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Fermentation for Beginners: 25 Delicious Recipes: (Fermentation Recipe Book, Lacto Fermented Vegetables) (Paperback)

By Carla Harlington

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Fermentation For Beginners: 25 Delicious Recipes This book is designed for your assistance so that you can get the advantage of different recipes. Fermenting your own food seems like a daunting task, but it can be done at home, with the help of given instructions. Fermented foods are processed through lacto-fermentation to feed sugar and starch to natural bacteria in the food creating lactic acid. This process is used to create beneficial enzymes, omega-3 fatty acids, b-vitamins and strains of probiotics. Natural fermentation is a good process to preserve nutrients in food and make food digestible. You can save money with fermentation, but it is essential to buy all essential tools to make this process easy. You have to chop and grate vegetables to ferment them easily. There are a few tools that you should have in your collection. This book has recipes to make your work simple and easy. You can enjoy healthy and delicious meals by treating them...



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