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Fermented Foods

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Fermentation is good for the body and the planet — discover its benefits, key techniques, and 40 easy recipes for veggies, drinks, breads, and more.

This book explores all the benefits of fermentation, which is as good for the body as it is for the planet. It details the principles, nutritional and digestive benefits, basic techniques, and precautions for interested readers. It also includes practical advice and 40 easy-to-adapt recipes for preparing fermented vegetables, drinks, breads, and dairy products. An invitation to reconnect with a natural, economical, and flavourful practice.

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