

## The Noma Guide To Fermentation Including Koji Kombuchas Shoyus Misos Vinegars Garums Lacto Ferments And Black Fruits And Vegetables Foundations Of Flavor

A carefully curated collection of recipes from Victoria, BC, the brunch capital of Canada.

The world’s most influential chef redefines the possibilities of a restaurant cookbook by sharing new techniques for fermentation—the “secret sauce” behind every dish at Noma, the world’s leading restaurant, and one of the most important food topics today—and offering revolutionary knowledge and original recipes for home cooks and professional chefs alike.

Winner of the 2013 James Beard Foundation Book Award for Reference and Scholarship, and a New York Times bestseller, The Art of Fermentation is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding and insight for experienced practitioners. While Katz expertly contextualizes fermentation in terms of biological and cultural evolution, health and nutrition, and even economics, this is primarily a compendium of practical information—how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more. With two-color illustrations and extended resources, this book provides essential wisdom for cooks, homesteaders, farmers, gleaners, foragers, and food lovers of any kind who want to develop a deeper understanding and appreciation for arguably the oldest form of food preservation, and part of the roots of culture itself. Readers will find detailed information on fermenting vegetables; sugars into alcohol (meads, wines, and ciders); sour tonic beverages; milk; grains and starchy tubers; beers (and other grain-based alcoholic beverages); beans; seeds; nuts; fish; meat; and eggs, as well as growing mold cultures, using fermentation in agriculture, art, and energy production, and considerations for commercial enterprises. Sandor Katz has introduced what will undoubtedly remain a classic in food literature, and is the first—and only—of its kind.

Canning perfected the America’s Test Kitchen way. The art of preserving produce by canning and preserving has come full circle from grandmother’s kitchen to a whole new generation now eager to learn it. This detailed guide to home preserving is perfect for novice canners and experts alike and offers more than 100 foolproof recipes across a wide range of categories, from sweet jams and jellies to savory jams, vegetables, condiments, pickles, whole fruits, and more. Let the experts at America’s Test Kitchen show you how to do it right with detailed tutorials, troubleshooting tips, equipment information, and insight into the science behind canning.

Under Pressure

A Guide to Small Batch Jams, Jellies, Pickles, Condiments & More

Recipes, Techniques, and Traditions from around the World

Fiery Ferments

The Art of Simple Food

Foolproof Preserving

The Noma Guide to Fermentation

**An indispensable resource for home cooks from the woman who changed the way Americans think about food. Perhaps more responsible than anyone for the revolution in the way we eat, cook, and think about food, Alice Waters has “single-handedly chang[ed] the American palate” according to the New York Times. Her simple but inventive dishes focus on a passion for flavor and a reverence for locally produced, seasonal foods. With an essential repertoire of timeless, approachable recipes chosen to enhance and showcase great ingredients, The Art of Simple Food is an indispensable resource for home cooks. Here you will find Alice’s philosophy on everything from stocking your kitchen, to mastering fundamentals and preparing delicious, seasonal inspired meals all year long. Always true to her philosophy that a perfect meal is one that’s balanced in texture, color, and flavor, Waters helps us embrace the seasons’ bounty and make the best choices when selecting ingredients. Fill your market basket with pristine produce, healthful grains, and responsibly raised meat, poultry, and seafood, then embark on a voyage of culinary rediscovery that reminds us that the most gratifying dish is often the least complex.**

**The first book devoted to processes, concepts, and recipes for fermenting and culturing foods with koji, the microbe behind the delicious, umami flavors of soy sauce, miso, mirin, and so many of the ingredients that underpin Japanese cuisine Koji Alchemy chefs Jeremy Umansky and Rich Shih—collectively considered to be the most practical, experienced, generous educators on the culinary power of this unique ingredient—deliver a comprehensive look at modern koji use around the world. Using it to rapidly age charcuterie, cheese, and other ferments, they take the magic of koji to the next level, revolutionizing the creation of fermented foods and flavor profiles for both professional and home cooks. Koji Alchemy includes: A foreword by best-selling author Sandor Katz (The Art of Fermentation) Cutting-edge techniques on koji growing and curing Information on equipment and setting up your kitchen More than 35 recipes for sauces, pastes, ferments, and alcohol, including stand-outs like Popcorn Koji, Roasted Entire Squash Miso, Korean Makgeolli, Amazake Rye Bread, and more “Koji Alchemy is empowering and does much to open the door to further creativity and innovation. . . . I can’t wait to see and taste the next wave of koji experimentation it inspires.” —Sandor Katz**

