



Wild Fermentation: A Do-It-Yourself Guide to Cultural Manipulation (DIY)

Sandor Katz

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This is the original 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, becoming an underground classic years before he rose to fame. 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?

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