five because I could have done without the in depth summation of bread and wine making (as someone who is wheat-free, it really didn't interest me much), and I was expecting a few more recipes. I have a difficult time figuring out spices and veggies that go together when fermenting. All in all, a pretty good introduction book.0 of 0 people found the following review helpful. Excellent presentation on why be interested in FermentationBy DaveInSANThis book has

three main sections. The first one gives a very informative presentation on the relationship between the microbes in our body, the food we eat, and our health. This section alone makes this book worthwhile. The second section discusses major consumables (among them wine, cheese, and bread) and the significance fermentation plays in their desirability. The third section gives recipes and methods of preparation for a wide selection of foods. Even if I never prepare any of the author's recipes, this book will still be a treasure. 0 of 0 people found the following review helpful. Three Stars By Customer Gifts to grandsons who dabble in making mead. Not sure what they think.

The country's leading expert on organic food delivers the ultimate guide to the new culinary health movement: feasting on fermented probiotics, from artisanal cheese to kimchi. In his extensive career as a bestselling cookbook author and TV garden-show host, Jeff Cox has always been keenly aware of the microbiology that helps his garden flourish. He has long known that microbes keep our bodies healthy as they ferment food, releasing their nutritional power and creating essential vitamins and enzymes. In *The Essential Book of Fermentation*, Cox shares a bounty of recipes for nourishing the internal garden. Simplifying the art and science of fermentation, Cox offers a primer on the body's microbial ecosystem, complemented by scrumptious recipes, and easy-to-follow pickling and canning techniques. Basics such as bread and yogurt help readers progress to wine, cheese, and a host of international delicacies, including kim chi and chow chow. Inspiring and innovative, *The Essential Book of Fermentation* serves up great taste along with great health on every page.

**About the Author** Jeff Cox is the author of twenty books, has hosted two TV series, and was managing editor of *Organic Gardening* magazine for more than a decade. He lives in Sonoma County, California.