



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

*Alex Lewin*

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

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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

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