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Fermentation for Beginners: A Complete Step-by-Step Guide with 25 Recipes

Jessica Avery

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Fermentation for Beginners: A Complete Step-by-Step Guide with 25 Recipes Jessica Avery Fermentation is a food preservation process that takes place in the absence of oxygen and is facilitated by several types of beneficial microorganisms. Not only can fermentation increase the nutritional value of the food, but you can also add to its shelf life. If you are curious about fermentation, this book is the perfect place to start. Within the pages of this book you will receive the following: * An introduction to fermentation and how it works * An overview of the benefits associated with fermenting foods * A step-by-step guide for the fermentation process * A collection of 25 delicious fermentation recipes By the time you finish this book you will have a firm grasp on the concept of fermentation and how it works. So, if you are ready to give fermentation a try, just pick a recipe and get cooking!

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