

A white bowl filled with a meal of beans, rice, and meat, garnished with green onions, sits on a wooden table. A blue and white patterned cloth is partially visible in the background. A white text box with a green border is centered over the bowl, containing the text '100 DAYS of REAL FOOD' and 'Weekly Dinner Plan 19'.

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of
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*Weekly
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100 Unique Recipes Made From Real Food

Alex Lewin



100 Unique Recipes Made From Real Food:

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with tasty dishes prepared with lots of love and positive energy that will keep you healthy and happy as my ancestors from the mountains *Real Food Fermentation* Alex Lewin,2012-07-01 Discover how to preserve your favorite foods in every season with the easy techniques and recipes in this comprehensive guide includes photos Learn the process of fermentation from start to finish and stock your pantry and refrigerator with delicious fruits vegetables dairy and more Fermenting is an art and a science and Alex Lewin expertly takes you through every step including an overview of food preserving and the fermentation process Get to know the health benefits of fermented foods and learn the best tools supplies and ingredients to use Then start making wholesome preserved foods and beverages with step by step recipes for sauerkraut kombucha kefir yogurt preserved lemons chutney kimchi and more getting the best out of every season s bounty The book is filled with beautiful photos and clear instructions help you build your skills with confidence It s no wonder people are fascinated with fermenting the process is user friendly and the rewards are huge Inside you ll find An overview of the art and craft of home preserving Why fermented foods are good for you How to troubleshoot recipes and how to modify them to suit your taste Which vegetables and fruits are best for fermentation The best seasonings to use How to ferment dairy products to create yogurt kefir and buttermilk How to create fermented beverages including mead wine and ginger ale With this book as your guide you ll feel in control of your food and your health See why so many people are discovering the joys of fermenting

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