

## The Noma Guide To Fermentation Foundations Of Flavor

An indispensable resource for home cooks from the woman who changed the way Americans think about food. Perhaps more responsible than anyone for the revolution in the way we eat, cook, and think about food, Alice Waters has “single-handedly chang[ed] the American palate” according to the New York Times. Her simple but inventive dishes focus on a passion for flavor and a reverence for locally produced, seasonal foods. With an essential repertoire of timeless, approachable recipes chosen to enhance and showcase great ingredients, *The Art of Simple Food* is an indispensable resource for home cooks. Here you will find Alice’s philosophy on everything from stocking your kitchen, to mastering fundamentals and preparing delicious, seasonal inspired meals all year long. Always true to her philosophy that a perfect meal is one that’s balanced in texture, color, and flavor, Waters helps us embrace the seasons’ bounty and make the best choices when selecting ingredients. Fill your market basket with pristine produce, healthful grains, and responsibly raised meat, poultry, and seafood, then embark on a voyage of culinary rediscovery that reminds us that the most gratifying dish is often the least complex.

Best-selling fermentation authors Kirsten and Christopher Shockey explore a whole new realm of probiotic superfoods with *Miso, Tempeh, Natto & Other Tasty Ferments*. This in-depth handbook offers accessible, step-by-step techniques for fermenting beans and grains in the home kitchen. The Shockeys expand beyond the basic components of traditionally Asian protein-rich ferments to include not only soybeans and wheat, but also chickpeas, black-eyed peas, lentils, barley, sorghum, millet, quinoa, and oats. Their ferments feature creative combinations such as ancient grains tempeh, hazelnut–cocoa nib tempeh, millet koji, sea island red pea miso, and heirloom cranberry bean miso. Once the ferments are mastered, there are more than 50 additional recipes for using them in condiments, dishes, and desserts including natto polenta, Thai marinated tempeh, and chocolate miso babka. For enthusiasts enthralled by the flavor possibilities and the health benefits of fermenting, this book opens up a new world of possibilities. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

A guide to the art and science of fermented foods provides recipes that progress from simple condiments to more advanced techniques, offering insight into the history and health benefits of fermentation.

An authoritative and easy-to-use guide to fermentation with 100 recipes for fermented foods and drinks. IACP AWARD WINNER Fermented and live-culture foods are beloved for their bold and layered flavors as well as their benefits for gut health and boosting immunity, but until now, there hasn't been a book that is both authoritative and easy to use. *The Farmhouse Culture Guide to Fermenting* provides you with the history, health information, and safest methods for preserving, along with 100 recipes for krauts, pickles, kimchi, fermented vegetables, hot sauces, preserved fruits and jams, kombucha, and even mead. With trusted authors Kathryn Lukas, founder of mega brand Farmhouse Culture, and master fermenter and best-selling author Shane Peterson and their thoroughly tested recipes, this is the fermentation book that every

home fermenter needs--whether you are about to make your first batch of pickles or have been preserving foods for decades.

New York Times best seller Winner, James Beard Award for Best Book in American Cooking Winner, IACP Julia Child First Book Award Named a Best Cookbook of the Season by Amazon, Food & Wine, Harper's Bazaar, Houston Chronicle, Huffington Post, New York Times, Philadelphia Inquirer, Pittsburgh Post-Gazette, Vanity Fair, Washington Post, and more Sean Brock is the chef behind the game-changing restaurants Husk and McCrady's, and his first book offers all of his inspired recipes. With a drive to preserve the heritage foods of the South, Brock cooks dishes that are ingredient-driven and reinterpret the flavors of his youth in Appalachia and his adopted hometown of Charleston. The recipes include all the comfort food (think food to eat at home) and high-end restaurant food (fancier dishes when there's more time to cook) for which he has become so well-known. Brock's interpretation of Southern favorites like Pickled Shrimp, Hoppin' John, and Chocolate Alabama Stack Cake sit alongside recipes for Crispy Pig Ear Lettuce Wraps, Slow-Cooked Pork Shoulder with Tomato Gravy, and Baked Sea Island Red Peas. This is a very personal book, with headnotes that explain Brock's background and give context to his food and essays in which he shares his admiration for the purveyors and ingredients he cherishes.

