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Essential
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Processes From
Depth
Around The World
Exploration
Of
Essential
Concepts
And

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From Around
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*Master 50 simple
concepts to ensure
success in the kitchen.
Unlock a lifetime of
successful cooking with
this groundbreaking
new volume from the
editors of Cook's*

Illustrated, the

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An In-Depth
*magazine that put food
science on the map.*

*Organized around 50
core principles our test
cooks use to develop
foolproof recipes, The
Science of Good*

*Cooking is a radical
new approach to
teaching the
fundamentals of the
kitchen. Fifty unique
experiments from the
test kitchen bring the*

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*science to life, and
more than 400
landmark Cook's
Illustrated recipes
(such as Old-Fashioned
Burgers, Classic
Mashed Potatoes,
and Perfect Chocolate
Chip Cookies) illustrate
each of the basic
principles at work.
These experiments
range from simple to
playful to innovative -*

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*showing you why you
should fold (versus stir)
batter for chewy
brownies, why you whip
egg whites with sugar,
and why the simple
addition of salt can
make meat juicy. A
lifetime of experience
isn't the prerequisite for
becoming a good cook;
knowledge is. Think of
this as an owner's
manual for your*

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An In Depth
kitchen.

*Slow food for a fast
world—discover the joys
of fermentation.*

*Ferment for Good is a
guide to discovering the
joys of fermentation in
its myriad variations -
framed through the
eyes of Sharon Flynn,
who was hooked early
in her 20s and has
since made it her life's
work to learn and share*

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*all there is to know
about this most ancient
of practices. Ferment
for Good includes a
how-to guide to the
basics (why do it; what
you need; and what
you'll get), alongside
sections on wild
fermented vegetables
(including sauerkraut,
kimchi, brine); drinks
(including water kefir,
kombucha and apple*

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*An In-Depth
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Fermentation
Concepts And
Processes From
Around The World*

*cider); milk and dairy
(including yogurt and
milk kefir), grains
(simple sourdough,
dosa and injera); and
Japanese traditions
(including miso &
tamari, soy sauce, sake
kasu and pickled
ginger). Sharon then
shares recipes and
advice for
incorporating these
foods into every meal.*

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These include nine variations on kraut and how to eat it (mixed through mashed potatoes, tossed through scrambled eggs, accompanying pork chops or on the side of a soft fish taco). And let's not forget about kimchi. The book contains six variations, plus a handful of recipes that incorporate

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*it (from kimchi gyoza to
Exploration Of
Korean pancakes to
kimchi fried rice).*

*Ferment for Good is a
beautiful, personal
collection to introduce
you into the
fermentation world -
complete with
photographs of selected
dishes and Manga-style
cartoons that channel
the author's connection
to Japan and offer*

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An In Depth
*graphic, often
entertaining short tales
of her adventures in
fermenting.*

*The Book That Started
the Fermentation
Revolution Sandor
Ellix Katz, winner of a
James Beard Award
and New York Times
bestselling author,
whom Michael Pollan
calls the “Johnny
Appleseed of*

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“Fermentation” returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach

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*An In-Depth
Exploration Of
Essential Concepts And
Processes From
Around The World*

*to making and eating
fermented foods, the
health benefits of which
have helped launch a
nutrition-based food
revolution. Since its
publication in 2003,
and aided by Katz's
engaging and fervent
workshop
presentations, Wild
Fermentation has
inspired people to turn
their kitchens into food*

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*labs: fermenting
vegetables into
sauerkraut, milk into
cheese or yogurt, grains
into sourdough bread,
and much more. In
turn, they've traded
batches, shared recipes,
and joined thousands of
others on a journey of
creating healthy food
for themselves, their
families, and their
communities. Katz's*

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*work earned him the
Craig Clairborne
lifetime achievement
award from the
Southern Foodways
Alliance, and has been
called “one of the
unlikely rock stars of
the American food
scene” by The New
York Times. This
updated and revised
edition, now with full
color photos*

