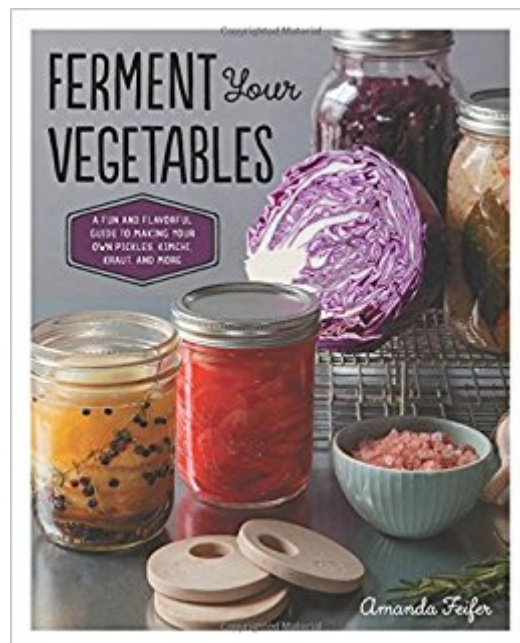


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# Ferment Your Vegetables: A Fun And Flavorful Guide To Making Your Own Pickles, Kimchi, Kraut, And More



## Synopsis

Ferment Your Vegetables for Flavor, Health, and Fun! Fermented vegetables are a great, healthy addition to anyone's diet. Abundant in probiotics, enzymes, vitamins, minerals, and more, research continues to reveal the many ways that these foods positively contribute to our well-being. From kimchi and sauerkraut to pickles and kvass, fermented foods have been part of the human diet for millennia--and are rightfully reclaiming their place at our daily table. The idea of fermenting vegetables at home can be intimidating for those who have never tried it before. The truth is, it's quite easy once you learn just a few basic concepts. In *Ferment Your Vegetables*, author Amanda Feifer, fermentation expert and founder of [phickle.com](http://phickle.com), serves as your guide, showing you, step by step, how you can create traditional, delicious fermented food at home, using only simple ingredients and a little time. No fancy starters or elaborate equipment required. Using only veggies, a few spices, and a glass jar, here's just a small sampling of recipes you could start making today: Zucchini Bread Pickles-Curried Cauliflower Pickles-Pint of Pickled Peppers-Simplest Sauerkraut-Ginger Beet Kraut-Green Bean Kimchi-Wild Fermented Tomato Sauce-Bullseye Beet Kvass. *Ferment Your Vegetables* will make beginners wonder why they didn't start sooner, and give veteran fermenters loads of new ideas and techniques to try at home. All aboard the probiotic train!

## Book Information

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## Customer Reviews

"There have been a lot of cookbooks on fermentation and pickling that have come out in the past few years, but this one feels like it adds something new to the conversation - new vegetables I've

never thought about pickling, new combinations of spices and seasonings I've never thought to try, and new ideas for using these fermented veggies every day." - TheKitchn.com

"With *Ferment Your Vegetables*, Amanda Feifer has made a fresh and worthy addition to the nukadoko of fermented literature. Her theory and practice are up to the minute, her writing is consistently accessible and clear, and her recipes are many, varied, imaginative, and innovative. Put on your kimchi gloves and dive in!" - Alex Lewin, author of Quarry Books' *Real Food Fermentation*

"This book is great. It is very accessible and will gently guide nervous first-time fermenters through the process. Yet it also delves deep, exploring different types of vessels, different vegetables and styles, and will inspire experienced fermenters with new ideas." - Sandor Ellix Katz, author of *The Art of Fermentation* and *Wild Fermentation*

"With *Ferment Your Vegetables*, Amanda Feifer demystifies the trickier aspects of fermenting at home and gives us all the tools we need to confidently go forth with our own fermentation experiments. Her small-batch pickling recipes are perfect for using up those stray bits left in the fridge or an overly-abundant CSA share, and they show us that pickling can be a part of our everyday cooking. - Emma Christensen, recipe editor for The Kitchn and author of *True Brews and Brew Better Beer*

"As a friend and un-official Microbial Consultant to the restaurant, Amanda has been a vital part of the growth and evolution of High Street on Market. Her constant enthusiasm and thoughtfulness has inspired our team to become more confident and understanding of fermentation. Now that same enthusiasm and thoughtfulness is available to everyone in *Ferment Your Vegetables*. Microbes have never had a better ambassador. - Eli Kulp, Executive Chef, High Street on Market, Fork Restaurant, a.kitchen and a.bar

"This book is yours if you're a well-seasoned pickle pro or a kitchen novice ready to dip a toe into the briny waters of fermentation at home. With clear, concise information on gear, technique, and a healthy dose of geeky science, your vegetables will be in a fizzy tizzy in no time! Amanda Feifer brings new ideas to ignite your pickle passion: fermented nuts? sauerkraut eggs? bubbly corn on the cob? Yes, please! - Karen Solomon, author of *Asian Pickles* and *Jam It, Pickle It, Cure It*

"*Ferment Your Vegetables* offers clear, concise instructions for making your own pickles, sauerkraut, kimchi, and more. The book's small-batch approach makes the practice of vegetable preservation accessible to everyone, with Feifer's wildly creative, playful recipes putting the fun in fermentation!" - Leda Scheintaub, author of *Cultured Foods for Your Kitchen: 100 Recipes Featuring the Bold Flavors of Fermentation*

