



37 Fermented Vegetable Recipes: A Flavorful Guide to Krauts, Kimchi, and Other Fermented Vegetables That Taste Better Than Pickled Foods. (Paperback)

By Jennifer Connor

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.37 Fermented Vegetable Recipes A flavorful guide to krauts, kimchi, and other fermented vegetables that taste better than pickled foods. Imagine making delicious, flavorful, healthy snacks for everyone to enjoy. You replace your standard pickle jar with a jar of fermented vegetables. Then, you had the jar over to your friends and family, and watch them take a bite. Their eyes light up as they realize your homemade veggies are way better than any pickled foods that have ever tasted. How to Make 37 Delicious Types of Fermented Veggies Fermented vegetables are the perfect snack. They are delicious, and jammed packed with nutrients. Not only does the fermentation process preserve all the natural vitamins and minerals in vegetables, but fermentation also creates microbes that are great for you and your health. 37 Fermented Vegetable Recipes has the recipes, tips, and tricks to help you make many kinds of veggies. What are the Benefits? And the Recipes? - Recipes ranging from Jalapeno Garlic Sauerkraut to Apple and Kale Kimchi. And Fermented Ginger Carrot Sticks to Polish Fermented Mushrooms. - A mix of sauerkraut, kimchi,...

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