

The Kefir Cookbook An Ancient Healing Superfood For

Nourished Beginnings Baby Food
 Yogurt Culture
 Bar Tartine
 The Essential Home-Ground Flour Book
 The Moon Juice Cookbook
 The Happy Family Organic Superfoods Cookbook For Baby & Toddler
 Mastering Fermentation
 Cultured Food Life
 Tartine Book No. 3
 Avoiding Prison and Other Noble Vacation Goals
 Real Food Heals
 Kaukasis The Cookbook
 Fermentation
 Wild Fermentation
 Bread Beckers' Recipe Collection
 The Cookbook : Russian House #1 Culinary Secrets
 The Kefir Solution
 Near & Far
 The Functional Nutrition Cookbook
 Bone Broth Miracle Diet Instant Pot Cookbook
 Cultured
 Cultured Food for Health
 The Einkorn Cookbook
 Traditionally Fermented Foods
 True Brews
 Eat Drink Paleo Cookbook
 Yogurt
 Medieval Cuisine of the Islamic World
 The Big Book of Kombucha
 Ferment for Good: Ancient Food for the Modern Gut
 Cultured Food for Life
 Nourishing Traditions
 The Farmhouse Culture Guide to Fermenting
 Tartine
 Simply Ancient Grains
 Eat Like a Human
 The Complete Idiot's Guide to Fermenting Foods
 Einkorn
 The Prairie Homestead Cookbook
 The Kefir Cookbook

The Kefir Cookbook An Ancient Healing Superfood For

Downloaded from content.consello.com by guest

BRADFORD LANE

Nourished Beginnings Baby Food Penguin

Vinegar and sugar, dried fruit, rose water, spices from India and China, sweet wine made from raisins and dates—these are the flavors of the golden age of Arab cuisine. This book, a delightful culinary adventure that is part history and part cookbook, surveys the gastronomical art that developed at the Caliph's sumptuous palaces in ninth- and tenth-century Baghdad, drew inspiration from Persian, Greco-Roman, and Turkish cooking, and rapidly spread across the Mediterranean. In a charming narrative, Lilia Zaouali brings to life Islam's vibrant culinary heritage. The second half of the book gathers an extensive selection of original recipes drawn from medieval culinary sources along with thirty-one contemporary recipes that evoke the flavors of the Middle Ages. Featuring dishes such as Chicken with Walnuts and Pomegranate, Beef with Pistachios, Bazergan Couscous, Lamb Stew with Fresh Apricots, Tuna and Eggplant Purée with Vinegar and Caraway, and Stuffed Dates, the book also discusses topics such as cookware, utensils, aromatic substances, and condiments, making it both an entertaining read and an informative resource for anyone who enjoys the fine art of cooking.

Yogurt Culture Hachette UK

Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin The Pioneer Woman Cooks meets 100 Days of Real Food, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, The Prairie Homestead Cookbook shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

Bar Tartine Macmillan

Harnessing traditions from previous generations to preserve food is not only a passion for Shannon Stonger, but a way of life. Shannon walked away from a career in chemistry to raise her family. Shortly thereafter, she and her husband moved their family off the grid to discover a more simple, agrarian life. With only minimal solar-powered electricity, Shannon relies on practical food preservation techniques, such as fermentation, to provide nutritious food for her family while cutting food costs. In Traditionally Fermented Foods, Shannon shows readers how to preserve food using traditional fermentation techniques, often without refrigeration. An alternative to canning and freezing, traditionally fermented foods do not require modern technology to preserve. You can learn Shannon's authentic preservation technique, which she depends on daily to put food on the table, so you know they work. You can also learn how fermented foods work, how to make fermented foods

and how to use fermented foods in recipes. This book contains over 80 recipes with corresponding photos.

The Essential Home-Ground Flour Book Hardie Grant

If you're having digestive problems or feeling sick and rundown—or if you simply want to feel better and have more energy—this is the book for you. In Cultured Food for Health, Donna Schwenk opens your eyes to the amazing healing potential of cultured foods. Focusing on the notion that all disease begins in the gut—a claim made by Hippocrates, the father of medicine, more than 2000 years ago—she brings together cutting-edge research, firsthand accounts from her online community, and her personal healing story to highlight the links between an imbalanced microbiome and a host of ailments, including high blood pressure, allergies, depression, autism, IBS, and so many more. Then she puts the power in your hands, teaching you how to bring three potent probiotic foods—kefir, kombucha, and cultured vegetables—into your diet. Following the advice in these pages, along with her 21-day program, you can easily (and deliciously!) flood your system with billions of good bacteria, which will balance your body and allow it to heal naturally. In this book, you'll find: • Step-by-step instructions on how to make basic kefir, kombucha, and cultured vegetables • More than 100 tasty, easy-to-make recipes, from smoothies to desserts, that feature probiotic foods • A three-week program with day-by-day instructions on gathering supplies and ingredients, and making and eating cultured foods • Helpful answers to some of the most frequently asked questions about culturing • Hints and tips about how to easily incorporate cultured foods into your life • Exciting information on the probiotic-enhancing properties of prebiotic foods, such as apples, broccoli, onions, squash, brussels sprouts, and honey Cultured Food for Health takes the fear out of fermentation so you can heal your gut and experience the energy, health, and vitality that are available when your body is working as it's meant to. So join Donna today, and learn to love the food that loves you back!