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throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipes—including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread—and updates and refines original recipes reflecting the author's

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*ever-deepening
Exploration Of
Essential Concepts And
Processes From
Around The World*

*knowledge of global
food traditions that has
influenced four-star
chefs and home cooks
alike. For Katz, his
gateway to
fermentation was
sauerkraut. So open
this book to find yours,
and start a little food
revolution right in your
own kitchen. Praise for
Sandor Ellix Katz and*

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*his books: “The Art of
Exploration Of
Extraordinary Book,
and an impressive work
of passion and scholars
hip.”—Deborah
Madison, author of
Local Flavors “Sandor
Katz has proven himself
to be the king of
fermentation.”—Sally
Fallon Morell,
President, The Weston
A. Price Foundation*

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*“Sandor Katz has
already awakened more
people to the diversity
and deliciousness of
fermented foods than
any other single person
has over the last
century.”—Gary Paul
Nabhan, author of
Growing Food in a
Hotter, Drier Land
“The fermenting bible.”
— Newsweek “In a
country almost*

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*clinically obsessed with
sterilization Katz
reminds us of the
forgotten benefits of
living in harmony with
our microbial
relatives.” — Grist*

*In Fermentation,
Rachel de Thample
shines a light on one of
the oldest methods of
preserving food, which
is just as relevant today,
and shows you how to*

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*An In-Depth
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Around The World*

*produce delicious and
health-boosting
ferments in your own
kitchen. There are
more than 80 simple
recipes to make
everything from
sauerkraut and
sourdough, kimchee
and kombucha, to
pickles and preserves,
accompanied by
thorough explanations
of how the fermenting*

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process works. With little more than yeast and bacteria, salt and time, a whole realm of culinary possibilities opens up. With an introduction by Hugh Fearnley-Whittingstall and plenty of helpful step-by-step photographs, this book will bring the art of fermentation to your kitchen.

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A guide to the art and science of fermented foods provides recipes that progress from simple condiments to more advanced techniques, offering insight into the history and health benefits of fermentation.

*The Lost Arts of Hearth
and Home*

*Recipes, Techniques,
and Traditions from*

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*around the World
Ancient Wine
Road Stories, Food
Ramblings, and 50 Do-
It-Yourself Recipes
from Sauerkraut,
Kombucha, and Yogurt
to Miso, Tempeh, and
Mead*

*The Arts of the
Microbial World
The Happy Luddite's
Guide to Self-
sufficiency*

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*An In-Depth
Koji Alchemy
Exploration Of
Creating Unique
Drinks and Boozy
Concoctions from
Nature's Ingredients*
Even beginners
can make their
own fermented
foods! This
easy-to-follow
comprehensive
guide presents

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Processes From
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*more than 120
recipes for
fermenting 64
different
vegetables and
herbs. Learn
the basics of
making kimchi,
sauerkraut,
and pickles,
and then
refine your*

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*technique as
you expand
your
repertoire to
include
curried golden
beets, pickled
green
coriander, and
carrot kraut.
With a variety
of creative*

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*and healthy
recipes, many
of which can
be made in
batches as
small as one
pint, you'll
enjoy this fun
and delicious
way to
preserve and
eat your*

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vegetables.
New York Times
Bestseller A
New York Times
Best Cookbook
of Fall 2018

“An
indispensable
manual for
home cooks and
pro chefs.”