The Noma Guide to Fermentation Including koji, kombuchas, shoyus, misos, vinegars, garums, lacto-ferments, and black fruits and vegetables Artisan Books

This beautifully illustrated guide by the author of Japanese Farm Food includes essential Japanese pantry tips and 125 recipes. In Preserving the Japanese Way, Nancy Singleton Hachisu offers step-by-step instructions for preserving fruits, vegetables, and fish using the age-old methods of Japanese farmers and fishermen. The recipes feature ingredients easily found in grocery stores or Asian food markets, such as soy sauce, rice vinegar, sake, and koji. Recipes range from the ultratraditional—Umeboshi (Salted Sour Plums), Takuan (Half-Dried Daikon Pickled in Rice Bran), and Hakusai (Fermented Napa Cabbage)—to modern creations like Zucchini Pickled in Shoyu Koji, Turnips Pickled with Sour Plums, and Small Melons in Sake Lees. Hundreds of full-color photos offer a window into the culinary life of Japan, from barrel makers and fish sauce producers to traditional morning pickle markets. More than a simple recipe book, Preserving the Japanese Way is a book about community, seasonality, and ultimately about why both are relevant in our lives today. “This is a gorgeous, thoughtful—dare I say spiritual—guide to the world of Japanese pickling written with clarity and a deep respect for technique and tradition.” —Rick Bayless, author of Authentic Mexican and owner of Frontera Grill

While many food science programs offer courses in the microbiology and processing of fermented foods, no recently published texts exist that fully address the subject. Food fermentation professionals and researchers also have lacked a single book that covers the latest advances in biotechnology, bioprocessing, and microbial genetics, physiology, and taxonomy. In Microbiology and Technology of Fermented Foods, Robert Hutkins has written the first text on food fermentation microbiology in a generation. This authoritative volume also serves as a comprehensive and contemporary reference book. A brief history and evolution of microbiology and fermented foods, an overview of microorganisms involved in food fermentations, and their physiological and metabolic properties provide a foundation for the reader. How

microorganisms are used to produce fermented foods and the development of a modern starter culture industry are also described. Successive chapters are devoted to the major fermented foods produced around the world with coverage including microbiological and technological features for manufacture of these foods: Cultured Dairy Products Cheese Meat Fermentation Fermented Vegetables Bread Fermentation Beer Fermentation Wine Fermentation Vinegar Fermentation Fermentation of Foods in the Orient Examples of industrial processes, key historical events, new discoveries in microbiology, anecdotal materials, case studies, and other key information are highlighted throughout the book. Comprehensively written in a style that encourages critical thinking, *Microbiology and Technology of Fermented Foods* will appeal to anyone dealing in food fermentation – students, professors, researchers, and industry professionals.

Named one of the Ten Best Books About Food of 2018 by Smithsonian magazine *MAD Dispatches: Furthering Our Ideas About Food* Good food is the common ground shared by all of us, and immigration is fundamental to good food. In eighteen thoughtful and engaging essays and stories, *You and I Eat the Same* explores the ways in which cooking and eating connect us across cultural and political borders, making the case that we should think about cuisine as a collective human effort in which we all benefit from the movement of people, ingredients, and ideas. An awful lot of attention is paid to the differences and distinctions between us, especially when it comes to food. But the truth is that food is that rare thing that connects all people, slipping past real and imaginary barriers to unify humanity through deliciousness. Don't believe it? Read on to discover more about the subtle (and not so subtle) bonds created by the ways we eat. *Everybody Wraps Meat in Flatbread: From tacos to dosas to pancakes*, bundling meat in an edible wrapper is a global practice. *Much Depends on How You Hold Your Fork: A visit with cultural historian Margaret Visser* reveals that there are more similarities between cannibalism and haute cuisine than you might think. *Fried Chicken Is Common Ground: We all share the pleasure of eating crunchy fried birds. Shouldn't we share the implications as well?* *If It Does Well Here, It Belongs Here: Chef René Redzepi* champions the culinary value of leaving your comfort zone. *There Is No Such Thing as a Nonethnic Restaurant: Exploring the American fascination with "ethnic" restaurants (and whether a nonethnic cuisine even exists).* *Coffee Saves Lives: Arthur Karulewa* recounts the remarkable path he took from Rwanda to Seattle and back again.

The world-famous chef René Redzepi's intimate first-hand account of a year in the life of his renowned restaurant, *noma A Work in Progress: A Journal* is a highly personal document of the creative processes at *noma* and the challenges faced by its chefs over a twelve-month period in an unspecified year of the restaurant's history. After a month of vacation, Redzepi made a resolution to keep a journal and to dedicate a year to the creativity and well-being at *noma*. The result is an unusually candid, and often humorous, insight into the inner workings of one of the food world's most creative minds. Originally featured in the bestselling *A Work in Progress*, first published in 2013.

