

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen

By Alex Lewin

Download now

Read Online →

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin

Preserve your favorite foods through every season with *Real Food Fermentation*. Control your own ingredients, techniques, and additives. Learn a practical food-preparation skill you'll use again and again. And express yourself by making something unique and whole.

Inside, you'll find:

- All the basics: the process, the tools, and how to get started
- A guide to choosing the right ingredients
- Sauerkraut and beyond—how to ferment vegetables, including slaw-style, pickles, and kimchi
- How to ferment dairy into yogurt, kefir, crème fraîche, and butter
- How to ferment fruits, from lemons to tomatoes, and how to serve them
- How to ferment your own beverages, including mead, kombucha, vinegar, and ginger ale
- A primer on fermented meat, fish, soy, bread, and more
- Everything you need to know about why the recipes work, why they are safe, what to do if they go wrong, and how to modify them to suit your taste

↓ [Download Real Food Fermentation: Preserving Whole Fresh Foo ...pdf](#)

📄 [Read Online Real Food Fermentation: Preserving Whole Fresh F ...pdf](#)

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen

By Alex Lewin

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin

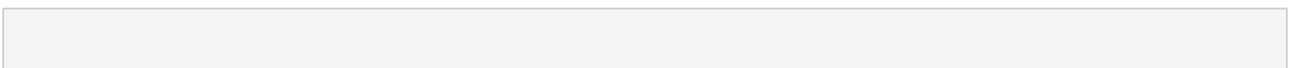
Preserve your favorite foods through every season with *Real Food Fermentation*. Control your own ingredients, techniques, and additives. Learn a practical food-preparation skill you'll use again and again. And express yourself by making something unique and whole.

Inside, you'll find:

- All the basics: the process, the tools, and how to get started
- A guide to choosing the right ingredients
- Sauerkraut and beyond—how to ferment vegetables, including slaw-style, pickles, and kimchi
- How to ferment dairy into yogurt, kefir, crème fraîche, and butter
- How to ferment fruits, from lemons to tomatoes, and how to serve them
- How to ferment your own beverages, including mead, kombucha, vinegar, and ginger ale
- A primer on fermented meat, fish, soy, bread, and more
- Everything you need to know about why the recipes work, why they are safe, what to do if they go wrong, and how to modify them to suit your taste

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin **Bibliography**

- Sales Rank: #126988 in Books
- Brand: Quarry Books
- Published on: 2012-07-01
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x .63" w x 8.13" l, 1.45 pounds
- Binding: Flexibound
- 176 pages



 [Download Real Food Fermentation: Preserving Whole Fresh Foo ...pdf](#)

 [Read Online Real Food Fermentation: Preserving Whole Fresh F ...pdf](#)

Download and Read Free Online Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin

Editorial Review

Amazon.com Review



Cucumber Pickles

[View larger](#)

Cucumber Pickles

Pickled cucumbers, or simply “pickles,” are a quintessential fermented food. The first record of pickles comes from ancient Mesopotamia. Such diverse historical figures as Aristotle, Julius Caesar, Shakespeare, Amerigo Vespucci, and Thomas Jefferson are reported to have been fond of pickles. Indeed, Amerigo Vespucci, after whom America was named, was a pickle vendor before he became a world explorer. Pickles play a significant role in the food culture of many countries, from North America through Europe and into the Middle East.

