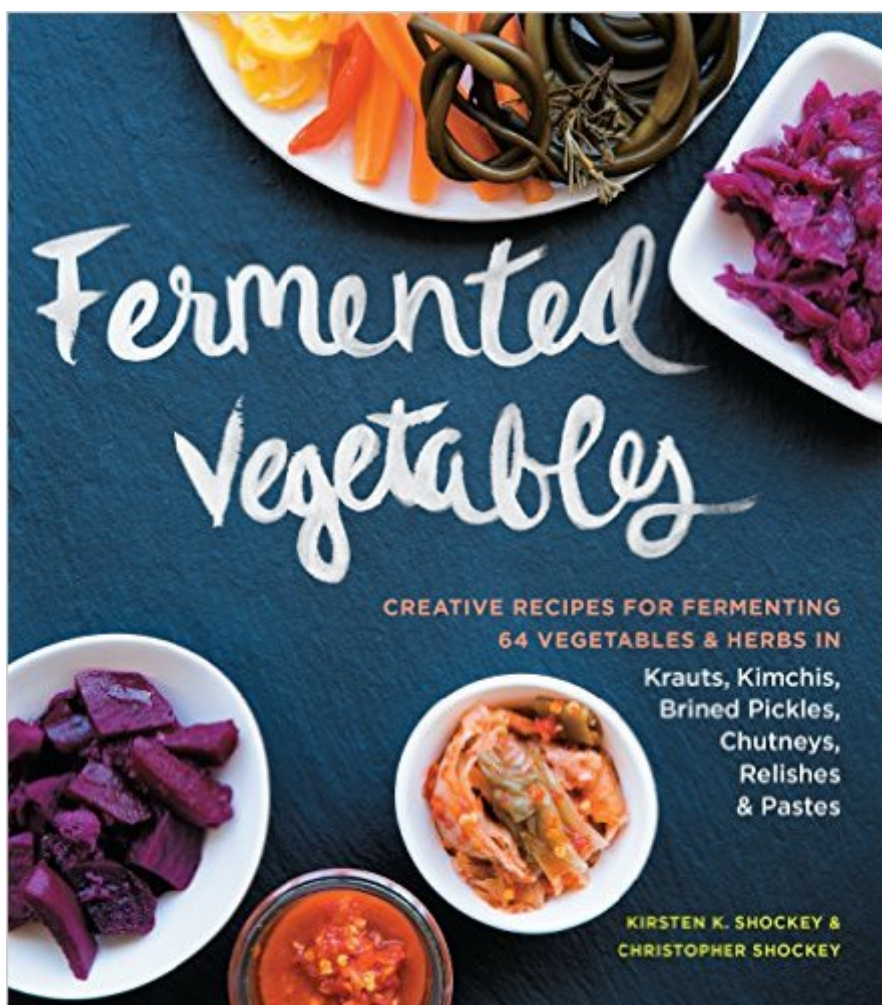


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# Fermented Vegetables: Creative Recipes For Fermenting 64 Vegetables & Herbs In Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes





## Synopsis

Even beginners can make their own fermented foods! This easy-to-follow comprehensive guide presents more than 120 recipes for fermenting 64 different vegetables and herbs. Learn the basics of making kimchi, sauerkraut, and pickles, and then refine your technique as you expand your repertoire to include curried golden beets, pickled green coriander, and carrot kraut. With a variety of creative and healthy recipes, many of which can be made in batches as small as one pint, youâ™ll enjoy this fun and delicious way to preserve and eat your vegetables.

## Book Information

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## Customer Reviews

"An impressive addition to the growing literature of fermentation, with a thorough review of basic concepts and a great recipe section." (Sandor Ellix Katz, Fermentation Revivalist and author of The Art of Fermentation)"Such good information and so much of it!" (Deborah Madison, author of Vegetable Literacy)âœKirsten Shockey and Christopher Shockey take the art of lacto-fermentation to a whole new level in Fermented Vegetables. The authors provide precise instruction for beginners and then inspire the reader with wonderfully creative ways to use sauerkraut and all its cousins in everything from quiche to enchiladas. This beautifully illustrated book belongs on the shelves of both amateur and professional chefs.â• (Sally Fallon Morell, President, The Weston A. Price Foundation and author of Nourishing Traditions)"How to do it and what to do with it! This book covers all the aspects of fermentation â™ all you need to know lies in this book. Le Pigeon now has a new "how to" to grace our book shelves. " (Gabriel Rucker, chef/owner Le Pigeon restaurant, Portland Oregon and author of Le Pigeon: Cooking at the Dirty Bird)

Eat Live Foods! Make lacto-fermentation part of your kitchen. A classic preserving method, the process yields nutrient-dense live foods packed with vitamins, minerals, enzymes, and probiotic goodness. Master the techniques for making sauerkraut, kimchi, pickles, and fermented condiments, and then explore how to apply those simple skills to fermenting more than 60 fresh vegetables, herbs, and even a few fruits. In addition to 140 recipes and suggestions to an intriguing array of ferments, you'll find delicious recipes that bring your creations to the table as part of any meal.