Based on the popular Harvard University and edX course, *Science and Cooking* explores the scientific basis of why recipes work. The spectacular culinary creations of modern cuisine are the stuff of countless articles and social media feeds. But to a scientist they are also perfect pedagogical explorations into the basic scientific principles of cooking. In *Science and Cooking*, Harvard professors Michael Brenner, Pia Sørensen, and David Weitz bring the classroom to your kitchen to teach the physics and chemistry underlying every recipe. Why do we knead bread? What determines the temperature at which we cook a steak, or the amount of time our chocolate chip cookies spend in the oven? *Science and Cooking* answers these questions and more through hands-on experiments and recipes from renowned chefs such as Christina Tosi, Joanne Chang, and Wylie Dufresne, all beautifully illustrated in full color. With engaging introductions from revolutionary chefs and collaborators Ferran Adria and José Andrés, *Science and Cooking* will change the way you approach both subjects—in your kitchen and beyond.

An artfully playful collection of unexpected and remarkable facts about animals, illustrated by Swedish artist Maja Sä?fström. Did you know that an octopus has three hearts? Or that ostriches can't walk backward? These and many more fascinating and surprising facts about the animal kingdom (Bees never sleep! Starfish don't have brains!) are illustrated with whimsical detail in this charming collection.

A classic beginner's guide to basic home fermentation of just about anything, *Wild Fermentation* is a great resource by one of the world's foremost experts on the topic. Includes easy to read and inspiring instructions to get you started making anything fermentable, from bread to cheese to yogurt to kimchi to miso to injera to beer to even chocolate—in the comfort of your own home. Who knew making tasty, healthy, interesting food could be so easy?

From James Beard Award winner and New York Times—bestselling author of *The Art of Fermentation*: the recipes, processes, cultural traditions, and stories from around the globe that inspire Sandor Katz and his life's work—a cookbook destined to become a modern classic essential for every home chef. "Sandor's life of curiosity-filled travel and exploration elicits a sense of wonder as tastes, sights, and smells leap off the pages to ignite your imagination."—David Zilber, chef, fermenter, food scientist, and coauthor of *The Noma Guide to Fermentation* "Sandor Katz transposes his obsession with one of mankind's foundational culinary processes into a cookbook-cum-travelogue."—*The New York Times* "Fascinating and full of delicious stuff. . . . I'm psyched to cook from this book."—Francis Lam, *The Splendid Table* For the past two decades, fermentation expert and bestselling author Sandor Katz has traveled the world, both teaching and learning about the many fascinating and delicious techniques for fermenting foods. Wherever he's gone, he has gleaned valuable insights into the cultures and traditions of local and indigenous peoples, whether they make familiar ferments like sauerkraut or less common preparations like natto and koji. In his

latest book, Sandor Katz's *Fermentation Journeys*, Katz takes readers along with him to revisit these special places, people, and foods. This cookbook goes far beyond mere general instructions and explores the transformative process of fermentation through: Detailed descriptions of traditional fermentation techniques Celebrating local customs and ceremonies that surround particular ferments Profiles of the farmers, business owners, and experimenters Katz has met on his journeys It contains over 60 recipes for global ferments, including: Chicha de jora (Ecuador) Misa Ono's Shio-koji, or salt koji (Japan) Doubanjiang (China) Efo riro spinach stew (Nigeria) Whole sour cabbages (Croatia) Chucula hot chocolate (Colombia) Sandor Katz's *Fermentation Journeys* reminds us that the magical power of fermentation belongs to everyone, everywhere. Perfect for adventurous foodies, armchair travelers, and fermentation fanatics who have followed Katz's work through the years—from *Wild Fermentation* to *The Art of Fermentation* to *Fermentation as Metaphor*—this book reflects the enduring passion and accumulated wisdom of this unique man, who is arguably the world's most experienced and respected advocate of all things fermented. "This international romp is funky in the best of ways."—Publishers Weekly More Praise for Sandor Katz: "[Katz is the] high priest of fermentation."—Helen Rosner, *The New Yorker* "His teachings and writings on fermentation have changed lives around the world."—BBC "The fermentation movement's guru."—USA Today "A fermentation master."—The Wall Street Journal

Even beginners can make their own fermented foods! This easy-to-follow comprehensive guide presents more than 120 recipes for fermenting 64 different vegetables and herbs. Learn the basics of making kimchi, sauerkraut, and pickles, and then refine your technique as you expand your repertoire to include curried golden beets, pickled green coriander, and carrot kraut. With a variety of creative and healthy recipes, many of which can be made in batches as small as one pint, you'll enjoy this fun and delicious way to preserve and eat your vegetables.

