



Cultured Foods for Your Kitchen: 100 Recipes Featuring the Bold Flavors of Fermentation

Leda Scheintaub

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One hundred inspired recipes to enliven your cooking with pickles, yogurt, kombucha, and beyond. *Cultured Foods for Your Kitchen* draws on the traditions of fermenting from around the world, offering inspiring ways to incorporate nutritional cultures into everyday cooking. Fermentation is a traditional means of preserving the harvest, and today it is also prized for the range of flavors it creates: the spicy kick of kimchi, the cooling tang of yogurt, the refreshing effervescence of kombucha, and the umami depth of miso. Among the one hundred mouthwatering recipes are Buttermilk Avocado Shake, Cauliflower and Raisin Salad with Preserved Lemon Dressing, Zucchini Noodles with Miso Parmesan, Fried Rice with Kimchi and Bacon, and Coconut Sorbet. For those who cherish kitchen projects, this book shows how to make seven building-block ferments from scratch, but the recipes also use store-bought ferments as time-savers. This book offers readers new to fermenting plenty of entry points, while more accomplished cooks will find ideas for expanding their repertoires. Just as fermentation transforms food with a natural alchemy, *Cultured Foods for Your Kitchen* opens up a whole new world of flavor in the kitchen.

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