



[\*The Farmhouse Culture Guide to Fermenting\*](#) by Kathryn Lucas and Shane Peterson, copyright © 2019. Photographs © 2019 by Eric Wolfinger. Published by Ten Speed Press, a division of Penguin Random House, Inc.

**Our Summary:**

If you're at all curious about how to preserve fresh vegetables and produce and creatively wrap them into your home kitchen cooking, then [\*The Farmhouse Culture Guide to Fermenting\*](#) is the book you've been waiting for. While the book's title may be intimidating, and the idea of a fermenting food in your home even more so, authors Kathryn Lucas and Shane Peterson make it easy to be successful. By curating some of the most interesting flavor and food combinations, these recipes give you the ideas and know-how to create the best krauts, kimchis, kombucha, brined vegetables, and fermented beverages you may ever taste. Take a deep breath, and dive in. You'll find yourself searching for any opportunity to make

these straightforward recipes and serve them up to family and friends.

**What you need to know:**

**Get it:** [\*The Farmhouse Culture Guide to Fermenting\*](#) by Kathryn Lucas and Shane Peterson, copyright © 2019. Photographs © 2019 by Eric Wolfinger. Published by Ten Speed Press, a division of Penguin Random House, Inc, August 27, 2019 Hardcover \$35.00 ([Amazon \\$25.70](#): [Kindle \\$15.99](#))\*

**See it:** 368 pages of solid, interesting – literally, cannot put this down – information on the process of fermenting in the home to create home-cultured foods. Vivid, clear and colorful photos of the recipes – either in ingredient form or finished form, along with some step-by-step photos, all designed to instill a can-do attitude of confidence to make these recipes.

**Make it:** 100 recipes for krauts, pickles, kimchi, fermented vegetables, hot sauces, preserved fruits and jams, kombucha, and even mead. 12 Chapters, 10 dedicated to recipes for home-cultured foods and fermenting recipes, include everything from *Krauts*, *Kimchi*, *Dry-Salted Ferments*, *Pepper Mashers* and *Hot Sauces*, and so much more. The introductory materials are easy to read, incredibly interesting and cross-referenced throughout the book; you need not master anything prior to making your own home cultured foods from these recipes. A solid index helps you find recipes and answers to your questions.

**Chef Donna's Review:**

You need just take a quick peek at [\*The Farmhouse Culture Guide to Fermenting\*](#) and you'll have all the courage you need to make some of the most intriguing flavors of krauts, kimchi or preserved (as in pickled) fruits (yes, fruits) and vegetables. While you may never have considered making these foods in your home-kitchen, they are wildly popular, deliver gut healthy foods for your diet, and taste infinitely better than anything you'll buy in the grocery store. That should give you every reason to want to dive in, but it's the straightforward, easy-to-read and -understand recipes that will most likely get you to roll up your sleeve and begin.



It has to be said, of course, that there is an investment, both in equipment and time, and [The Farmhouse Culture Guide to Fermenting](#) makes it easy with a variety of online resources. You get to choose how deep you want to dive in. Happily, though, the investment is neither taxing on your wallet or your time. A canning jar, and a fermentation lid (as affordable as [\\$9.99 for a set on Amazon](#)) gets you started, and most recipes take less than 30 minutes to go from ingredients to countertop to ferment. How long you wait to taste your home-cultured food depends on the recipe and type of fermenting you've undertaken. Krauts, can ferment as long as 3 to 4 weeks; Kimchi can be had in as short as a few days. Pickled fruits and veggies are enjoyed in as short as a day, or longer for more developed flavors. But you won't mind waiting when you are creating things like *Coyote Kraut* (cabbage layered with corn and red bell peppers) or *Apple Fennel Kraut with Red Cabbage*, or *California Kimchi with Savoy Cabbage* (with layers of daikon radish, shredded carrots, and green onions) and *Water Kimchi with Asian Pear and Pine Nuts*.

That you'll also be tempted with the recipes in [The Farmhouse Culture Guide to Fermenting](#) to make your own hot sauces, condiments, kombuchas, and fermented beverages like *Dry Sparkling Mead* and *Water Kefir*, is an added bonus. So is the chance to experience the magic and science that includes jars slurping and burping and bubbling on your countertop as fermentation happens. You'll find new ways to elevate your home cooking, and make use of seasonal ingredients with recipes for things like *Sambal Bali-Cali* (a riff on the classic Sambal Oelek) or the *Carrot Coconut Pepper Mash*. That you can make your own *Sriracha* is equally enticing, but diving into dry salted ferments and making a garden slaw, a chow chow or a beet horseradish mustard will completely change up your home-pantry game.

While [The Farmhouse Culture Guide to Fermenting](#) may have been borne out of happenstance, what lands in your kitchen are delicious and cultured foods that happen to be good for you, too. Say goodbye to those tangy, sour and slimy-soft store-bought krauts and kimchi. Your creations deliver a pleasing crunch, a subtle tang and an underlying sweetness. When heat, as in spicy-heat, is introduced to a recipe, you get to control the amount. And, at the end of the day, and the end of the book, you'll have created ingredients with a range of uses from routine condiment, to side dish or main course, to a brine by-product that lifts and elevates soups, stews, sauces and other foods.

With so much to offer, [The Farmhouse Culture Guide to Fermenting](#) is pure joy. It delivers everything you need to harness the magic that happens when preserving foods through fermentation. You'll leave each recipe successful and confident to create more of these home-cultured foods and knowing that a little investment results in a lot of terrific flavor, and good health too.

**Recipes to cook from** [The Farmhouse Culture Guide to Fermenting](#) by Kathryn Lucas and Shane Peterson, copyright © 2019. Reprinted with permission by Ten Speed Press, a division of Penguin Random House, Inc.

[Apple Fennel Kraut with Red Cabbage](#)

[Water Kimchi with Asian Pear and Pine Nuts](#)

[Brined Apples with Tarragon](#)

© Copyright 2019 Now That's A Mouthful. All Rights Reserved.

*\*Product prices and availability are accurate as of the first date of publication on our site and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*