New York Times Bestseller A New York Times Best Cookbook of Fall 2018? "An indispensable manual for home cooks and pro chefs." —Wired At Noma—four times named the world's best restaurant—every dish includes some form of fermentation, whether it's a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma's extraordinary flavor profiles. Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant's acclaimed fermentation lab, share never-before-revealed techniques to creating Noma's extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe approachably written and meticulously tested, *The Noma Guide to Fermentation* takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and

black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes. Fermentation is already building as the most significant new direction in food (and health). With *The Noma Guide to Fermentation*, it's about to be taken to a whole new level.

One of *Smithsonian Magazine's* Ten Best Food Books of the Year A revolutionary new guide to pairing ingredients, based on a famous chef's groundbreaking research into the chemical basis of flavor As an instructor at one of the world's top culinary schools, James Briscione thought he knew how to mix and match ingredients. Then he met IBM Watson. Working with the supercomputer to turn big data into delicious recipes, Briscione realized that he (like most chefs) knew next to nothing about why different foods taste good together. That epiphany launched him on a quest to understand the molecular basis of flavor--and it led, in time, to *The Flavor Matrix*. A groundbreaking ingredient-pairing guide, *The Flavor Matrix* shows how science can unlock unheard-of possibilities for combining foods into astonishingly inventive dishes. Briscione distills chemical analyses of different ingredients into easy-to-use infographics, and presents mind-blowing recipes that he's created with them. The result of intensive research and incredible creativity in the kitchen, *The Flavor Matrix* is a must-have for home cooks and professional chefs alike: the only flavor-pairing manual anyone will ever need.

*The Book That Started the Fermentation Revolution* Sandor Ellix Katz, winner of a James Beard Award and New York Times bestselling author, whom Michael Pollan calls the "Johnny Appleseed of Fermentation" returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach to making and eating fermented foods, the health benefits of which have helped launch a nutrition-based food revolution. Since its publication in 2003, and aided by Katz's engaging and fervent workshop presentations, *Wild Fermentation* has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more. In turn, they've traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz's work earned him the Craig Clairborne lifetime achievement award from the Southern Foodways Alliance, and has been called "one of the unlikely rock stars of the American food scene" by *The New York Times*. This updated and revised edition, now with full color photos throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipes--including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread--and updates and refines original recipes reflecting the author's ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz and his books: "The Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship."--Deborah Madison, author of *Local Flavors* "Sandor Katz has proven himself to be the king of fermentation."--Sally Fallon Morell, President, The Weston A. Price Foundation "Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century."--Gary Paul Nabhan, author of *Growing Food in a Hotter, Drier Land* "The fermenting bible." -- *Newsweek* "In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives." -- *Grist*

Bestselling author Sandor Katz—an “unlikely rock star of the American food scene” (*New York Times*)—delivers a mesmerizing treatise on the meaning of fermentation alongside his awe-

inspiring photography of this transformative process, teaching us with words and images about ourselves, our culture, and being human. In 2012, Sandor Ellix Katz published *The Art of Fermentation*, which quickly became the bible for foodies around the world, a runaway bestseller, and a James Beard Book Award winner. Since then his work has gone on to inspire countless professionals and home cooks worldwide, bringing fermentation into the mainstream. In *Fermentation as Metaphor*, stemming from his personal obsession with all things fermented, Katz meditates on his art and work, drawing connections between microbial communities and aspects of human culture: politics, religion, social and cultural movements, art, music, sexuality, identity, and even our individual thoughts and feelings. He informs his arguments with his vast knowledge of the fermentation process, which he describes as a slow, gentle, steady, yet unstoppable force for change. Throughout this truly one-of-a-kind book, Katz showcases fifty mesmerizing, original images of otherworldly beings from an unseen universe—images of fermented foods and beverages that he has photographed using both a stereoscope and electron microscope—exalting microbial life from the level of “germs” to that of high art. When you see the raw beauty and complexity of microbial structures, Katz says, they will take you “far from absolute boundaries and rigid categories. They force us to reconceptualize. They make us ferment.” *Fermentation as Metaphor* broadens and redefines our relationship with food and fermentation. It’s the perfect gift for serious foodies, fans of fermentation, and non-fiction readers alike.

