



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

By Christopher Shockey, Kirsten K. Shockey

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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.

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## **Bibliography**

- Sales Rank: #2851 in Books
- Brand: Workman Press
- Published on: 2014-10-07
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x 1.00" w x 8.00" l, .0 pounds
- Binding: Paperback
- 376 pages



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## **Editorial Review**

### Review

"An impressive addition to the growing literature of fermentation, with a thorough review of basic concepts and a great recipe section."

(Sandor Ellix Katz, Fermentation Revivalist and author of *The Art of Fermentation*)

"Such good information and so much of it!"

(Deborah Madison, author of *Vegetable Literacy*)

"Kirsten Shockey and Christopher Shockey take the art of lacto-fermentation to a whole new level in *Fermented Vegetables*. The authors provide precise instruction for beginners and then inspire the reader with wonderfully creative ways to use sauerkraut and all its cousins in everything from quiche to enchiladas. This beautifully illustrated book belongs on the shelves of both amateur and professional chefs."

(Sally Fallon Morell, President, The Weston A. Price Foundation and author of *Nourishing Traditions*)

"How to do it and what to do with it! This book covers all the aspects of fermentation — all you need to know lies in this book. Le Pigeon now has a new "how to" to grace our book shelves. "

(Gabriel Rucker, chef/owner Le Pigeon restaurant, Portland Oregon and author of *Le Pigeon: Cooking at the Dirty Bird*)

### From the Back Cover

#### Eat Live Foods!

Make lacto-fermentation part of your kitchen. A classic preserving method, the process yields nutrient-dense live foods packed with vitamins, minerals, enzymes, and probiotic goodness. Master the techniques for making sauerkraut, kimchi, pickles, and fermented condiments, and then explore how to apply those simple skills to fermenting more than 60 fresh vegetables, herbs, and even a few fruits.

In addition to 140 recipes and suggestions to an intriguing array of ferments, you'll find delicious recipes that bring your creations to the table as part of any meal.

### About the Author

Kirsten K. Shockey is the coauthor of *Fermented Vegetables* with her husband, Christopher Shockey. They got their start in fermenting foods with their farmstead food company, where they created more than 40 varieties of cultured vegetables and krauts. Their current focus is on teaching the art of fermenting vegetables to others through classes and workshops at their farm. They live on a 40-acre hillside homestead in the Applegate Valley of southern Oregon.

Christopher Shockey is the coauthor of *Fermented Vegetables* with his wife, Kirsten Shockey. They got their start in fermenting foods with their farmstead food company, where they created more than 40 varieties of cultured vegetables and krauts. Their current focus is on teaching the art of fermenting vegetables to others through classes and workshops at their farm. They live on a 40-acre hillside homestead in the Applegate Valley of southern Oregon.

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**Paul Quintana:**

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