**The Book That Started the Fermentation Revolution** Sandor Ellix Katz, winner of a James Beard Award and New York Times bestselling author, whom Michael Pollan calls the "Johnny Appleseed of Fermentation" returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach to making and eating fermented foods, the health benefits of which have helped launch a nutrition-based food revolution. Since its publication in 2003, and aided by Katz’s engaging and fervent workshop presentations, Wild Fermentation has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more. In turn, they’ve traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz’s work earned him the Craig Clairborne lifetime achievement award from the Southern Foodways Alliance, and has been called “one of the unlikely rock stars of the American food scene” by the New York Times. This updated and revised edition, now with full color photos throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipes—including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread--and updates and refines original recipes reflecting the author’s ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz and his books: "The Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship."--Deborah Madison, author of Local Flavors "Sandor Katz has proven himself to be the king of fermentation."--Sally Fallon Morell, President, The Weston A. Price Foundation "Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century."--Gary Paul Nabhan, author of Growing Food in a Hotter, Drier Land "The fermenting bible." -- Newsweek "In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives." -- Grist

A personal chef monograph, and the first book, from globally-acclaimed chef Ana Roš of Hiša Franko in Slovenia Set near the Italian border in Slovenia's remote So?a valley, in the foothills of mountains and beside a turquoise river full of trout, Ana Roš tells the story of her life. Through essays, recollections, recipes, and photos, she shares the idyllic landscape that inspires her, the abundant seasonal ingredients from local foragers, the tales of fishing and exploring, and the evolution of her inventive and sophisticated food at Hiša Franko - where she has elevated Slovenian food and become influential in the global culinary landscape.

Recipes for Making and Cooking with Fermented Foods

Discover the Slowest Kind of Fast Food

The Essential Book of Fermentation

Notes, Lessons, and Recipes from a Delicious Revolution: A Cookbook

Fermentation as Metaphor

A Step-by-Step Guide to Fermenting Grains and Beans

Ferment

***The Whole Fish Cookbook is the bestselling cookbook that has changed the way we think about fish. Jamie Oliver called Josh Niland one of the most impressive chefs of a generation and Yotam Ottolenghi voted the book one of his favourites - ever. Add to that a swag of awards, including: The Australian Book Industry Association’s Illustrated Book of the Year in 2020; André Simon Food Book Award 2019; and two James Beard awards in 2020 - Restaurant and Professional and the prestigious Book of the Year. The Whole Fish Cookbook was also shortlisted as debut cookbook of the year in the Fortnum & Mason food & drink awards in 2020 and longlisted as Booksellers’ choice in the adult non-fiction category by the Australian Booksellers’ Association. As well, photographer Rob Palmer won the National Photographic Portrait Prize in 2020 with a stunning photo of Josh from the book. 'My cookbook of the year.' - Yotam Ottolenghi, The Guardian 'A mind-blowing masterpiece from one of the most impressive chefs of a generation.' - Jamie Oliver 'Josh Niland is a genius.' - Nigella Lawson We all want to eat more fish, but who wants to bother spending the time, effort and money cooking that same old salmon fillet on repeat when you could be trying something new and utterly delicious? In The Whole Fish Cookbook, Sydney's groundbreaking seafood chef Josh Niland reveals a completely new way to think about all aspects of fish cookery. From sourcing and butchering to dry ageing and curing, it challenges everything we thought we knew about the subject and invites readers to see fish for what it really is - an amazing, complex source of protein that can, and should, be treated with exactly the same nose-to-tail reverence as meat. Featuring more than 60 recipes for dozens of fish species ranging from Cod Liver Pate on Toast, Fish Cassoulet and Roast Fish Bone Marrow to - essentially - the Perfect Fish and Chips, The Whole Fish Cookbook will soon have readers seeing that there is so much more to a fish than just the fillet, and that there are more than just a handful of fish in the sea.***

***An artfully playful collection of unexpected and remarkable facts about animals, illustrated by Swedish artist Maja Säfström. Did you know that an octopus has three hearts? Or that ostriches can't walk backward? These and many more fascinating and surprising facts about the animal kingdom (Bees never sleep! Starfish don't have brains!) are illustrated with whimsical detail in this charming collection.***

***Best-selling fermentation authors Kirsten and Christopher Shockey explore a whole new realm of probiotic superfoods with Miso, Tempeh, Natto & Other Tasty Ferments. This in-depth handbook offers accessible, step-by-step techniques for fermenting beans and grains in the home kitchen. With 50 recipes, they expand beyond the basic components of these traditionally Japanese protein-rich ferments to include not only soybeans and wheat, but also chickpeas, black-eyed peas, lentils, barley, sorghum, millet, quinoa, and oats. Their ferments feature creative combinations such as ancient grains tempeh, hazelnut cocoa nibs tempeh, millet koji, sea island red pea miso, and heirloom cranberry bean miso. Once the ferments are mastered, there are 50 additional recipes for using them in recipes such as miso flank steak, natto polenta, and Thai marinated tempeh. For enthusiasts enthralled by the flavor possibilities and the health benefits of fermenting, this book opens up a new world of possibilities.***