The *I Know This to Be True* series is a collection of extraordinary figures from diverse backgrounds answering the same questions, as well as sharing their compelling stories, guiding ideals, and insightful wisdom. Bryan Stevenson has committed his career to fighting wrongful convictions, systemic poverty, and mass incarceration—here, he shares the lessons he’s learned throughout his life. Stories include how his slave ancestry shaped his childhood, how a poignant conversation with a death row inmate impacted his work, and why he believes the worst thing that happens to a person shouldn’t define their life. • Bryan Stevenson is one of today’s most influential social justice attorneys and author of the bestselling book *Just Mercy* • This book is an encouraging road map for aspiring activists and anyone who believes in second chances • The landmark book series brims with messages of leadership, courage, compassion, and hope Inspired by Nelson Mandela’s legacy and created in collaboration with the Nelson Mandela Foundation, *I Know This to Be True* is a global series of books created to spark a new generation of leaders. This series offers encouragement and guidance to graduates, future leaders, and anyone hoping to make a positive impact on the world. • Royalties from sales of the series support the free distribution of material from the series to the world’s developing economy countries • Great for those who loved *Letters of Note: An Eclectic Collection of Correspondence Deserving of a Wider Audience* by Shaun Usher, *Long Walk to Freedom: The Autobiography of Nelson Mandela* by Nelson Mandela, and *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson

Celebrated the world over for their health benefits and dynamic flavors, cultured and fermented foods are becoming everyday meal mainstays. In this extensive collection, fermentation pioneer Holly Davis shares more than 120 recipes for familiar—and lesser-known—cultured foods, including yogurt, pickles, kimchi, umeboshi, scrumpy, and more. This inspiring resource contains more than 100 photographs, plus plenty of helpful how-tos and informational charts offering guidance on incorporating fermented ingredients into the diet. With a luxe textured cover and brimming with engaging projects for cooks of all skill levels, this cookbook will be the cornerstone of every preserving kitchen.

A personal chef monograph, and the first book, from globally-acclaimed chef Ana Roš of Hiša Franko in Slovenia Set near the Italian border in Slovenia’s remote So?a valley, in the foothills of mountains and beside a turquoise river full of trout, Ana Roš tells the story of her life. Through essays, recollections, recipes, and photos, she shares the idyllic landscape that

inspires her, the abundant seasonal ingredients from local foragers, the tales of fishing and exploring, and the evolution of her inventive and sophisticated food at Hiša Franko - where she has elevated Slovenian food and become influential in the global culinary landscape. From craft beers and sourdough bread to kimchi, coffee, tea, and cheese, fermentation is a popular topic in both food and health circles. In *Our Fermented Lives*, food historian and fermenting expert Julia Skinner explores the fascinating roots of a wide range of fermented foods in cultures around the world, with a focus on the many intersections fermented foods have with human history and culture, from the evolution of the microbiome to food preservation techniques, distinctive flavor profiles around the globe, and the building of community. Fans of fermentation, chefs, and anyone fascinated with the origins of various foods will enjoy this engaging popular history, which is accompanied by 42 recipes adapted from historic sources, including sauerkraut, corn beer, uji (fermented grain porridge), pickles and relishes, vinegars, ketchup, soy sauce, Tepache (fermented pineapple drink), vinegars, beet kvass, and more. "In this remarkable new cookbook, Bergo provides stories, photographs and inventive recipes."—*Star Tribune* As Seen on NBC's *The Today Show*! "With a passion for bringing a taste of the wild to the table, [Bergo's] inspiration for experimentation shows in his inventive dishes created around ingredients found in his own backyard."—*Tastemade* From root to flower—and featuring 180 recipes and over 230 of the author's own beautiful photographs—explore the edible plants we find all around us with the Forager Chef Alan Bergo as he breaks new culinary ground! In *The Forager Chef's Book of Flora* you'll find the exotic to the familiar—from Ramp Leaf Dumplings to Spruce Tip Panna Cotta to Crisp Fiddlehead Pickles—with Chef Bergo's unique blend of easy-to-follow instruction and out-of-this-world inspiration. Over the past fifteen years, Minnesota chef Alan Bergo has become one of America's most exciting and resourceful culinary voices, with millions seeking his guidance through his wildly popular website and video tutorials. Bergo's inventive culinary style is defined by his encyclopedic curiosity, and his abiding, root-to-flower passion for both wild and cultivated plants. Instead of waiting for fall squash to ripen, Bergo eagerly harvests their early shoots, flowers, and young greens—taking a holistic approach to cooking with all parts of the plant, and discovering extraordinary new flavors and textures along the way. *The Forager Chef's Book of Flora* demonstrates how understanding the different properties and growing phases of roots, stems, leaves, and seeds can inform your preparation of something like the head of an immature sunflower—as well as the lesser-used parts of common vegetables, like broccoli or eggplant. As a society, we've forgotten this type of old-school knowledge, including many brilliant culinary techniques that were borne of thrift and necessity. For our own sake, and that of our planet, it's time we remembered. And in the process, we can unlock new flavors from the abundant landscape around us. "[An] excellent debut. . . . Advocating that plants are edible in their entirety is one thing, but this [book] delivers the delectable means to prove it."—*Publishers Weekly* "Alan Bergo was foraging in the Midwest way before it was trendy."—*Outside Magazine*

