



# Fermentation & Home Brewing

*Eric Childs, Jessica Childs*

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## **Fermentation & Home Brewing** Eric Childs, Jessica Childs

People everywhere are rejecting industrial food to produce their own—and fermentation is at the zenith of this movement. It is slow food at its slowest; optimizes nutritional health; and confers unique flavors and textures. This mouthwatering survey presents a world of recipes for fermented foods and beverages to make at home, from bread and beer to ketchup, kombucha, and kimchi. Featuring tantalizing photography and tips from the pros, this book is the ultimate resource for everyone from the newbie to the seasoned fermentation enthusiast.

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