***Shaya's memoir begins in Israel and wends its way from the U.S.A. to Italy, back to Israel, and comes together in the American South, in the heart of New Orleans. Shaya tells of how food saved his life and how, through a circuitous path of (cooking) twists and (life-affirming) turns his celebrated cuisine-- food of his native Israel with a creole New Orleans kick-- came to be.***

***Field Notes for Food Adventure***

***The Big Book of Kombucha***

***A Work in Progress: A Journal***

***A Guide to the Ancient Art of Culturing Foods, from Kombucha to Sourdough***

***Cooking Sous Vide***

***An Odyssey of Food, My Journey Back to Israel***

***The Illustrated Compendium of Amazing Animal Facts***

Named one of the Ten Best Books About Food of 2018 by Smithsonian magazine MAD Dispatches: Furthering Our Ideas About Food Good food is the common ground shared by all of us, and immigration is fundamental to good food. In eighteen thoughtful and engaging essays and stories, You and I Eat the Same explores the ways in which cooking and eating connect us across cultural and political borders, making the case that we should think about cuisine as a collective human effort in which we all benefit from the movement of people, ingredients, and ideas. An awful lot of attention is paid to the differences and distinctions between us, especially when it comes to food. But the truth is that food is that rare thing that connects all people, slipping past real and imaginary barriers to unify humanity through deliciousness. Don't believe it? Read on to discover more about the subtle (and not so subtle) bonds created by the ways we eat. Everybody Wraps Meat in Flatbread: From tacos to dosas to pancakes, bundling meat in an edible wrapper is a global practice. Much Depends on How You Hold Your Fork: A visit with cultural historian Margaret Visser reveals that there are more similarities between cannibalism and haute cuisine than you might think. Fried Chicken Is Common Ground: We all share the pleasure of eating crunchy fried birds. Shouldn't we share the implications as well? If It Does Well Here, It Belongs Here: Chef René Redzepi champions the culinary value of leaving your comfort zone. There Is No Such Thing as a Nonethnic Restaurant: Exploring the American fascination with “ethnic” restaurants (and whether a nonethnic cuisine even exists). Coffee Saves Lives: Arthur Karulewta recounts the remarkable path he took from Rwanda to Seattle and back again.

Celebrated the world over for their health benefits and dynamic flavors, cultured and fermented foods are becoming everyday meal mainstays. In this extensive collection, fermentation pioneer Holly Davis shares more than 120 recipes for familiar—and lesser-known—cultured foods, including yogurt, pickles, kimchi, umeboshi, scrumpy, and more. This inspiring resource contains more than 100 photographs, plus plenty of helpful how-tos and informational charts offering guidance on incorporating fermented ingredients into the diet. With a luxe textured cover and brimming with engaging projects for cooks of all skill levels, this cookbook will be the cornerstone of every preserving kitchen.

The world-famous chef René Redzepi’s intimate first-hand account of a year in the life of his renowned restaurant, noma A Work in Progress: A Journal is a highly personal document of the creative processes at noma and the challenges faced by its chefs over a twelve-month period in an unspecified year of the restaurant’s history. After a month of vacation, Redzepi made a resolution to keep a journal and to dedicate a year to the creativity and well-being at noma. The result is an unusually candid, and often humorous, insight into the inner workings of one of the food world’s most creative minds. Originally featured in the bestselling A Work in Progress, first published in 2013.

Winner of the Guild of Food Writers Drinks Book Award 2021 Shortlisted for the André Simon Food and Drink Book Awards 2020 "Noble Rot manages to unravel the mysteries of wine with insight and humour. A wonderful - and essential - read for anyone interested in the world of wine, or even for those, like me, who just drink it." — Nigella Lawson "The Noble Rot guys have the ability to describe wines as if they're either future friends, or rock-stars coming to blow your mind." — Caitlin Moran "Noble Rot has brought originality, humour and now space travel to the very serious business of drinking wine. About time too." — Brian Eno "Dan and Mark do that thing that only crazy knowledgeable enthusiasts can do, they make you a crazy enthusiast too. If they said, 'We've found a wine like no other, a wine that actually lights up the sky, but you can only drink it in the desert at midnight, are you coming? I'd be off, and I'd be confident of meteor showers. They provoke curiosity - 'how does anyone make this extraordinary drink just with grapes?' - excitement, joy, and a longing for knowledge. Now, in this book, they're sharing the knowledge." — Diana Henry "To really know and love a wine one should know the grower and the vineyard. This isn't always or even often possible, which is why the Rotters introduce these wines at source. You learn that making wine, as cooking should be, is an act of love. You will come to love this book too." — Rowley Leigh Choosing wine in a restaurant or shop can seem an unfathomable business. But, according to Dan Keeling and Mark Andrew, the duo behind London's Noble Rot, it needn't be that way. In Wine from Another Galaxy they'll help you to understand how it is made, where to buy it, what to look for when you drink it, and how to talk about it. And once you've mastered the basics, they'll take you on a journey through the best of European wine culture, meeting the people and places behind their favourite bottles. Indeed, Dan and Mark have spent years visiting growers that you probably haven't heard of, from the original thinkers of the natural wine movement to the iconic estates of Burgundy and Bordeaux. This is the alternative, accessible, no-holds-barred guide to wine, where the usual clichés and rules don't apply.