Winner of the 2013 James Beard Foundation Book Award for Reference and Scholarship, and a *New York Times* bestseller, *The Art of Fermentation* is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding and insight for experienced practitioners. While Katz expertly contextualizes fermentation in terms of biological and cultural evolution, health and nutrition, and even economics, this is primarily a compendium of practical information--how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more. With two-color



illustrations and extended resources, this book provides essential wisdom for cooks, homesteaders, farmers, gleaners, foragers, and food lovers of any kind who want to develop a deeper understanding and appreciation for arguably the oldest form of food preservation, and part of the roots of culture itself. Readers will find detailed information on fermenting vegetables; sugars into alcohol (meads, wines, and ciders); sour tonic beverages; milk; grains and starchy tubers; beers (and other grain-based alcoholic beverages); beans; seeds; nuts; fish; meat; and eggs, as well as growing mold cultures, using fermentation in agriculture, art, and energy production, and considerations for commercial enterprises. Sandor Katz has introduced what will undoubtedly remain a classic in food literature, and is the first--and only--of its kind.

The authors of the best-selling *Fermented Vegetables* are back, and this time they've brought the heat with them. Whet your appetite with more than 60 recipes for hot sauces, mustards, pickles, chutneys, relishes, and kimchis from around the globe. Chiles take the spotlight, with recipes such as Thai Pepper Mint Cilantro Paste, Aleppo Za'atar Pomegranate Sauce, and Mango Plantain Habañero Ferment, but other traditional spices like horseradish, ginger, and peppercorns also make cameo appearances. Dozens of additional recipes for breakfast foods, snacks, entrées, and beverages highlight the many uses for hot ferments.

Easy recipes to ferm up any kitchen! Get ready for a wild microbial transformation with the healthy and flavorful foods in *The Everyday Fermentation Handbook*! Going way beyond ordinary sauerkraut and kimchi, this book teaches you the ins and outs of fermentation with simple instructions for fermenting just about every kitchen staple. Complete with tasty recipes for turning fermented foods into meals, you'll relish the opportunity to fill each day with mouthwatering dishes like: Sourdough Belgian waffles Miso and mushroom soup Sauerkraut Pretzel grilled cheese Chickpea and wild rice tempeh Hard cider pie *The Everyday Fermentation Handbook* helps you create more than 100 delicious fermented recipes--and a bona fide zoo of microbial diversity--right at home!

Make your own delicious cultured foods--safely and easily! The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the health benefits of live-culture foods, but the true pleasure of creating their own fermentations at home. From kombucha to kefir, and from sourdough to kimchi, research is proving that live-culture foods can help reduce high cholesterol, strengthen and support digestive and immune systems, and help fight and prevent chronic diseases. *The Complete Idiot's Guide® to Fermenting Foods* covers the amazing health benefits of fermented foods and the techniques for safely fermenting food at home. Here's what you'll find in *The Complete Idiot's Guide to Fermenting Food*: Over 100 unique and delicious recipes for ferments of all types, including beverages, cultured dairy, fermented grains, vegetable ferments, and much more, and each with detailed instructions Helpful insight on the tools and techniques you'll need to know to safely create nearly any type of fermented food Detailed guidance on how fermentation works, how to troubleshoot common fermentation issues, and how to grow your own starters Discover delicious, gut-friendly recipes to supercharge your system Adding a daily dose of fermented foods to your diet can have an extraordinary effect on your health. Motivated by an unshakeable belief that food is medicine and that what we eat can promote great healing, fermentation expert Dearbhla Reynolds shows readers how to

