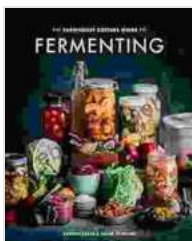


# Craft Your Own Live Cultured Foods and Drinks: 100 Recipes from Kimchi to Kombucha



## The Farmhouse Culture Guide to Fermenting: Crafting Live-Cultured Foods and Drinks with 100 Recipes from Kimchi to Kombucha [A Cookbook] by Kathryn Lukas

★★★★★ 4.7 out of 5

Language : English

File size : 216893 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled



Fermented foods and drinks have been a part of human diets for centuries, and for good reason. They are packed with probiotics, which are beneficial bacteria that can help to improve gut health, boost the immune system, and reduce inflammation.

In her new book, *Crafting Live Cultured Foods and Drinks*, author Kimchi Weston offers 100 recipes for making your own fermented foods and drinks at home. These recipes are easy to follow and use simple, affordable ingredients.

Weston's book is divided into three parts:

### 1. **Part 1: to Fermentation**

This part provides an overview of the fermentation process, including the different types of fermentation, the benefits of fermented foods, and the safety precautions that should be taken.

### 2. **Part 2: Recipes**

This part contains 100 recipes for fermented foods and drinks, including:

- Kimchi
- Sauerkraut

- Yogurt
- Kefir
- Kombucha
- Kvass
- Miso
- Tempeh

- **Part 3: Troubleshooting**

This part provides tips for troubleshooting common problems that can occur when fermenting foods and drinks.

*Crafting Live Cultured Foods and Drinks* is a valuable resource for anyone who wants to learn more about fermentation and make their own fermented foods and drinks at home. Weston's recipes are easy to follow and use simple, affordable ingredients, and her book provides all the information you need to get started.

### **Free Download Your Copy Today!**

Click here to Free Download your copy of *Crafting Live Cultured Foods and Drinks* today!



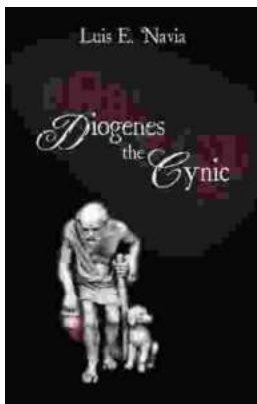
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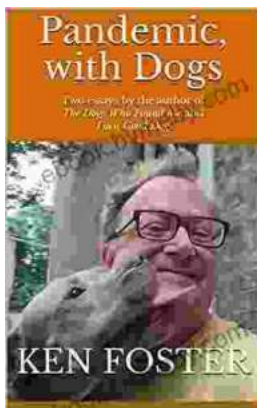
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