—Wired At

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*Noma—four
times named
the world's
best restaurant—
every dish
includes some
form of
fermentation,
whether it's a
bright hit of
vinegar, a
deeply savory*

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*miso, an
electrifying
drop of garum,
or the sweet
intensity of
black garlic.*

*Fermentation
is one of the
foundations
behind Noma's
extraordinary
flavor*

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*profiles. Now
René Redzepi,
chef and co-
owner of Noma,
and David
Zilber, the
chef who runs
the
restaurant's
acclaimed
fermentation
lab, share new*

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er-before-
Exploration Of
revealed
Essential
techniques to
Concepts And
creating
Processes From
Noma's
Around The World
extensive
pantry of
ferments. And
they do so
with a book
conceived
specifically

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Processes From
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*to share their
knowledge and
techniques
with home
cooks. With
more than 500
step-by-step
photographs
and
illustrations,
and with every
recipe*

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*approachably
written and
meticulously
tested, The
Noma Guide to
Fermentation
takes readers
far beyond the
typical kimchi
and sauerkraut
to include
kōji,*

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*kombuchas,
shoyus, misos,
lacto-
ferments,
vinegars,
garums, and
black fruits
and
vegetables.
And—perhaps
even more
important—it*

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Processes From
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*shows how to
use these game-
changing
pantry
ingredients in
more than 100
original
recipes.*

*Fermentation
is already
building as
the most*

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to

*Fermentation,
it's about to
be taken to a
whole new
level.*

The country's

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*leading expert
on organic
food delivers
the ultimate
guide to the
new culinary
health movemen
t—feasting on
fermented
probiotics,
from artisanal
cheese to*

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*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*

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*that helps his
garden
flourish. He
has long known
that microbes
keep our
bodies healthy
as they
ferment food,
releasing
their
nutritional*

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power and
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creating
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essential
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vitamins and
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enzymes. In
Around The World
The Essential
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Fermentation,
Cox shares a
bounty of
recipes for
nourishing the

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internal
“garden.”
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Simplifying
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the art and
Processes From
science of
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fermentation,

Cox offers a
primer on the
body's

microbial
ecosystem,
complemented

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by scrumptious
recipes, and
easy-to-follow
pickling and
canning
techniques.

Basics such as
bread and
yogurt help
readers
progress to
wine, cheese,

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and a host of
international
delicacies,
including kim
chi and chow
chow.

Inspiring and
innovative,
The Essential
Book of
Fermentation
serves up

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*great taste
along with
great health
on every page.*

*An
introduction
to the
creation of
pork salami,
sausages, and
prosciutto
outlines key*

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Exploration Of
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Concepts And
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*techniques in
the areas of
preserving,
cooking, and
smoking, in a
volume*

*complemented
by 125 recipes
including
Maryland crab,
scallop, and
saffron*

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Processes From
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*terrines; Da
Bomb breakfast
sausage; and
spicy smoked
almonds.*

*15,000 first
printing.*

*Primitive
beers, country
wines, herbal
meads, natural
sodas, and*

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*more The art
of brewing
doesn't stop
at the usual
ingredients:
barley, hops,
yeast, and
water. In
fact, the
origins of
brewing
involve a*

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*whole galaxy
of wild and
cultivated
plants,
fruits,
berries, and
other natural
materials,
which were
once used to
make a whole
spectrum of*

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creative,
Exploration Of
fermented
Essential
drinks. Now
Concepts And
fermentation
Processes From
fans and home
Around The World
brewers can
rediscover
these
"primitive"
drinks and
their unique
flavors in The

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*Wildcrafting
Brewer. Wild-
plant expert
and forager
Pascal
Baudar's first
book, The New
Wildcrafted
Cuisine,
opened up a
whole new
world of*

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*possibilities
for readers
wishing to
explore and
capture the
flavors of
their local
terroir. The
Wildcrafting
Brewer does
the same for
fermented*

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drinks. Baudar reveals both the underlying philosophy and the practical techniques for making your own delicious concoctions, from simple wild sodas, to non-grape-

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*based "country
wines," to
primitive
herbal beers,
meads, and
traditional
ethnic
ferments like
tiswin and
kvass. The
book opens
with a*

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*retrospective
of plant-based
brewing and
ancient beers.
The author
then goes on
to describe
both hot and
cold brewing
methods and
provides lots
of interesting*