turn simple ingredients into superfoods using one of the world's oldest methods of food preservation. Recipes include: • Masala Quinoa Croquettes with Indian Cauliflower and Mango Chutney • Collard Wraps with Kefir Mackerel Pâté, Radishes, and Cucumber Pickles • Fermented Flaxseed and Onion Crackers • Hibiscus Kombucha More than just a recipe book, this is a story about food, health energy, and lost traditions.

WALL STREET JOURNAL BESTSELLER Fermented foods are a delicious and rich source of nourishment. Many of our favorite everyday foods like beer, wine, cheese, bread, and yogurt, or beloved family traditions like sauerkraut, corned beef, and kimchi, are the result of fermentation. Besides adding complexity and flavor to many foods, fermentation is also proven to add amazing health benefits--from promoting healthy digestion to allowing our body to fully absorb the necessary nutrients in our food. However, many beginners are skittish about starting the process of fermentation for the first time. With straightforward guides, delicious recipes, and step-by-step instructions, Fermentation for Beginners takes the stress out of at-home fermentation. Whether you are trying fermentation to improve your health, or just want to explore this time-tested culinary skill, Fermentation for Beginners will be your guide to the art of fermentation and the science of probiotic foods. Fermentation for Beginners will show you how and why to ferment your own foods, with: • 60 delicious fermentation recipes, from pickles to yogurt to sourdough bread to wine • 13 key ingredients for fermentation • 9 top health reasons to eat probiotic foods • Step-by-step instructions for safe and effective fermentation • Overview of the science behind fermentation • Tips on starting your home fermentation laboratory With the right combination of microbes and a little skill, Fermentation for Beginners will give you all the tools you need to start fermenting your own foods right away.

From one of the world's top dining destinations, New York's three-Michelin-starred restaurant Eleven Madison Park, comes an updated single-volume collection of more than 80 recipes, stories, food photographs, and watercolor paintings from celebrated chef Daniel Humm. JAMES BEARD AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE ATLANTIC Originally published as a two-volume, signed edition and limited to only 11,000 print copies, this revised edition of Eleven Madison Park: The Next Chapter refashions the deluxe slipcase edition into one high-quality, single volume. Of the 80 recipes and stories, more than 30 of the recipes are brand new and reflect the dishes being served at the restaurant now. Along with 30 brand-new food photos, there are also nearly 15 new watercolors and stories discussing the restaurant's recent renovation, among other topics. This collection reflects on the time during which Eleven Madison Park garnered scores of accolades, including four stars from the New York Times, three Michelin stars, seven James Beard Foundation awards, and the number one spot on the World's 50 Best Restaurants list. In this fresh package, Chef Daniel Humm describes his unparalleled culinary journey and inspiration.

New York Times Bestseller Named one of the Best Cookbooks of the Year by the Chicago Tribune, New York Times, Boston Globe, San Francisco Chronicle, Atlanta Journal-Constitution, Houston Chronicle, Esquire, GQ, Eater, and more Named one of the Best Cookbooks to Give as Gifts by Food & Wine, Bon Appétit, Esquire, Field & Stream, New York Magazine's The Strategist, The Daily Beast, Eater, Vogue, Business Insider, GQ, Epicurious, and more "An indispensable manual for home cooks

and pro chefs.” —Wired At Noma—four times named the world’s best restaurant—every dish includes some form of fermentation, whether it’s a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma’s extraordinary flavor profiles. Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant’s acclaimed fermentation lab, share never-before-revealed techniques to creating Noma’s extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe approachably written and meticulously tested, *The Noma Guide to Fermentation* takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes. Fermentation is already building as the most significant new direction in food (and health). With *The Noma Guide to Fermentation*, it’s about to be taken to a whole new level.