Sandor Katz’s Fermentation Journeys

Rediscovering the Magic of Mold-Based Fermentation

An In-depth Exploration of Essential Concepts and Processes from Around the World

You and I Eat the Same

Crafting Live-Cultured Foods and Drinks with 100 Recipes from Kimchi to Kombucha [A Cookbook]

The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition

Including koji, kombuchas, shoyus, misos, vinegars, garums, lacto-ferments, and black fruits and vegetables

**An authoritative and easy-to-use guide to fermentation with 100 recipes for fermented foods and drinks. IACP AWARD WINNER Fermented and live-culture foods are beloved for their bold and layered flavors as well as their benefits for gut health and boosting immunity, but until now, there hasn't been a book that is both authoritative and easy to use. The Farmhouse Culture Guide to Fermenting provides you with the history, health information, and safest methods for preserving, along with 100 recipes for krauts, pickles, kimchi, fermented vegetables, hot sauces, preserved fruits and jams, kombucha, and even mead. With trusted authors Kathryn Lukas, founder of mega brand Farmhouse Culture, and master fermenter and best-selling author Shane Peterson and their thoroughly tested recipes, this is the fermentation book that every home fermenter needs--whether you are about to make your first batch of pickles or have been preserving foods for decades.**

**Wild krauts and kimchis, fermented forest brews, seawater brines, plant-based cheeses, and more One of the most influential tastemakers of our time invites you on an extraordinary culinary journey into the lacto-fermentation universe of common wild edibles. Used for thousands of years by different cultures all around the world, lacto-fermentation is the easiest, safest, and most delicious way to preserve food. And nature provides all the necessary ingredients: plants, salt, and the beneficial lactic acid bacteria found everywhere. In Wildcrafted Fermentation, Pascal Baudar describes in detail how to create rich, flavorful lacto-ferments at home from the wild and cultivated plants in your local landscape or garden. From sauerkrauts and kimchis to savory pastes, hot sauces, and dehydrated spice blends, Baudar includes more than 100 easy-to-follow, plant-based recipes to inspire even the most jaded palate. Step-by-step photos illustrate foraging, preparation, and fermentation techniques for both wild and cultivated plants that will change your relationship to the edible landscape and give you the confidence to succeed like a pro. So much more than a cookbook, Wildcrafted Fermentation offers a deeply rewarding way to reconnect with nature through the greens, stems, roots, berries, fruits, and seeds of your local terroir. Adventurous and creative, this cookbook will help you rewild your probiotic palate and “create a cuisine unique to you and your environment.”**

**WALL STREET JOURNAL BESTSELLER Fermented foods are a delicious and rich source of nourishment. Many of our favorite everyday foods like beer, wine, cheese, bread, and yogurt, or beloved family traditions like sauerkraut, corned beef, and kimchi, are the result of fermentation. Besides adding complexity and flavor to many foods, fermentation is also proven to add amazing health benefits--from promoting healthy digestion to allowing our body to fully absorb the necessary nutrients in our food. However, many beginners are skittish about starting the process of fermentation for the first time. With straightforward guides, delicious recipes, and step-by-step instructions, Fermentation for Beginners takes the stress out of at-home fermentation. Whether you are trying fermentation to improve your health, or just want to explore this time-tested culinary skill, Fermentation for Beginners will be your guide to the art of fermentation and the science of probiotic foods. Fermentation for Beginners will show you how and why to ferment your own foods, with:**

- 60 delicious fermentation recipes, from pickles to yogurt to sourdough bread to wine
- 13 key ingredients for fermentation
- 9 top health reasons to eat probiotic foods
- Step-by-step instructions for safe and effective fermentation
- Overview of the science behind fermentation
- Tips on starting your home fermentation laboratory

With the right combination of microbes and a little skill, Fermentation for Beginners will give you all the tools you need to start fermenting your own foods right away.