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recipes;
Exploration Of
mugwort beer,
Essential
horehound
Concepts And
beer, and
Processes From
manzanita
Around The World
cider are just
a few of the
many drinks
represented.
Baudar is
quick to point
out that these

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Processes From
Around The World

*recipes serve
mainly as a
touchstone for
readers, who
can then use
the
information
and techniques
he provides to
create their
own brews,
using their*

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Essential
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Processes From
Around The World

*own local
ingredients.
The
Wildcrafting
Brewer will
attract
herbalists,
foragers, natu
ral-foodies,
and chefs
alike with the
author's*

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Processes From
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*playful and
relaxed
philosophy.
Readers will
find
themselves
surprised by
how easy
making your
own natural
drinks can be,
and will be*

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inspired,
Exploration Of
again, by the
Essential
abundance of
Concepts And
nature all
Processes From
around them.
Around The World
The Quest for

Wine, Beer,
and Other
Alcoholic
Beverages
The Kitchen
Diaries II

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Ideas and
Innovations
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Future of
Grain, Flour,
and
Processes From
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Fermentation
[A Cookbook]
Ferment Your
Vegetables
An In-depth
Exploration of

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Concepts And
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Fermented
Vegetables
The
Permaculture
Book of
Ferment and
Human

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2013 James Beard
Foundation Book
Award for
Reference and
Scholarship, and
a New York Times
bestseller, The
Art of
Fermentation is

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the most
comprehensive
guide to do-it-

yourself home

fermentation

ever published.

Sandor Katz

presents the

concepts and

processes behind

fermentation in

ways that are

simple enough to

guide a reader

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through their
first experience
making
sauerkraut or
yogurt, and in-
depth enough to
provide greater
understanding
and insight for
experienced
practitioners.
While Katz
expertly
contextualizes

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fermentation in
terms of
biological and
cultural
concepts And
evolution,
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health and
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nutrition, and
even economics,
this is
primarily a
compendium of
practical
information--how
the processes

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work; parameters
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for safety;
Essential
techniques for
Concepts And
effective
preservation;
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troubleshooting;
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and more. With
two-color
illustrations
and extended
resources, this
book provides
essential wisdom
for cooks,

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homesteaders,
farmers,
gleaners,
foragers, and
food lovers of
any kind who
want to develop
a deeper
understanding
and appreciation
for arguably the
oldest form of
food
preservation,

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and part of the
roots of culture
itself. Readers
will find
detailed
information on
fermenting
vegetables;
sugars into
alcohol (meads,
wines, and
ciders); sour
tonic beverages;
milk; grains and

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starchy tubers;
beers (and other
grain-based
alcoholic
beverages);
beans; seeds;
nuts; fish;
meat; and eggs,
as well as
growing mold
cultures, using
fermentation in
agriculture,
art, and energy

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production, and
considerations
for commercial
enterprises.

Sandor Katz has
introduced what
will undoubtedly
remain a classic
in food
literature, and
is the
first--and
only--of its
kind.

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Visionary baker
Chad Robertson
unveils what's
next in bread,
drawing on a
decade of
innovation in
grain farming,
flour milling,
and fermentation
with all-new
ground-breaking
formulas and
techniques for

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making his most
nutrient-rich
and sublime
loaves, rolls,
and more—plus
recipes for
nourishing meals
that showcase
them. “The most
rewarding thing
about making
bread is that
the process of
learning never

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ends. Every day
is a new study .

Essential
Concepts And
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possibilities
are
infinite."—from
the Introduction

More than a
decade ago, Chad
Robertson's
country levain
recipe taught a
generation of
bread bakers to

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replicate the
creamy crumb,
crackly crust,
and unparalleled
flavor of his
world-famous
Tartine bread.