The Moon Juice Cookbook New Trends Publishing

The third in a series of classic, collectible cookbooks from Tartine Bakery & Cafe, one of the great bakeries, Tartine Book No. 3 is a revolutionary, and altogether timely, exploration of baking with whole grains. The narrative of Chad Robertson's search for ancient flavors in heirloom grains is interwoven with 85 recipes for whole-grain versions of Tartine favorites. Robertson shares his groundbreaking new methods of bread baking including new techniques for whole-grain loaves, as well as porridge breads and loaves made with sprouted grains. This book also revisits the iconic Tartine Bakery pastry recipes, reformulating them to include whole grains, nut milks, and alternative sweeteners. More than 100 photographs of the journey, the bread, the pastry and the people, make this a must-have reference for the modern baker.

The Happy Family Organic Superfoods Cookbook For Baby & Toddler Chronicle Books

From salsa dancing in a rum-induced haze and struggling to exercise in Colombia ("the guerillas were using the track again today"), to crossing international borders unconventionally and dodging bombs in Lebanon ("the good news was that they were 'small bombs'"), Wendy somehow manages to find herself in the midst of hysterical, adventurous, and often illegal situations. Case in point—every time she heads to Costa Rica, she is forced to visit another prison. Although a jail may not be everyone's idea of a place to find a date, Wendy soon falls in love with a man, a country, and its people and risks everything she has to clear his name. Avoiding Prison and Other Noble Vacation Goals is a bumpy and hilarious ride in which Wendy discovers that a successful vacation—much like that elusive thing, happiness—can be found in some of the most unlikely places imaginable. From the Trade Paperback edition.

Mastering Fermentation Storey Publishing

A revealing look at the 300 trillion microorganisms that keep us healthy—and the foods they need to thrive These days, probiotic yogurt and other "gut-friendly" foods line supermarket shelves. But

what's the best way to feed our all-important microbiome—and what is a microbiome, anyway? In this engaging and eye-opening book, science journalist Katherine Harmon Courage investigates these questions, presenting a deep dive into the ancient food traditions and the latest research for maintaining a healthy gut. Courage's insights include: • Meet your microbiome: What it is, how it works, and why it's essential for our immune system--and overall health • Gut-friendly food traditions: A guided tour of artisanal makers of yogurt, kimchi, kefir, kombucha, olives, cocoa, and other vibrant, ancient foods from around the world that feed our microbiome (along with simple recipes for curious at-home cooks) • Cutting-edge science: A first-hand look at some of the top lab facilities where microbiologists are working to better understand the human gut and how to feed it for good health Equal parts science explainer, culinary investigation, and global roadmap for healthy eating, *Cultured* offers a wealth of information for anyone interested in making smart food choices in our not-so-gut-friendly modern world.

Cultured Food Life Ten Speed Press

Over 100 recipes from Georgia and beyond.

Tartine Book No. 3 Penguin

An authoritative and easy-to-use guide to fermentation with 100 recipes for fermented foods and drinks. IACP AWARD WINNER Fermented and live-culture foods are beloved for their bold and layered flavors as well as their benefits for gut health and boosting immunity, but until now, there hasn't been a book that is both authoritative and easy to use. The Farmhouse Culture Guide to Fermenting provides you with the history, health information, and safest methods for preserving, along with 100 recipes for krauts, pickles, kimchi, fermented vegetables, hot sauces, preserved fruits and jams, kombucha, and even mead. With trusted authors Kathryn Lukas, founder of mega brand Farmhouse Culture, and master fermenter and best-selling author Shane Peterson and their thoroughly tested recipes, this is the fermentation book that every home fermenter needs--whether you are about to make your first batch of pickles or have been preserving foods for decades.

Avoiding Prison and Other Noble Vacation Goals Robert Rose

Make your own delicious cultured foods safely and easily! The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the health benefits of live-culture foods, but the true pleasure of creating their own fermentations at home. From kombucha to kefir, and from sourdough to kimchi, research is proving that live-culture foods can help reduce high cholesterol, strengthen and support digestive and immune systems, and help fight and prevent chronic diseases. The Complete Idiot's Guide® to Fermenting Foods covers the amazing health benefits of fermented foods and the techniques for safely fermenting food at home. Here's what you'll find in *The Complete Idiot's Guide to Fermenting Food: Over 100 unique and delicious recipes for ferments of all types, including beverages, cultured dairy, fermented grains, vegetable ferments, and much more, and each with detailed instructions Helpful insight on the tools and techniques you'll need to know to safely create nearly any type of fermented food Detailed guidance on how fermentation works, how to troubleshoot common fermentation issues, and how to grow your own starters*

Real Food Heals Penguin

"Give your baby and toddler the best start in life and help them grow up healthy, happy, and strong with wholesome, homemade food from Shazi Visram, the founder & CEO of Happy Family Organic Superfoods. With more than 60 easy-to-prepare recipes made with all-natural ingredients, *The Happy Family Cookbook* offers a fresh, nutritious, and accessible approach--and Shazi's enlightened nutrition philosophy--to feeding children from 4 months to 3 years"--Publisher description.

