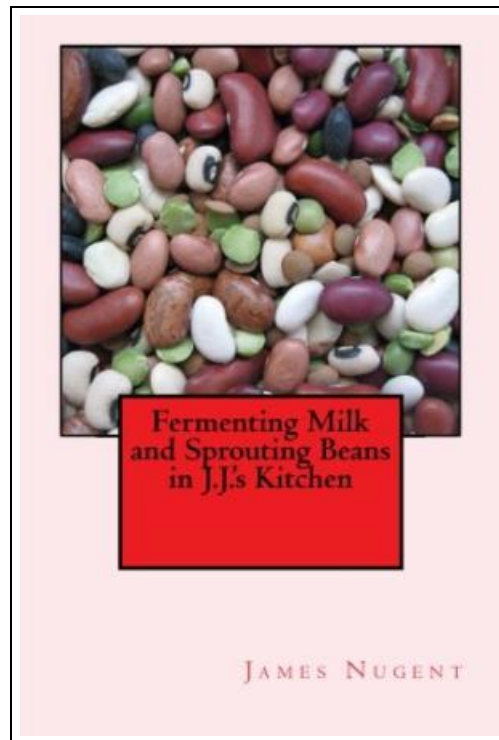


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Reviews

It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

(Leif Predovic)

FERMENTING MILK AND SPROUTING BEANS IN J.J. S KITCHEN (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is unlike any cookbook you have every read. This is a brief but exciting book of alternative ways to make some interesting and tasty foods. I have become very good at making fermented and sprouted products, and other homemade treats. Even if you live without a lot of heat in your living space; you can make these goodies. Years ago I found ways to make these recipes in the difficult environment of boat dwelling. I moved on to land 16 years ago. One of pleasant effects of this move; was being able to have more control over the temperature in the kitchen and owning a refrigerator. I will address the procedures for making these foods in both the unheated environment and on my present kitchen counter top. If you come into my kitchen I will show you how I make: Yogurt, Soft Yogurt Cheese, Kefir, Buttermilk, butter, bean sprouts, bean dip and veggie burgers.



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