His was the
recipe that
launched
hundreds of
thousands of
sourdough
starters and

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attracted a
stream of
understudies to
Tartine from
across the
globe. Now, in
Bread Book,
Robertson and
Tartine's
director of
bread, Jennifer
Latham, explain
how high-
quality,

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sustainable,
Exploration Of
locally sourced
Essentials Of
grain and flours
Concepts And
respond to
hydration and
Processes From
fermentation to
Around The World
make great bread
even better.

Experienced
bakers and
novices will
find Robertson's
and Latham's
primers on

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grain, flour,
sourdough
starter, leaven,
discard starter,
and factoring
dough formulas
refreshingly

easy to
understand and
use. With
sixteen
brilliant
formulas for
naturally

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leavened
doughs—including
country bread

(now

reengineered),

rustic
baguettes,

flatbreads,

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gluten-free

loaves, plus

tortillas,

crackers, and

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fermented pasta
made with
discarded
sourdough
starter—Bread
Book is the wild-
yeast baker 's
flight plan for
a voyage into
the future of
exceptional
bread.

The State of the
World's

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Food and
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presents the
first global
assessment of
biodiversity for
food and
agriculture
worldwide.

Biodiversity for
food and
agriculture is
the diversity of

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plants, animals
and micro-
organisms at
genetic, species
and ecosystem
levels, present
in and around
crop, livestock,
forest and
aquatic
production
systems. It is
essential to the
structure,

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functions and
processes of
these systems,
to livelihoods
and food
security, and to
the supply of a
wide range of
ecosystem
services. It has
been managed or
influenced by
farmers,
livestock

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keepers, forest
dwellers, fish
farmers and
fisherfolk for
hundreds of
generations.
Prepared through
a participatory,
country-driven
process, the
report draws on
information from
91 country
reports to

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provide a
description of
the roles and
importance of
biodiversity for
food and
agriculture, the
drivers of
change affecting
it and its
current status
and trends. It
describes the
state of efforts

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to promote the
sustainable use
and conservation
of biodiversity
for food and
agriculture,
including
through the
development of
supporting
policies, legal
frameworks,
institutions and
capacities. It

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complements
other global
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the auspices of
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which have

focused on the
state of genetic
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authority on
ancient
alcoholic
beverages, And
brings us up to
date on what we
now know about
the creation and
history of
alcohol, and the
role of alcohol
in society
across cultures.
Along the way,

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he integrates
studies in food
and sociology to
explore a
provocative
hypothesis about
the integral
role that
spirits have
played in human
evolution. We
discover, for
example, that
the cereal

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staples of the
modern world
were probably
domesticated in
agrarian
societies for
their potential
in fermenting
large quantities
of alcoholic
beverages. These
include the
delectable rice
wines of China

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and Japan, the
corn beers of
the Americas,
and the millet
and sorghum
drinks of
Africa. Humans
also learned how
to make mead
from honey and
wine from exotic
fruits of all
kinds: even from
the sweet pulp

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of the cacao
(chocolate)
fruit in the New
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perfect drink,
it turns out-
whether it be
mind-altering,
medicinal, a
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symbol, liquid
courage, or
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inspiration-has

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as their benefits

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and boosting

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the delicious, umami
flavors of soy sauce,
miso, mirin, and so
many of the ingredients
that underpin Japanese
cuisine Koji Alchemy*

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*Shih—collectively
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ingredient—deliver a
comprehensive look at
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the world. Using it to
rapidly age charcuterie,*

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*cheese, and other
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Alchemy is empowering
and does much to open*

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technologies, in
Japanese scientific
culture. Victoria Lee's
careful study documents
how Japanese scientists
and skilled workers
sought to use the
microbe's natural
processes to create new
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*sauce mold starters to
MSG, vitamins to
statins. In traditional
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as in the food, fine
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industries across Japan,
they showcased their
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enormous sensitivity
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*in Japan. In doing so,
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prominent technological
breakthroughs in the
global economy. At a
moment when twenty-
first-century
developments in the
fields of antibiotic
resistance, the
microbiome, and green*

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*chemistry suggest that
the traditional
eradication-based
approach to the
microbial world is
unsustainable, twentieth-
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microbiology provides a
new, broader vantage
for understanding and
managing microbial
interactions with
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much as it is an
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Diet and list of herbal
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treatment plan; * tools*

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Besides adding complexity and

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flavor to many foods, fermentation is also proven to add amazing health benefits--from promoting healthy digestion to allowing our body to fully absorb the necessary nutrients in our food.

