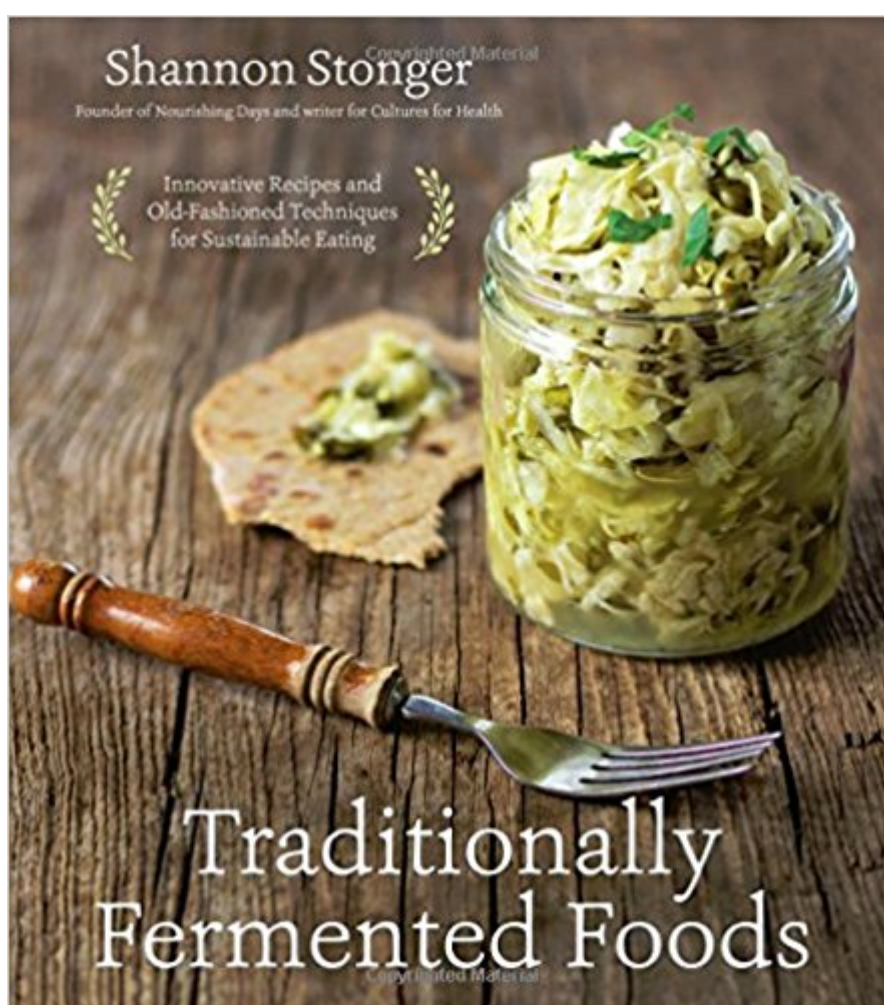


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# Traditionally Fermented Foods: Innovative Recipes And Old-Fashioned Techniques For Sustainable Eating



## Synopsis

Harnessing traditions from previous generations to preserve food is not only a passion for Shannon Stonger, but a way of life. Shannon walked away from a career in chemistry to raise her family. Shortly thereafter, she and her husband moved their family off the grid to discover a more simple, agrarian life. With only minimal solar-powered electricity, Shannon relies on practical food preservation techniques, such as fermentation, to provide nutritious food for her family while cutting food costs. In *Traditionally Fermented Foods*, Shannon shows readers how to preserve food using traditional fermentation techniques, often without refrigeration. An alternative to canning and freezing, traditionally fermented foods do not require modern technology to preserve. You can learn Shannon's authentic preservation technique, which she depends on daily to put food on the table, so you know they work. You can also learn how fermented foods work, how to make fermented foods and how to use fermented foods in recipes. This book contains over 80 recipes with corresponding photos.

