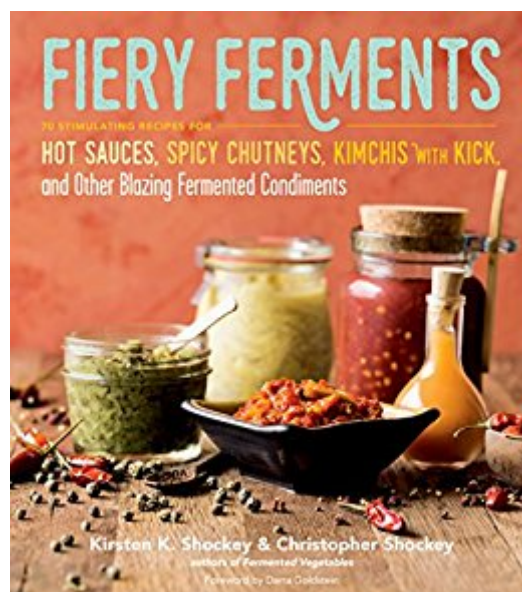




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Fiery Ferments: 70 Stimulating Recipes For Hot Sauces, Spicy Chutneys, Kimchis With Kick, And Other Blazing Fermented Condiments



Synopsis

The authors of the best-selling *Fermented Vegetables* are back, and this time they've brought the heat with them. Whet your appetite with more than 60 recipes for hot sauces, mustards, pickles, chutneys, relishes, and kimchis from around the globe. Chiles take the spotlight, with recipes such as Thai Pepper Mint Cilantro Paste, Aleppo Za'atar Pomegranate Sauce, and Mango Plantain Habañero Ferment, but other traditional spices like horseradish, ginger, and peppercorns also make cameo appearances. Dozens of additional recipes for breakfast foods, snacks, entrées, and beverages highlight the many uses for hot ferments.

Book Information

File Size: 30653 KB

Print Length: 273 pages

Page Numbers Source ISBN: 1612127282

Publisher: Storey Publishing, LLC (May 30, 2017)

Publication Date: May 30, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01L83TS7S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #6,412 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle

Store > Kindle eBooks > Nonfiction > Science > Agricultural Sciences > Food Science #2

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Sauces,

Salsa & Garnishes #3 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments

Customer Reviews

Fiery Ferments recipes bring life to spicy foods not longer alive because of pasteurization.

"Our favorite spicy foods and condiments were likely preserved through lacto-fermentation, with all the flavor, nutrients, enzymes, vitality, and other elements of goodness that accrue from working with probiotic bacteria. Then methods of quick acidification with vinegar and pasteurization

came along, and our traditional spicy foods lost their probiotic love." Besides health benefits, other reasons to ferment food are to preserve the aliments to have a longer shelf life, and to enhance the flavor.

Fiery Ferments Content:

Part I. Getting Started

In this section, you'll get information about the ingredients, techniques, tools and tips. The tools aim for simplicity. You can buy different systems according to your budget, but in *Fiery Ferments*, the authors assume you are using a basic jar method. You'll get information about different fermentation vessels + systems, a description, ease of use level, what is great about the systems, and each system challenge. A section will cover everything about additional gadgets for slicing, shredding, chopping, and grating. Furthermore, an explanation regarding the use of salt, water, time, temperature, and burping the ferments. The techniques present visual guides such as basic pepper mash, brine-based sauces and pickles, pastes and mustards, kimchis, relishes and salads. You can check several recipes here. Scroll down until you find the step-by-step visual guide to Brined-Based Sauces and Pickles. The ingredients are divided into two sections: Spicy ingredients such as ginger, turmeric, mustard, horseradish, peppercorns, and more. Chiles such as aleppo, cayenne, chile pequin, fresno, jalapeño, habanero, and more.

Part II. Fiery Ferments

A chapter with pre-chile spicy recipes that turn up the heat without a chile. The fermentation process with pre-chile ingredients as ginger, horseradish root, mustard, peppercorns, etc. All these recipes are fermented and include a heat index from mild heat (1) to fiery burn (5). Two techniques to create the pre-chile recipes: Kimchis, relishes and salads, Pastes and mustards. The recipes with chiles include sauces, salsas, relishes, chutneys, flavor pastes, kimchis, fermented salads, and hot pickles. Besides the different chiles used in each recipe, you'll find unusual combinations with ingredients such as tamarind, coffee, vanilla, cinnamon, mango, plantain, pineapple, mint, etc. Different techniques to create the chile recipes: Brined-Based sauces and ferments, Basic Pepper Mash, Brined-Based sauces and pickles Condiments, relishes, and fermented salads, Pastes and mustards. You will find popular recipes as Sriracha and Gochujang (Korean pepper paste), but also unexpected combinations like Habanero Basil Paste.

Part III. On the Plate

As a vegan, I didn't enjoy Part III of *Fiery Ferments*. Recipes include meats, eggs, dairy with vegan meals or ways to veganize some of the recipes. If you aren't vegan or have a mix of vegan and non-vegan family meals you'll be happy. The techniques in part II are mostly vegan or vegetarian except for kimchis, and the authors offer a vegan version. However, if you are easily offended for non-vegan meal pictures skip this book as you can find a roasted chicken in all its splendor in part III. If I have to make an exception to buy a non-vegan cookbook, it would be *Fiery Ferments*, even though part III is the least useful section of this book to my lifestyle. Additionally, the authors never claimed the

cookbook had 100% vegan content. Part III presents different meals from blazing plates to spirited sips, and racy desserts. Toasts and different top ingredient combinations, Smoothies, Buddha Bowls, Empanadas, Fire Cider, Kvass, Fried Bananas, Persimmon Ginger Sorbet, to name a few. Finally, Fermentation Doctor to deal with safety concerns. "With fermented products there is not safety concern. I can flat-out say that. The reason is the lactic acid bacteria that carry out the fermentation are the world's best killers of other bacteria." Fred Breidt, USDA microbiologist

The section Fermentation Doctor shows several cases where the fermentation process can go wrong or concerns about what you think is going wrong with the fermentation process, but it's doing fine. In Fiery Ferments, Kirsten and Christopher Shockey mix their love for spicy and fermented food. Even though plenty of recipes include mostly chiles in their preparation, other spices as ginger, mustard, peppercorns, etc., make their appearance in their recipes. The authors describe their recipes as "fun, a bit crazy and full of flavor."

ARC REVIEW This post appeared first on Rosaelenad.com

Last updated on 25 May 2017 This is a very informative book on fermentation - it gives you a list of the tools you will need as well as the fermentation systems, with a description of each and how easy it is to use - important for a beginner! It also tells you what you will need to use for preparing the ferments and how to grate, shred, chop and slice the peppers and other ingredients! This chapter also gives you a description of some tools you will need to handle and prepare some of the spices and peppers, such as a mortar and pestle, gloves and silicone lid liners for the jars. I was amazed at the quantity of recipes, there was everything from breakfast ferments, smoothies, and toast toppings, to appetizers, entrees and desserts! This book gives you step-by-step techniques for the recipes, along with amazing photographs of each item. There is also a section that tells you what properly fermented food looks like, so that you can know if you followed the directions correctly. These are some of the recipe titles:

1. Green Peppercorn Mustard
2. Hawaiian Chile Pepper Water
3. Coffee Sauce
4. Thai-Dragon Mint Cilantro Paste
5. Simple Buttermilk Cheese
6. Hot and Fruity Smoothie
7. Hot Chocolate Cherry Balls

Enjoy reading and making these Fiery Ferments!

This is a feast of a book and so complete. I found its clarity so appealing and it's also beautiful to look at, as colourful and lively as its recipes are tasty and full of flavour! The book is peppered with interviews, tidbits of information and numerous recipes and ideas to keep you busy. It's a great reference book, beginning with the origins of spices and explanations of fermentation and the different tools needed, and different methods used. There are detailed lists of

spices (with such an intriguing focus on peppers but not only) as well as the extremely tempting recipes (sauces, kimchis and fermented salads, drinks, deserts and meals). I particularly found the Fermentation Doctor section extremely helpful. This is a book to keep at hand in order to be able to delve into at whim, the enchanting photography is mesmerizing and a definite plus. This book is a must have for anyone who is interested in fermenting with a weakness for hot spices.

I bought this book to make hot sauces but it has a little bit of everything. Very nice pics and has enough technical data to be your introduction to fermenting foods.

Straightforward cookbook that just makes you want to get moving and start fermenting.....great ideas and quite easy to do. Thanks.

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