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you need to start
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the perfect garlic dill
pickle, spring onion
kimchi, cinnamon-
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Food Preserver
Stephanie Thurow
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communities
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shows canners and
fermenters alike
how they can have
the best of both
worlds. Recipes
include: Strawberry

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more Stephanie
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differences between
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terminology and the
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stuff. . . . I'm
psyched to cook

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from this
book.” —Francis

Lam, The Splendid

Table For the past

two decades,

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world, both teaching

and learning about

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including: Chicha de
jora (Ecuador) Misa
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salt koji (Japan)
Doubanjiang
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sour cabbages
(Croatia) Chucula
hot chocolate
(Colombia) Sandor
Katz ' s
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Journeys reminds
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power of
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work through the
years—from Wild
Fermentation to
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Fermentation to
Fermentation as
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cheese, and wine
develop their
complex flavors
through a process
known as
fermentation. Katie
Quinn spent months
as an apprentice
with some of
Europe ' s most
acclaimed experts
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science of
fermentation.

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suspense novel is
Katie's personal
journey as an expat
discovering herself
abroad; Katie's
vulnerability will
turn readers into
fans, and they'll
finish the book
feeling like they're
her best friends,
trusted with her
innermost
revelations. In

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of bread, Apollonia
Poilâne of Paris'
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Bakery, apprentices
at boulangeries in
Paris learning the
ins and outs of
sourdough, and
travels the country
to uncover the
present and future
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travelogue, and part
cookbook, featuring
watercolor
illustrations and
gorgeous
photographs,
Cheese, Wine, and
Bread is an
outstanding
gastronomic tour
for foodies, cooks,
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alike.

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The Book That
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Revolution Sandor
Ellix Katz, winner
of a James Beard
Award and New
York Times
bestselling author,
whom Michael
Pollan calls the
"Johnny Appleseed
of Fermentation"
returns to the iconic

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book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world.

This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his

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joyful and
demystifying
approach to making
and eating
fermented foods,
the health benefits
of which have
helped launch a
nutrition-based food
revolution. Since its
publication in 2003,
and aided by Katz's
engaging and
fervent workshop

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presentations, Wild
Fermentation has
inspired people to
turn their kitchens
into food labs:
fermenting
vegetables into
sauerkraut, milk
into cheese or
yogurt, grains into
sourdough bread,
and much more. In
turn, they've traded
batches, shared

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recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz's work earned him the Craig Clairborne lifetime achievement award from the Southern Foodways Alliance,

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and has been called
"one of the unlikely
rock stars of the
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updated and revised
edition, now with
full color photos
throughout, is sure
to introduce a
whole new
generation to the
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benefits of
fermented foods. It
features many
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African Sorghum
Beer, and Infinite
Buckwheat
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and refines original
recipes reflecting
the author's ever-
deepening

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knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz

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and his books: "The
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is an extraordinary
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impressive work of
passion and scholar
ship." --Deborah

Madison, author of
Local Flavors

"Sandor Katz has
proven himself to
be the king of ferme
ntation." --Sally

Fallon Morell,

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President, The
Weston A. Price
Foundation "Sandor
Katz has already
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people to the
diversity and
deliciousness of
fermented foods
than any other
single person has
over the last
century." --Gary
Paul Nabhan, author

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"The fermenting
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Newsweek "In a
country almost
clinically obsessed
with sterilization

Katz reminds us of
the forgotten
benefits of living in
harmony with our
microbial relatives."