## Book Information

Paperback: 224 pages

Publisher: Page Street Publishing (May 9, 2017)

Language: English

ISBN-10: 162414330X

ISBN-13: 978-1624143304

Product Dimensions: 8.1 x 0.6 x 9.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 24 customer reviews

Best Sellers Rank: #22,915 in Books (See Top 100 in Books) #24 in Books > Cookbooks, Food & Wine > Canning & Preserving

## Customer Reviews

"With the huge role that our gut flora plays in conferring optimal health, the importance of fermented foods in the diet has taken center stage. *Traditionally Fermented Foods* covers all the basics and also includes many unusual recipes like Triple-Ferment Potato Salad and Sourdough English muffins." — Sally Fallon Morell, President, The Weston A. Price Foundation "Shannon's unpretentious and down-to-earth writing about the beautiful process of fermentation makes it do-able for beginners and oh-so-inspiring for advanced fermenters. Only someone who has really had their hands in hundreds of ferments, as Shannon has, would know how to explain "when is it done?" (so

you know what you're looking for) and "what's safe?" (so you can feel confident in what you make)."

• Wardee Harmon, author of *The Complete Idiot's Guide to Fermenting Foods* and Lead Teacher at [TraditionalCookingSchool.com](http://TraditionalCookingSchool.com)"Shannon's respect for the role of fermentation in food preservation is manifested through every recipe, paragraph and photo in this beautiful book. Both the dedicated home cook and aspiring beginner will benefit from her expertise. Traditionally Fermented Foods should be in every modern kitchen."

• Aimée Wimbush-Bourque, award-winning writer at *Simple Bites* and author of *Brown Eggs* and *Jam Jars*"Whether you're just getting started or have been fermenting for years, *Traditionally Fermented Foods* is certain to become a newfound favorite resource! Shannon shares her expertise in the science of fermentation, with easy and delicious recipes that help readers gain confidence in the art of fermentation. The best part is, she not only provides step-by-step instructions for preparing traditional fermented favorites, but also shares how to use these basic ferments in creating a wide variety of tasty dishes."

• Kelly Smith, [TheNourishingHome.com](http://TheNourishingHome.com)

Shannon Stonger is the founder of *Nourishing Days* and a writer for *Cultures for Health*. She holds a bachelor's degree in chemistry. Shannon and her family have lived on an off-grid homestead since 2011. She lives in Santa Anna, Texas.

Shannon has done a wonderful job demystifying how to make traditionally fermented foods. She also shares why it is important to eat them. The recipes are thoroughly written and easy to use. Also, the book lays down flat while using. Thanks, Shannon, for a job well done!

Well, my copy of *Traditionally Fermented Foods* arrived a few days after it was released. I've determined to read it cover to cover with minimal looking ahead. I've kept it on the kitchen table so whenever I have a few moments I can read a recipe or two. Well, I'm not sure who is enjoying it more me or my father-in-law! He's already tried one recipe and devouring the book faster than me. My mother-in-law is going to get him a book of his own. She mentioned that the pictures are beautiful and when I told her you took them she was blown away by your talent. It really is a lovely and informative book.

Love this book!! I have really enjoyed Shannon's blog and her writing style the last few years, and recently purchased her 100% Rye cookbook. I was thrilled when this book was available too!! We've already made the whole wheat sourdough loaf (amazing!) And the sourdough tortillas! Best tortilla

recipe I've tried, and I've experimented with many tortilla recipes. Highly recommend for those just getting started with traditional foods, or veterans alike!

This looks like a great book and I am excited to start fermenting some yummy recipes.

Lots of new information for those of us who ferment our own foods, easy to follow.

If you have any interest in adding more fermented foods to your diet, I highly recommend buying this cook book. Shannon does a wonderful job of explaining the process as well as the reasons behind it. She gives practical advice and troubleshooting tips. The cookbook includes beautiful photography and lays flat when opened. I would definitely buy this cookbook again.

I enjoyed this book. The directions are easy to follow and there is good information on fermenting.

Great detailed information about the process and easy to follow recipes

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