

eye-focusing continually on the future of self-sufficient food culture, *Make Mead Like a Viking* is a practical and entertaining guide for the ages.

Sandor Katz's *Fermentation Journeys*

A Guide to the Ancient Art of Culturing Foods, from Kombucha to Sourdough

Rediscovering the Magic of Mold-Based Fermentation

An In-depth Exploration of Essential Concepts and Processes from Around the World

Including koji, kombuchas, shoyus, misos, vinegars, garums, lacto-ferments, and black fruits and vegetables

Sustain and Nourish

The Cultured Club: Fabulous Fermentation Recipes

How to make gut-friendly fermented foods by the grande dame of whole foods.

Easy recipes to ferm up any kitchen! Get ready for a wild microbial transformation with the healthy and flavorful foods in *The Everyday Fermentation Handbook*! Going way beyond ordinary sauerkraut and kimchi, this book teaches you the ins and outs of fermentation with simple instructions for fermenting just about every kitchen staple. Complete with tasty recipes for turning fermented foods into meals, you'll relish the opportunity to fill each day with mouthwatering dishes like: Sourdough Belgian waffles Miso and mushroom soup Sauerkraut Pretzel grilled cheese Chickpea and wild rice tempoh Hard cider pie *The Everyday Fermentation Handbook* helps you create more than 100 delicious fermented recipes--and a bona fide zoo of microbial diversity--right at home!