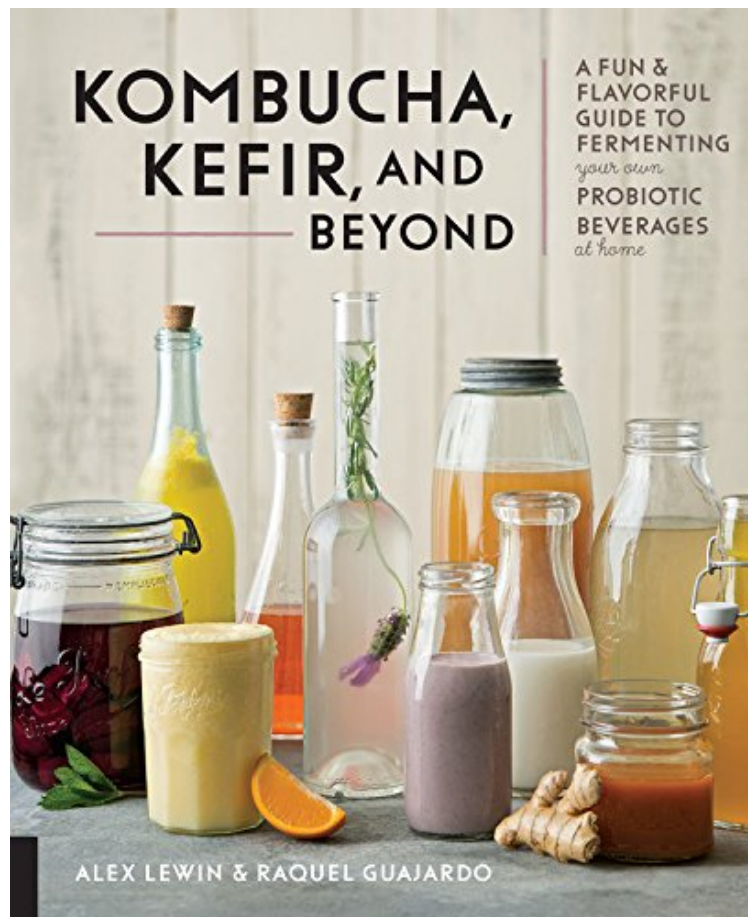


(Download free pdf) Kombucha, Kefir, and Beyond: A Fun and Flavorful Guide to Fermenting Your Own Probiotic Beverages at Home

Kombucha, Kefir, and Beyond: A Fun and Flavorful Guide to Fermenting Your Own Probiotic Beverages at Home

Alex Lewin, Raquel Guajardo
audiobook | *ebooks | Download PDF | ePub | DOC



DOWNLOAD



+

READ ONLINE

#125071 in Books Ingramcontent 2017-09-01Original language:EnglishPDF # 1 9.50 x .75 x 8.00l, .0 #File Name: 1592337384208 pagesFerment Your Drinks A Fun and Flavorful Guide to Making Your Own Kombucha Kefir Kvass Mead Cider and More | File size: 66.Mb

Alex Lewin, Raquel Guajardo : Kombucha, Kefir, and Beyond: A Fun and Flavorful Guide to Fermenting Your Own Probiotic Beverages at Home before purchasing it in order to gage whether or not it would be worth my time, and all praised Kombucha, Kefir, and Beyond: A Fun and Flavorful Guide to Fermenting Your Own Probiotic Beverages at Home:

3 of 3 people found the following review helpful. So many fizzy drinks to chose fromBy Gaby F.A couple of months ago I started cultivating milk kefir at home from fresh kefir grains. Now, I am also interested in cultivating kombucha, and this book will help me with that. Cultivating fermented beverages at home saves me a lot of money and the beverages taste so much better and fresher than their store bought counterparts. When opening the book, I was

surprised about the variety of fermented beverages that can be made at home. There are so many fizzy drinks to choose from. Every recipe is different. The first recipe I will make is the Orangina. Root beer and ginger beer are next on the list. And next time I have guests, I will make the country wine with fresh fruit. I have weaned myself from canned sodas and am happy to have found so many tasty alternatives in Kombucha, Kefir, and Beyond. A digital copy of this book was provided to me by the publisher in exchange for an honest review. 3 of 4 people found the following review helpful. How to make some fermented drinks