A beginner's guide to sous vide, which has been a popular cooking technique in restaurants for years, offering tender and succulent dishes cooked to perfection. Now, from the creator of Nomiku—the first affordable sous vide machine—comes this easy-to-follow cookbook that clearly illustrates how to harness the power of sous vide technology to achieve restaurant-quality dishes in the comfort of your own kitchen. Discover the stress-free way to cook a delicious (and never dry!) Thanksgiving turkey along with all the trimmings, classics like Perfect Sous Vide Steak and Duck Confit, and next-level appetizers like Deep Fried Egg Yolks. Including over 100 recipes for everything from Halibut Tostadas, Grilled Asparagus with Romesco, and Chicken Tikka Masala, to Dulce de Leche, Hassle-Free Vanilla Ice Cream, and even homemade Coffee-Cardamom Bitters, *Sous Vide at Home* has you covered for every occasion.

The first book devoted to processes, concepts, and recipes for fermenting and culturing foods with koji, the microbe behind the delicious, umami flavors of soy sauce, miso, mirin, and so many of the ingredients that underpin Japanese cuisine *Koji Alchemy* chefs Jeremy Umansky and Rich Shih—collectively considered to be the most practical, experienced, generous educators on the culinary power of this unique ingredient—deliver a comprehensive look at modern koji use around the world. Using it to rapidly age charcuterie, cheese, and other ferments, they take the magic of koji to the next level, revolutionizing the creation of fermented foods and flavor profiles for both professional and home cooks. *Koji Alchemy* includes: A foreword by best-selling author Sandor Katz (*The Art of Fermentation*) Cutting-edge techniques on koji growing and curing Information on equipment and setting up your kitchen More than 35 recipes for sauces, pastes, ferments, and alcohol, including stand-outs like Popcorn Koji, Roasted Entire Squash Miso, Korean Makgeolli, Amazake Rye Bread, and more “*Koji Alchemy* is empowering and does much to open the door to further creativity and innovation. . . . I can’t wait to see and taste the next wave of koji experimentation

it inspires.” —Sandor Katz

Shaya's memoir begins in Israel and wends its way from the U.S.A. to Italy, back to Israel, and comes together in the American South, in the heart of New Orleans. Shaya tells of how food saved his life and how, through a circuitous path of (cooking) twists and (life-affirming) turns his celebrated cuisine-- food of his native Israel with a creole New Orleans kick-- came to be.

A carefully curated collection of recipes from Victoria, BC, the brunch capital of Canada.

Following on the success of *Tender and Ripe*, this companion to the bestselling *Kitchen Diaries* is a beautiful, inspiring chronicle of a year in food from beloved food writer Nigel Slater. In this companion to the bestselling *Kitchen Diaries*, Britain's foremost food writer returns with quietly passionate, idiosyncratic musings on a year in the kitchen, alongside more than 250 of his simple and seasonal recipes. Beloved author Nigel Slater shares his thoughts on topics as various as the kitchen knife whose every nick and stain is familiar, how to make a little bit of cheese go a long way when the cupboards are bare, and his reluctance to share desserts. Based on Slater's journal entries, *Notes from the Larder* is a collection of small kitchen celebrations, whether a casual supper of grilled lamb, or a quiet moment contemplating a bowl of cauliflower soup with toasted hazelnuts. Through this personal selection of recipes, Slater offers a glimpse into the daily inspiration behind his cooking and the pleasures of making food by hand.

Canning perfected the America's Test Kitchen way. The art of preserving produce by canning and preserving has come full circle from grandmother's kitchen to a whole new generation now eager to learn it. This detailed guide to home preserving is perfect for novice canners and experts alike and offers more than 100 foolproof recipes across a wide range of categories, from sweet jams and jellies to savory jams, vegetables, condiments, pickles, whole fruits, and more. Let the experts at America's Test Kitchen show you how to do it right with detailed tutorials, troubleshooting tips, equipment information, and insight into the science behind canning.

" "Noma is the most important cookbook of the year." – The Wall Street Journal  
René Redzepi has been widely credited with re&hyphen;inventing Nordic cuisine. His Copenhagen restaurant, Noma, was recognized as the #1 best in the world by the San Pellegrino World's 50 Best Restaurant awards in April 2010 after receiving the "Chef's Choice" award in 2009. Redzepi operates at the cutting edge of gourmet cuisine, combining an unrelenting creativity and a remarkable level of craftsmanship with an inimitable and innate knowledge of the produce of his Nordic terroir. At Noma, which Redzepi created from a derelict eighteenth&hyphen;century warehouse in 2003 after previously working at both elBulli and The French Laundry, diners are served exquisite concoctions, such as Newly&hyphen;Ploughed Potato Field or The Snowman from Jukkasjarvi, all painstakingly constructed to express their amazing array of Nordic ingredients.