"Devour every page of *Ferment Your Vegetables* and you will be rewarded with ideas and recipes to keep you fermenting for years. Everything you need to know is covered even if your microbial adventures have only just begun. I have been fermenting for years and there are still plenty of recipes in this book that I'm excited to taste." - Branden Byers, creator of FermUp and author of *The Everyday*

Fermentation Handbook"Full of enticing photos and solid techniques, Ferment Your Vegetables removes any fear about fermentation and replaces it with fun! Brimming with practical advice and creative flavor combinations, Feifer's book is a must-read for anyone who enjoys fermented foods."  
- Allyson Kramer, author of 'Sweet Eats for All'

Amanda Feifer writes about food fermentation of all kinds on her blog, [phickle.com](http://phickle.com), and is the author of the cookbook Ferment Your Vegetables. When she's not concocting crazy vats of bubbly things in the kitchen or ranting against the use of anti-bacterial soaps, she's doing what she loves most: teaching people to make their own fermented foods, from kimchi and kefir to kombucha and koji. She was selected to be a judge for the 2016 Edible Communities EDDY Awards.

Amanda Feifer's 2015 book on vegetable ferments offers a helpful combination of practical advice and recipes. It tilts toward spartan techniques, strong seasonings and coarse chopping. Discussion of traditional crock fermentation waits until p. 157 out of 198 pages of text and photos. On p. 28, the book snipes at airlocks, saying they "do not make fermentation safer." Maybe, but they discourage yeast and mold growth. "Professional" advice for making kvass on p. 145 strongly advocates airlocks. No discussion was found about pluses and minuses of using residual brine from a successful ferment to start a new one. The book is not technical and lacks some ordinary and useful information--claiming on p. 17, for example, that chlorine and chloramines found in most tap water cannot be removed. Actually, removal is not difficult: boiling gently about a half hour or sparging about 24 hours with an air stone. Most household water filters do not help much. Expensive bottled spring water might be nice to use, but it is not necessary. Also neglected: topping off a ferment batch with hot, boiled brine helps to discourage yeast and mold, notably when using a water-sealed crock or a jar with an airlock. The many interesting recipes often need to be adapted to sizes of fermentation vessels. It would not have taken much trouble to make this easy by presenting all the ingredient lists in some common unit of weight: probably ounces or grams. The recipe for tatouille on p. 54 reads that way, but some other recipes lack parts of the information. Such an approach would also have made salt concentrations clearer. Weighing produce and water is common in commercial settings but might need explanation for beginners. Inconsistency with proportions slides toward an often coarse and neglectful approach to vegetable chopping--a respected skill in both commercial and traditional kitchens. It also colors a causal approach to hot peppers that may bedevil a reader who does not know they vary in hotness by a span of at least a thousand. On p.

133, the recipe for "hot sauce" can be especially treacherous. The publication is handsome, with beautiful and telling illustrations. The severe, sans-serif typeface used for running text is too small and too faint. One needs very bright light to read the book.

This is an excellent book and a must have for both new and veteran fermenters! The "Getting Started With Fermentation" chapter provides detailed instructions that will make anyone feel comfortable taking on a first time fermenting project. The author demystifies concerns that people may have with fermenting at home and does an excellent job explaining what equipment is necessary. The book strikes a terrific balance of technical and fun to read. It's clear that she is well researched and has spent a significant amount of time honing her recipes and best practices. As someone who has fermented vegetables for quite some time, I didn't think that I needed a new how-to guide, but I am a huge fan of the author's blog, so I decided to buy the book. It delves into advanced fermentation techniques and provides many amazing recipes. I can't stop looking at the pictures and have already tried several new recipes, despite only owning the book for a week. My only disappointment is that I don't have enough time or refrigerator space to try all of these recipes immediately.

I love this matter-of-fact, actually, 'passionate' book. No sense that lawyers wrote this, just the real deal truth about fermenting, health, and really good food. BUY THIS BOOK and USE IT. Then go check out the website. I don't collect cook books anymore, but this is a keeper. I fermented a bag of hot peppers with her process and I will never buy sauce again.\*\* I have never met the author and except for that 6-degrees of separation thing don't likely even know anyone who knows her, but I'd love to be her new best friend, 'cause I bet she has some kick-ass food at her house.

This is a great book for learning to ferment. The "Getting Started" chapter of the book is really helpful. It explains all the little things I worried about when learning how to ferment: "Did I submerge the vegetables enough?", "Am I using too much salt?", "when is it done?" There are so many tasty recipes and each one is well written and easy to follow. I know I'll have something new and delicious to make for quite a long time. This book is definitely good for beginners, but with all the recipes I'm sure those with more experience will like it as well.

I've been using the website [phickle.com](http://phickle.com) for some time and it has always been my go-to for recipes and troubleshooting. I've been bitten hard by the fermentation bug and love experimenting with new

things. I have this book along with fermented vegetables and the art of fermentation. I would recommend this book (ferment your vegetables) over the three, especially for beginners. Though there are comparatively fewer recipes than fermented vegetables, these recipes are totally dialed; you can be confident that what you produce will be balanced and delicious. I feel this book represents a distilled greatest hits of fermentation recipes, which is ultimately what most people will want to produce anyway. Though the art of fermentation is great as a source of information, this book is superior if what you want is something cookbook style with clear instructions. Buy this book if you're starting out and make the ginger beet kraut. Then watch with curiosity, contentment, and mild horror as your mason jar collection swells and people start asking you what science fair project is consuming your counter space.

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