Great resource - am an 'experienced' fermenter but this book would work for beginners as well. it is a nice A-Z compendium of how to ferment (and when not to ferment) your fave veggies. I use a slightly different method to prevent mold, and i use a water lock but the recipes are well thought-out and solid. especially helpful is the 'scum' identifier section at the back of the book. and yes, there are pictures sprinkled throughout- a must for me, a visual cook.

This is the book I've been wanting. I have a number of books on preserving foods, including the "Bible" of preserving, "The Art of Fermentation." This book is so full of useful information, including how to prevent things going wrong, how much of what you need (as opposed to Sandor Katz's saying, "these days I just throw it in." (NOT useful.) In any case, Shockey's book is a pleasure to read, easy to use, has wonderful photos and illustrations, and ideas for preserving that are new to me. On top of all that, it is fun to read. What more do you want? Buy this book.

Love this book. It is exactly what I was looking for out of my first book on the topic. It gives you a full explanation of lacto-fermentation science and history along with sections on salts, troubleshooting and equipment; the basic procedures behind sauerkraut, brine pickling and kimchi; and then a whole bunch of recipes (A-Z) for a multitude of veggies and even a few fruits. What I really like is that there is a lot of explanation of techniques and not just simple recipes so that you develop an understanding of what you are doing instead of just blindly following step-by-step. For example, for many of the vegetables there is more than one recipe and it will discuss the various types of that veggie or similar veggies. If you can't ferment almost any vegetable you can think of with this book, then you clearly did not read it! This book only deals with lacto-fermentation which is using the naturally occurring *Lactobacillus* to ferment your veggies. It does not deal with starter cultures or use of whey or any other inoculation method. It is also strictly tailored for vegetable fermentation. It

does not discuss yeast fermentation of beer, wine or sourdough or the aging fermentation of meats.

I'm not exactly new to fermenting, but I was stuck - doing the same, comfortable fermentations - until I got this book. It is so easy to understand, so simple to find a recipe for whatever veggie you are currently harvesting, and so inspirational in the combinations of spices and veggies that I found myself immediately looking for more crocks! I got started right away with the Thai-inspired Baby Pak Choi recipe and after finding some giant beets hiding under the cucumber leaves, the Curried Golden Beets. All so yummy!! I can see spending the entire next harvest season experimenting my way through the recipes, and then enjoying one of the cocktails at the end of the day. A great book and refreshing addition to my fermentation library!

I ordered two, one for a friend, so we could do the same things and compare notes. We love it! It's one of those books that talks to you; not just recipes and directions--it's filled with bits of history, anecdotes about the authors' family and their wild ride with ferments, and sumptuous photographs that are inspiring, as well as beautiful. We bought produce ahead of time so we would be ready! Now, we can experiment and learn so that when our own gardens come to fruition--we can ferment everything in sight! Five stars, and kudos to the authors! When do we see a book on condiments?!

While I love this book I don't like the kindle format for it. A cookbook needs to be referenced often and it's too difficult on the kindle. Plus I love to see pictures of food in color!

Covers the basic methods of fermenting fruits and vegetables, giving good resources for ingredients and equipment, and explains things in a very thorough way. Details at least one method of fermentation for about 62 different vegetables (2 are warning that no matter what they did they vegetable tasted awful) some of the vegetables are things that you might have seen before in your grocer's but didn't recognize. Some vegetables has 3 or 4 recipes attached and there are plenty of homemade spice mix recipes that you can refer to instead of buying pre-mixed. Not the most in depth book on fermentation but if you are looking for a book that will give you good flavor combinations and tell you how to preserve whatever you might have an excess of in the garden, this is a wonderful book to buy.

This is the perfect guide! The first third of the book is a thorough explanation of all of the techniques, second are the ferments of vegetables from A-Z (THE VARIETY IS AMAZING!), and third are the

recipes you can use your ferments to make a plethora of tasty dishes/appetizers! So far, I have made fermented garlic paste, leek paste (two batches it was that delicious), pickled scallions, beet kvass, fermented celery stuffing, fermented carrot sticks, and greek lemon mint kraut. I have only had this book for a month and I am excited to continue my adventure through the rest of this book!

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