From James Beard Award winner and New York Times–bestselling author of The Art of Fermentation: the recipes, processes, cultural traditions, and stories from around the globe that inspire Sandor Katz and his life’s work—a cookbook destined to become a modern classic essential for every home chef. "Sandor's life of curiosity-filled travel and exploration elicits a sense of wonder as tastes, sights, and smells leap off the pages to ignite your imagination."--David Zilber, chef, fermenter, food scientist, and coauthor of The Noma Guide to Fermentation "Sandor Katz transposes his obsession with one of mankind’s foundational culinary processes into a cookbook-cum-travelogue."--The New York Times “Fascinating and full of delicious stuff. . . . I’m psyched to cook from this book.”--Francis Lam, The Splendid Table For the past two decades, fermentation expert and bestselling author Sandor Katz has traveled the world, both teaching and learning about the many fascinating and delicious techniques for fermenting foods. Wherever he’s gone, he has gleaned valuable insights into the cultures and traditions of local and indigenous peoples, whether they make familiar ferments like sauerkraut or less common preparations like natto and koji. In his latest book, Sandor Katz’s Fermentation Journeys, Katz takes readers along with him to revisit these special places, people, and foods. This cookbook goes far beyond mere general instructions and explores the transformative process of fermentation through: Detailed descriptions of traditional fermentation techniques Celebrating local customs and ceremonies that surround particular ferments Profiles of the farmers, business owners, and experimenters Katz has met on his journeys It contains over 60 recipes for global ferments, including: Chicha de jora (Ecuador)



Misa Ono’s Shio-koji, or salt koji (Japan) Doubanjiang (China) Efo riro spinach stew (Nigeria) Whole sour cabbages (Croatia) Chucula hot chocolate (Colombia) Sandor Katz’s Fermentation Journeys reminds us that the magical power of fermentation belongs to everyone, everywhere. Perfect for adventurous foodies, armchair travelers, and fermentation fanatics who have followed Katz’s work through the years—from Wild Fermentation to The Art of Fermentation to Fermentation as Metaphor—this book reflects the enduring passion and accumulated wisdom of this unique man, who is arguably the world’s most experienced and respected advocate of all things fermented. "This international romp is funky in the best of ways."—Publishers Weekly More Praise for Sandor Katz: “[Katz is the] high priest of fermentation.”—Helen Rosner, The New Yorker "His teachings and writings on fermentation have changed lives around the world."—BBC “The fermentation movement’s guru.”—USA Today “A fermentation master.”—The Wall Street Journal Shaya

Koji Alchemy

Time and Place in Nordic Cuisine

The Noble Rot Book: Wine from Another Galaxy

The Whole Fish Cookbook

The Art of Fermentation

Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes

Based on the popular Harvard University and edX course, Science and Cooking explores the scientific basis of why recipes work. The spectacular culinary creations of modern cuisine are the stuff of countless articles and social media feeds. But to a scientist into the basic scientific principles of cooking. In Science and Cooking, Harvard professors Michael Brenner, Pia Sørensen, and David Weitz bring the classroom to your kitchen to teach the physics and chemistry underlying every recipe. Why do we knead bread? Why do we cook a steak, or the amount of time our chocolate chip cookies spend in the oven? Science and Cooking answers these questions and more through hands-on experiments and recipes from renowned chefs such as Christina Tosi, Joanne Chang, and Wylie Dufresne.

With engaging introductions from revolutionary chefs and collaborators Ferran Adria and José Andrés, Science and Cooking will change the way you approach both subjects—in your kitchen and beyond. The country’s leading expert on organic food delivers the ultimate guide to the new culinary health movement—feasting on fermented probiotics, from artisanal cheese to kimchi. In his extensive career as a bestselling cookbook author and TV garden-show host, the microbiology that helps his garden flourish. He has long known that microbes keep our bodies healthy as they ferment food, releasing their nutritional power and creating essential vitamins and enzymes. In The Essential Book of Fermentation, Cox shares his “garden.” Simplifying the art and science of fermentation, Cox offers a primer on the body’s microbial ecosystem, complemented by scrumptious recipes, and easy-to-follow pickling and canning techniques. Basics such as bread and yogurt help readers progress to international delicacies, including kim chi and chow chow. Inspiring and innovative, The Essential Book of Fermentation serves up great taste along with great health on every page.