-- Grist

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forest brews,
seawater brines,
plant-based
cheeses, and more

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salt, and the
beneficial lactic acid
bacteria found
everywhere. In
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describes in detail
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a cookbook,

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Fermentation offers

a deeply rewarding

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the greens, stems,

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your local terroir.

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you rewild your

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probiotic palate and
“create a cuisine
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your environment.”

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*scene" (New York
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a mesmerizing
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meaning of
fermentation
alongside his
awe-inspiring
photography of
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transformative
process,
teaching us with
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*about ourselves,
our culture, and
being human. In
2012, Sandor
Ellix Katz
published The
Art of*

*Fermentation,
which quickly
became the bible
for foodies
around the
world, a runaway
bestseller, and*

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*a James Beard
Book Award
winner. Since
then his work
has gone on to
inspire
countless
professionals
and home cooks
worldwide,
bringing
fermentation
into the
mainstream. In*

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*Fermentation as
Metaphor,
stemming from
his personal
obsession with
all things
fermented, Katz
meditates on his
art and work,
drawing
connections
between
microbial
communities and*

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even our
individual
thoughts and
feelings. He
informs his

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*arguments with
his vast
knowledge of the
fermentation
process, which
he describes as
a slow, gentle,
steady, yet
unstoppable
force for
change.*

*Throughout this
truly one-of-a-
kind book, Katz*

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*showcases fifty
mesmerizing,
original images
of otherworldly
beings from an
unseen
universe—images
of fermented
foods and
beverages that
he has
photographed
using both a
stereoscope and*

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*electron microsc
ope-exalting
microbial life
from the level
of "germs" to
that of high
art. When you
see the raw
beauty and
complexity of
microbial
structures, Katz
says, they will
take you "far*

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*from absolute
boundaries and
rigid
categories. They
force us to
reconceptualize.
They make us
ferment."*

*Fermentation as
Metaphor
broadens and
redefines our
relationship
with food and*

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traveling
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"Fermentation
Bus," and

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*provides recipes
for such items
as coconut
kefir, amazake,
raw soft cheese,
and fermented
green tea salad.*

*This is the
first
comprehensive
book ever
written on the
sacred aspects
of indigenous,*

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historical
psychotropic and
herbal healing
beers of the
world.

'For years now I
have kept
notebooks, with
scribbled
shopping lists
and early drafts
of recipes in
them. These
notes form the

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celebrations, be
it a casual,
beer-fuelled
supper of warm
flatbreads with
pieces of

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*grilled lamb
scattered with
toasted pine
kernels and
blood-red
pomegranate
seeds or a quiet
moment*

*contemplating a
bowl of soup and
a loaf of
bread. '*

*An instant
classic for a*

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new generation
of monkey-
wrenching food
activists. Food
in America is
cheap and
abundant, yet
the vast
majority of it
is diminished in
terms of flavor
and nutrition,
anonymous and
mysterious after

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*being shipped
thousands of
miles and
passing through
inscrutable
supply chains,
and controlled
by multinational
corporations. In
our system of
globalized food
commodities,
convenience
replaces quality*

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and a connection
to the source of
our food. Most
of us know
almost nothing
about how our
food is grown or
produced, where
it comes from,
and what health
value it really
has. It is food
as pure
corporate

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*commodity. We
all deserve much
better than
that. In The
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Not Be
Microwaved,
author Sandor
Ellix Katz (Wild
Fermentation,
Chelsea Green
2003) profiles
grassroots
activists who*

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are taking on
Big Food,
creating
meaningful
alternatives,
and challenging
the way many
Americans think
about food. From
community-
supported local
farmers,
community
gardeners, and

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*seed saving
activists, to
underground
distribution
networks of
contraband foods
and food*

*resources
rescued from the
waste stream,
this book shows
how ordinary
people can
resist the*

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*dominant system,
revive community-
based food
production, and
take direct
responsibility
for their own
health and
nutrition.*

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Sandor Katz's
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