Preparation:

1.) If your cucumbers are at all soft, if you bought them at the store, and/or if you suspect that they might have been picked a while ago, you can perk them up by soaking them in ice water.
2.) Trim the blossom ends off your cucumbers. These ends contain enzymes that can contribute to “hollow pickle syndrome.”
3.) Combine the chlorine-free water and salt in the pitcher, and add any starter or vinegar, if using.
4.) Place the seasonings and tannin providers at the bottom of the jar or crock, followed by the cucumbers.
5.) Pour the brine into the crock.
6.) Weight everything down in such a way that it stays submerged.
7.) If needed, cover the top of the jar or crock with the cloth, and affix the cloth with the rubber band.
8.) Store at cool room temperature. Every day after the second or third, pull out a pickle, cut off a piece with a clean knife, and taste it. When the pickles are pleasantly sour but still crunchy, they are done. Move them to a cool place (like the refrigerator) immediately. Yield: 3–4 pounds (1.5–2 kg), Prep time: 10 minutes, Total time: 3 days–2 weeks

Equipment:

Knife; Cutting board (wood is ideal); 1-gallon (4-L) pitcher; ½-gallon (2-L) mason jar, a Pickl-It, a Harsch

crock, or a plain glazed (lead-free) ceramic crock; Something to hold the cucumbers under the brine, like a small clean plate or saucer that fits inside the jar or crock (if needed); Clean dishtowel or cloth to cover the top of the jar or crock along with a rubber band (if needed).

Ingredients:

- 3 or 4 pounds (1.5 or 2 kg) small, thick-skinned cucumbers
- 2 quarts (2 L) chlorine-free water
- 1/2 cup (115 g) sea salt
- Up to 1 cup (250 ml) whey or 1 pint (475 ml) sauerkraut juice, or starter powder from an envelope (optional)
- Seasonings: generous amounts of whole garlic, bay leaf, etc. (optional)
- A few fresh grape or oak leaves, or a couple of black tea bags, for their tannins (optional)
- Red wine vinegar or apple cider vinegar, boiled and cooled to replace up to half of the water (optional)

About the Author

Alex Lewin, a graduate of Harvard, the Cambridge School of Culinary Arts, and the Institute for Integrative Nutrition, seeks to create a healthier and tastier world by spreading the word about fermentation and real food. He teaches fermentation classes and workshops and serves on the board of the Boston Public Market Association, working to create a year-round indoor market selling local food. He lives in Boston and San Francisco. To learn more about this book, visit RealFoodFermentation.com.

Users Review

From reader reviews:

Ezra Talbott:

The particular book *Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen* has a lot of info on it. So when you make sure to read this book you can get a lot of gain. The book was authored by the very famous author. The author makes some research ahead of writing this book. This book is very easy to read; you will get the point easily after perusing this book.

Sharon Rowe:

Besides this *Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen* in your phone, it can give you a way to get more close to the new knowledge or facts. The information and the knowledge you might get here is fresh from your oven so don't possibly be worried if you feel like an aged person lives in a narrow town. It is a good thing to have *Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen* because this book offers for you readable information. Do you occasionally have a book but you would not get what it's exactly about. Oh come on, that would not happen if you have this in your hand. The enjoyable option here cannot be questionable, including treasuring beautiful islands. Use it; you still want to miss the item? Find this book and read it from right now!

Christina Lazarus:

You can obtain this Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen by check out the bookstore or Mall. Only viewing or reviewing it can to be your solve challenge if you get difficulties to your knowledge. Kinds of this book are various. Not only simply by written or printed but also can you enjoy this book by e-book. In the modern era just like now, you just looking of your mobile phone and searching what your problem. Right now, choose your ways to get more information about your book. It is most important to arrange you to ultimately make your knowledge are still upgrade. Let's try to choose right ways for you.

Thomas Towne:

Publication is one of source of know-how. We can add our understanding from it. Not only for students but also native or citizen require book to know the revise information of year to be able to year. As we know those guides have many advantages. Beside many of us add our knowledge, can bring us to around the world. Through the book Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen we can consider more advantage. Don't one to be creative people? Being creative person must prefer to read a book. Just simply choose the best book that suitable with your aim. Don't become doubt to change your life with this book Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen. You can more attractive than now.

Download and Read Online Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin #RM3J1WYIO8S

Read Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin for online ebook

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin books to read online.

Online Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin ebook PDF download

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin Doc

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin Mobipocket

Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen By Alex Lewin EPub