



The Complete Idiot's Guide to Fermenting Foods (Idiot's Guides)

Wardeh Harmon

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The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the benefits of live-culture foods, but the true pleasure of creating their own fermentations at home. 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* will cover the amazing health benefits of fermented or "living" foods and the techniques for safely fermenting food at home. It will contain over 100 unique and delicious recipes for ferments of all types, from beer to tempeh to yogurt, with detailed recipes to guide the way.

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