A classic! The world’s foremost authority on Mexican cuisine provides a mouth-watering array of delicious recipes. "She's taken a piece of the culinary world and made herself its queen."--New York

"Noma is the most important cookbook of the year." – The Wall Street Journal René Redzepi has been widely credited with re&hyphen;inventing Nordic cuisine. His Copenhagen restaurant, Noma, was recognized as the #1 best in the world by the San Pellegrino World's Best Restaurants in April 2010 after receiving the “Chef’s Choice” award in 2009. Redzepi operates at the cutting edge of gourmet cuisine, combining an unrelenting creativity and a remarkable level of craftsmanship with an inimitable and innate knowledge of the produce of his region. Created from a derelict eighteenth&hyphen;century warehouse in 2003 after previously working at both elBulli and The French Laundry, diners are served exquisite concoctions, such as Newly&hyphen;Ploughed Potato Field or The Snowman from Jukkasjarvi, and their amazing array of Nordic ingredients. His search for ingredients involves foraging amongst local fields for wild produce, sourcing horse&hyphen;mussels from the Faroe Islands and the purest possible water from Greenland. Redzepi has heightened the culinary bar by sourcing regionally sourced sustainable ingredients to an unprecedented level, and in doing so has created an utterly delicious cuisine. At the age of 37, Redzepi is one of the most influential chefs in the world. Noma: Time and Place in Nordic Cuisine offers an exclusive look into the creativity of René Redzepi. It reveals the first behind the scenes look at the restaurant, Noma, and features over 90 recipes as well as excerpts from Redzepi's diary from the period leading up to the opening of the restaurant and texts on some of the most erious recipes. 200 new specially commissioned color photographs of the dishes, unique local ingredients and landscapes from across the Nordic region. It also includes a foreword by the artist Olafur Eliasson. "

Fermented Foods

Recipes and Stories from Victoria’s Best-Loved Breakfast Joints

A Real-Life Guide to Fermenting Food--Without Losing Your Mind or Your Microbes

The Cuisines of Mexico

Mastering Fermentation

Fermented Vegetables

Fermentation for Beginners: The Step-by-Step Guide to Fermentation and Probiotic Foods

2016 Silver Nautilus Book Award Winner Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want — for a fraction of the store-bought price. This complete guide, from the proprietors of Kombucha Kamp, shows you how to do it from start to finish, with illustrated step-by-step instructions and troubleshooting tips. The book also includes information on the many health benefits of kombucha, fascinating details of the drink’s history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!). “This is the one go-to resource for all things kombucha.” — Andrew Zimmern, James Beard Award-winning author and host of Travel Channel’s Bizarre Foods

Easy recipes to ferm up any kitchen! Get ready for a wild microbial transformation with the healthy and flavorful foods in The Everyday Fermentation Handbook! Going way beyond ordinary sauerkraut and kimchi, this book teaches you the science of fermentation with simple instructions for fermenting just about every kitchen staple. Complete with tasty recipes for turning fermented foods into meals, you'll relish the opportunity to fill each day with mouthwatering dishes like: Sourdough Belgian waffles Miso and mushroom soup Sauerkraut Pretzel grilled cheese Chickpea and wild rice tempeh Hard cider pie The Everyday Fermentation Handbook helps you create more than 100 delicious fermented recipes--and a bona fide zoo of microbial diversity--right at home!

The authors of the best-selling Fermented Vegetables are back, and this time they’ve brought the heat with them. Whet your appetite with more than 60 recipes for hot sauces, mustards, pickles, chutneys, relishes, and kimchis from around the globe. Chiles take the spotlight, with recipes such as Thai Pepper Mint Cilantro Paste, Aleppo Za’atar Pomegranate Sauce, and Mango Plantain Habañero Ferment, but other traditional spices like horseradish, ginger, and peppercorns also make cameo appearances. Dozens of additional recipes for breakfast foods, snacks, entrées, and beverages highlight the many uses for hot ferments.

The Noma Guide to FermentationIncluding koji, kombuchas, shoyus, misos, vinegars, garums, lacto-ferments, and black fruits and vegetablesArtisan Books

A Very Serious Cookbook: Contra Wildair

Recipes and Stories from the Woods to the Ocean

The Farmhouse Culture Guide to Fermenting

Wild Fermentation

Ana Ros

First, We Brunch

At Noma—four times named the world’s best restaurant—every dish includes some form of fermentation, whether it’s a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma’s extraordinary flavor profiles. Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant’s acclaimed fermentation lab, share never-before-revealed techniques to creating Noma’s extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe approachably written and meticulously tested, The Noma Guide to Fermentation takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes. Fermentation is already building as the most significant new direction in food (and health). With The Noma Guide to Fermentation, it’s about to be taken to a whole new level.

