



## Fermentation: The Ultimate Step by Step Guide to Mastering Fermentation and Probiotic Foods for Life (Paperback)

By Brittany Fallar

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Ultimate Step by Step Guide to Mastering and Understanding Fermentation for Life! -Understanding Fermentation has Never Been This Simple and Rewarding- Learn the different characteristics and processes about Fermentation Fermentation is a process that deals in culturing several microorganisms in order to create a product, especially a food product, that could have a better taste, purpose, appearance, size, and etc. In today's economy, most of what we eat are not in their natural forms and are produced with the help of millions of microorganisms that can alter a product's properties according to our desired outcome. This book is for those who wish to understand how simple food products such as wine, bread, soy sauce and vinegar are produced. You will understand the different processes involved in changing the properties of the base products to create a wide variety of products with its own unique characteristics. The process of fermentation has helped us survive and build a better world since it has also saved and improved a lot of human life. There are also different divisions and...



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