By Debbie "Kombucha, Kefir, and Beyond" explains how to safely make your own fermented drinks. The authors talked about why you should drink fermented drinks, provided an evolutionary history of fermented drink consumption, gave a simplified version of the science of fermenting foods, and described the tools that you need or might like to have to make your own fermented drinks. They provided about 24 recipes that use fermented foods--plus other ingredients--to make a drink. Most of these were in the fermented cocktails section. The rest of the recipes were how to ferment a food, some part of which can be used as or made into a drink. They started with 6 master recipes for making ginger bug, yogurt, milk kefir, whey, vinegar, and water kefir. The next chapter was about tea fermentation (kombucha and jun). Next were 6 recipes for vegetable drinks using brine from fermented beets, cucumbers, or radishes and making a juice out of kimchi and such. Next were 7 recipes for making bubbly sodas by fermenting hibiscus, coconut water, grapes, lemons, limes, oranges, or fruit juices. The last chapters covered recipes for fermenting mildly alcoholic drinks: 5 beer recipes (including root beer and ginger beer), 10 wines and ciders (including berry wine, apple cider, pear cider, mead, and rice wine), 4 Mexican drinks, and 18 fermented cocktails. The instructions were easy to follow and most should be easy to do. They don't require expensive equipment or ingredients. I've made yogurt and kefir in the past, and I felt like they gave good instructions for those. It looked like the other recipes were as useful. I plan to try the ginger bug, apple cider (non-alcoholic version), and coconut water soda recipes soon. I received an ebook review copy of this book from the publisher through NetGalley. 2 of 2 people found the following review helpful. Highly recommended!

By Dorie Clark In Kombucha, Kefir, and Beyond, you'll find delicious recipes, beautiful visuals, and terrific ideas! The recipes are simple, tasty, and often require just a few ingredients. Plus, of course, they bring fantastic health benefits. I really enjoyed learning more about the history of fermentation too! Lots to love in here. Highly recommended!

Fermented foods have taken the world by storm, largely due to their health and real food benefits. They help improve digestion, enable us to better assimilate vitamins and minerals, and strengthen the immune system. Of all fermented foods, drinks are some of the most versatile—and tasty! Think kombucha, kefir, and real ginger ale. Many of these items you can buy in the store, but making them at home is simple, economical, and even better for you. With just a few ingredients and materials, you can start brewing your own delicious beverages for your family. Kombucha, Kefir, and Beyond is packed with innovative drink recipes, from healthy homemade sodas to traditional kvass and cider, that you can make in your home kitchen and enjoy all year long! Inside, you'll learn: --Why to ferment your drinks --The history of fermentation and the value of traditional foods --The benefits of fermented drinks to your health --All the basics: the process, the tools, and how to get started --Five-minute recipes for lassis, fermented lemonade, and more --How to use starters to make kombucha, kefir, root beer, wine, and others again and again --Age-old recipes for kvass, switchel, vinegar, and mead --Everything you need to know about why the recipes work, why they are safe, what to do if they go wrong, and how to modify them to suit your taste Raise a glass to good health with Kombucha, Kefir, and Beyond.

About the Author Alex Lewin, a graduate of the Cambridge School of Culinary Arts and the Institute for Integrative Nutrition, seeks to create a healthier and tastier world by spreading the word about fermentation and real food. He teaches fermentation classes and workshops and serves on the board of the Boston Public Market Association, working to create a year-round indoor market selling local food. He lives in Boston and San Francisco. Visit his blog at www.FeedMeLikeYouMeanIt.com. Raquel Guajardo runs a cooking school in Monterrey, Mexico and has a business selling fermented beverages and foods. Her website is www.raquelguajardo.com.