The first cookbook by the wunderkind New York chef duo Jeremiah Stone and Fabián von Hauske of Contra and Wildair This is the story of two places beloved by chefs and foodies worldwide - Lower East Side tasting-menu restaurant Contra, and its more casual sister, Wildair. The book exudes the spirit of collaboration and exploration that inspires the chefs' passionately seasonal cooking style, boundary-pushing creativity, and love of natural wine. Narratives explore how and why they developed their signature dishes - many of which are ideal for creative home cooks - and are full of their distinctive wit and personality. A Very Serious Cookbook: Contra Wildair includes a foreword by US comedian and wine lover Eric Wareheim; 85 recipes organized into chapters: Always (mainstay, non-seasonal); Sometimes (hyper-seasonal, guest chef collaborations, international travel inspiration); Never (dishes on the menu once, not existent yet, all important); and Pantry. Photos of plated food, the restaurant, its locality, and travel bring the restaurant and its dishes to life. Contra and Wildair have received several Best New Restaurant nods and major acclaim from the New York Times, Saveur, Bon Appétit, and Eater, among many others.

NEW YORK TIMES BESTSELLER • A FOOD52 BEST COOKBOOK OF THE YEAR • Join Brad Leone, star of Bon Appétit’s hit YouTube series It’s Alive, for a year of cooking adventures, tall tales, and fun with fire and fermentation in more than 80 ingenious recipes Come along with Brad Leone as he explores forests, fields, rivers, and the ocean in the hunt for great food and good times. These pages are Brad’s field notes from a year of adventures in the Northeast, getting out into nature to discover its bounty, and capturing memorable ideas for making delicious magic at home anytime. He taps maple trees to make syrup, and shows how to use it in surprising ways. He forages for ramps and mushrooms, and preserves their flavors for seasons to come. He celebrates the glory of tomatoes along with undersung fruits of the sea like squid and seaweed. Inspiration comes from hikes into the woods, trips to the dock, and cooking poolside in the dead of summer. And every dish has a signature Brad Leone approach—whether that’s in Sous Vide Mountain Ribs or Spicy Smoked Tomato Chicken, Sumac Lemonade or Fermented Bloody Marys, Cold Root Salad, Marinated Beans, or just a few shakes of a Chile Hot Sauce that’s dead simple to make. This is a book about experimentation, adventure, fermentation, fire, and having fun while you’re cooking. And hey, you might just learn a thing or two. Let’s get going!

Even beginners can make their own fermented foods! This easy-to-follow comprehensive guide presents more than 120 recipes for fermenting 64 different vegetables and herbs. Learn the basics of making kimchi, sauerkraut, and pickles, and then refine your technique as you expand your repertoire to include curried golden beets, pickled green coriander, and carrot kraut. With a variety of creative and healthy recipes, many of which can be made in batches as small as one pint, you’ll enjoy this fun and delicious way to preserve and eat your vegetables.

Make Your Own Biltong and Droewors

Miso, Tempeh, Natto & Other Tasty Ferments

The Everyday Fermentation Handbook

A Practical Guide

Ferment for Good: Ancient Food for the Modern Gut

Noma

The Cultured Club: Fabulous Fermentation Recipes

Discover delicious, gut-friendly recipes to supercharge your system Adding a daily dose of fermented foods to your diet can have an extraordinary effect on your health. Motivated by an unshakeable belief that food is medicine and that what we eat can promote great healing, fermentation expert Dearbhla Reynolds shows readers how to turn simple ingredients into superfoods using one of the world’s oldest methods of food preservation. Recipes include: •Masala Quinoa Croquettes with Indian Cauliflower and Mango Chutney •Collard Wraps with Kefir Mackerel Pâté, Radishes, and Cucumber Pickles •Fermented Flaxseed and Onion Crackers •Hibiscus Kombucha More than just a recipe book, this is a story about food, health energy, and lost traditions.

A guide to the art and science of fermented foods provides recipes that progress from simple condiments to more advanced techniques, offering insight into the history and health benefits of fermentation.

This guide offers step-by-step instructions on how to make biltong and droewors, a variety of different sausages (including boerewors, salami and pork sausages), as well as cured and smoked meats.

Bestselling author Sandor Katz—an “unlikely rock star of the American food scene” (New York Times)—delivers a mesmerizing treatise on the meaning of fermentation alongside his awe-inspiring photography of this transformative process, teaching us with words and images about ourselves, our culture, and being human. In 2012, Sandor Ellix Katz published The Art of Fermentation, which quickly became the bible for foodies around the world, a runaway bestseller, and a James Beard Book Award winner. Since then his work has gone on to inspire countless professionals and home cooks worldwide, bringing fermentation into the mainstream. In Fermentation as Metaphor, stemming from his personal obsession with all things fermented, Katz meditates on his art and work, drawing connections between microbial communities and aspects of human culture: politics, religion, social and cultural movements, art, music, sexuality, identity, and even our individual thoughts and feelings. He informs his arguments with his vast knowledge of the fermentation process, which he describes as a slow, gentle, steady, yet unstoppable force for change. Throughout this truly one-of-a-kind book, Katz showcases fifty mesmerizing, original images of otherworldly beings from an unseen universe—images of fermented foods and beverages that he has photographed using both a stereoscope and electron microscope—exalting microbial life from the level of “germs” to that of high art. When you see the raw beauty and complexity of microbial structures, Katz says, they will take you “far from absolute boundaries and rigid categories. They force us to reconceptualize. They make us ferment.” Fermentation as Metaphor broadens and redefines our relationship with food and fermentation. It’s the perfect gift for serious foodies, fans of fermentation, and non-fiction readers alike.

