

# The Cultured Club Fabulously Funky Fermentation Recipes

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## BOOK DETAILS

- Author : Dearbhla Reynolds
- Pages : 320 Pages
- Publisher : Gill Books
- Language : English
- ISBN : 0717171140

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## **BOOK SYNOPSIS**

Turn Simple Ingredients Into Health Goldmines Gut health is central to a strong immune system that is primed to fight off disease and preserve long-term optimal health. Eating fermented foods can have an extraordinary effect on your body and has been shown to benefit a number of health conditions including IBS and digestive difficulties, sugar/carb cravings, and other inflammatory disorders. Learning the art of fermentation allows you to become a kitchen chemist and experience the vibrant flavours of foods such as kimchi, sauerkraut, fermented salsa, kombucha and kefir. Fermentation is currently undergoing a huge revival as people recognise its health benefits and seek to learn more about the craft, and the science behind it. In *The Cultured Club*, fermentation expert Dearbhla Reynolds teaches you how to turn simple ingredients into superfoods by using one of the world's oldest methods of food preservation. Includes: Introduction and brief history of fermentation Gut health Basic techniques Beverages such as kefir and kombucha Snacks/light lunches Meals Desserts Become a kitchen chemist and discover the benefits of fermented foods!

### **THE CULTURED CLUB FABULOUSLY FUNKY FERMENTATION RECIPES -**

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