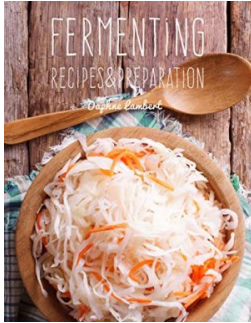


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## FERMENTING: RECIPES & PREPARATION



Flame Tree Publishing, 2016. HARDCOVER. Condition: New. Flame Tree Publishing. New. This beautifully illustrated new cookbook will not only inspire you to try new foods and recipes, it will show you how foods can actively foster a healthier body, encouraging a balanced digestive system and healthy gut. A fascinating discussion of the history, benefits, techniques and tools needed for fermenting, is followed by basic recipes that use age-old methods to culture healthy bacteria to create essential classic ferments such as...

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- Authored by Daphne Lambert
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