New ways to cook, eat and think

On the Countless Ways Food and Cooking Connect Us to One Another (MAD Dispatches, Volume 1)

70 Stimulating Recipes for Hot Sauces, Spicy Chutneys, Kimchis with Kick, and Other Blazing Fermented Condiments

Sun and Rain

Great Taste and Good Health with Probiotic Foods

Science and Cooking: Physics Meets Food, From Homemade to Haute Cuisine

Exploring, Transforming, and Preserving the Wild Flavors of Your Local Terroir

The age-old practice of food fermentation is enjoying a well-earned renaissance. As knowledge around the importance of our gut microbiota has grown, so too has the evidence that fermented foods can help support a healthy gastrointestinal tract, boost the immune system, and improve overall health. This is due to both the probiotic microbes they contain, and the enhanced nutritional value of fermented foods themselves. In this comprehensive guide, fermentation specialist Caroline Gilmartin delves into the processes and mechanisms involved in both wild and cultured fermentation, exploring the safety measures and troubleshooting. The microbes involved, parameters for optimal fermentation and what happens if you alter them. Topics covered include the importance of the microbiota: gut health; milk and water kefir; yoghurt; kombucha; vegetable fermentations; appetizing recipes; suggesting safety measures and troubleshooting.

A revolution in cooking Sous vide is the culinary innovation that has everyone in the food world talking. In this revolutionary new cookbook, Thomas Keller, America’s most respected chef, explains why this foolproof technique, which involves cooking at precise temperatures for extended periods, yields results that other culinary methods cannot. For the first time, one can achieve short ribs that are meltingly tender even when cooked medium rare. Fish, which has a small window of doneness, is easier to finesse, and shellfish stays succulent no matter how long it cooks. Vegetables benefit, too, retaining color and flavor while undergoing remarkable transformations in texture. The secret to sous vide is in discovering the precise amount of heat required to achieve the most sublime results. Through years of trial and error, Keller has blazed the trail to perfection—and they show the way in this collection of never-before-published recipes from his landmark restaurants—The French Laundry in Napa Valley and per se in New York. With an introduction by the eminent food-science writer Harold McGee, Deborah Jones, who photographed Keller’s best-selling The French Laundry Cookbook, this book will be a must for every culinary professional and anyone who wants to up the ante and experience food at the highest level.

New York Times Bestseller A New York Times Best Cookbook of Fall 2018? “An indispensable manual for home cooks and pro chefs.” —Wired At Noma—four times named the world’s best restaurant—every dish includes some form of fermentation, whether it’s a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma’s extraordinary flavor profiles. Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant’s acclaimed fermentation lab, share never-before-revealed techniques to creating Noma’s extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe approachably written and meticulously tested, The Noma Guide to Fermentation takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes. Fermentation is already building as the most significant new direction in food (and health). With The Noma Guide to Fermentation, it’s about to be taken to a whole new level. Slow food for a fast world—discover the joys of fermentation. Ferment for Good is a guide to discovering the joys of fermentation in its myriad variations - framed through the eyes of Sharon Flynn, who was hooked early in her 20s and has since made it her mission to know about this most ancient of practices. Ferment for Good includes a how-to guide to the basics (why do it; what you need; and what you’ll get), alongside sections on wild fermented vegetables (including sauerkraut, kimchi, brine); drinks (including wild fermented kombucha, milk and dairy (including yogurt and milk kefir); grains (simple sourdough, dosa and injera); and Japanese traditions (including miso & tamari, soy sauce, sake kasu and pickled ginger). Sharon then shares recipes and advice for incorporating these foods into everyday life. Variations on kraut and how to eat it (mixed through mashed potatoes, tossed through scrambled eggs, accompanying pork chops or on the side of a soft fish taco). And let’s not forget about kimchi. The book contains six variations, plus a handful of recipes for Korean pancakes to kimchi fried rice). Ferment for Good is a beautiful, personal collection to introduce you into the fermentation world - complete with photographs of selected dishes and Manga-style cartoons that channel the author’s connection to Japan. Includes short tales of her adventures in fermenting.

Wildcrafted Fermentation

Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea