



# **Wild Fermentation: A Do-It-Yourself Guide to Cultural Manipulation by Sandor Ellix Katz (Jun 1 2011)**

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A very literal guide, "A DIY Guide to Cultural Manipulation" is a great resource for learning to use the microbes around you. Wanna learn how to make your own sourdough? Miso? Injera (Ethiopian sourdough) bread?!!! It's in this handy dandy and super resourceful guide for fermenting in the comfort of your own home. Yummy home made sour cream! Buttermilk! Cheese and tempeh!!! Double and triple wow your friends and family with the helpful directions on how to ferment your own kimchi and other tasty, briny treats.

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