Kaukasis The Cookbook Lorenz Books

Irritable Bowel Syndrome is the most common gastrointestinal disorder in the world. People with IBS are prescribed more medications, miss more work days, have lower work productivity and higher suicide rates than people without it. Yet the causes are still unknown, and there is no cure. Or rather - there was no cure, until now. Cutting-edge scientific research has found that IBS is nearly always connected to anxiety and depression through something called the gut-brain axis. Heal the gut and you can heal the brain - and vice versa. Enter *The Kefir Solution*. Developed by Shann Nix Jones, it uses kefir, a powerful natural probiotic to support your microbiome and help heal IBS without the use of chemicals. It has no nasty side effects but loads of health benefits - including alleviating the anxiety and depression that often go hand in hand with IBS. Combining common sense with uncommon science, Shann shares stories, tips and recipes to help you on your way to better gut health and a happier life. If you suffer from IBS, or know someone who does, and it's taken hold of your life, this book could lead you back to health and freedom.

Fermentation Xlibris Corporation

Eighty Super Easy Recipes for Healing Bone Broths Bone broth is a nutrient-dense superfood made from meat bones. It's soothing and easy on the digestion, with a ton of health benefits to drink in. An Instant Pot is a brand-name pressure cooker that gives new meaning to the term "set it and forget it." Forget needing to constantly monitor a simmering pot of bone broth for up to 24 hours! Although that has traditionally been the best way to make bone broth, it's not usually a very realistic option. That's where the Instant Pot swoops in and saves the day. It creates perfect bone broths in only two hours . . . with no stirring or monitoring necessary. Press a few buttons and let the Instant Pot take over from there. And with that broth you made so easily, you can then make hundreds of classic and new soups, chilis, stews, drinks, and main dishes using the Instant Pot. Ready to put the power of

the Pot and ingenious bone broth recipes to work for you? *The Bone Broth Miracle Diet Instant Pot Cookbook* has just what you need! Learn the basics of making a variety of meat broths and then discover new ways to incorporate the healing power of the broths into other drinks and food. Find recipes such as: Bone Broth-Turmeric Latte Chinese Pork & Noodle Soup Vietnamese Beef Pho Lamb Bone Broth Borscht Bone Broth Pasta Sauce And much more!

Wild Fermentation Penguin

A fresh, modern yogurt-centric cookbook that showcases the versatility of this dairy superstar in more than 50 recipes for appetizers, salads, soups, sauces, marinades, beverages, and desserts, and provides fail-proof directions for making your own yogurt at home. Americans have fallen in love with yogurt, thanks to its creamy texture, tangy flavor, and health-promoting probiotic cultures. In *Yogurt*, a fresh and modern full-color cookbook, author Janet Fletcher introduces recipes, from roasted tomato bruschetta with yogurt cheese to meatballs in a warm yogurt sauce to a golden yogurt cake, that showcase yogurt in dishes both rustic and sophisticated. Drawing inspiration from the culinary traditions of Greece, Turkey, Lebanon, Syria, Iran, India, and beyond, this useful handbook includes a guide to purchasing yogurt (all of the recipes work with quality store-bought brands), advice on choosing a yogurt maker, and easy methods for making yogurt, Greek yogurt, and yogurt cheese at home.

Bread Beckers' Recipe Collection Ten Speed Press

A full-spectrum nutritional cookbook with a startling message--animal fats and cholesterol are vital factors in the human diet, necessary for reproduction and normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. Includes information on how to prepare grains, health benefits of bone broths and enzyme-rich lacto-fermented foods.

The Cookbook : Russian House #1 Culinary Secrets Tatyana Urusova

Here's a cookbook destined to be talked-about this season, rich in techniques and recipes epitomizing the way we cook and eat now. Bar Tartine--co-founded by Tartine Bakery's Chad Robertson and Elisabeth Prueitt--is obsessed over by locals and visitors, critics and chefs. It is a restaurant that defies categorization, but not description: Everything is made in-house and layered into extraordinarily flavorful food. Helmed by Nick Balla and Cortney Burns, it draws on time-honored processes (such as fermentation, curing, pickling), and a core that runs through the cuisines of Central Europe, Japan, and Scandinavia to deliver a range of dishes from soups to salads, to shared plates and sweets. With more than 150 photographs, this highly anticipated cookbook is a true original.

The Kefir Solution Chronicle Books

Addresses the ways in which diet can be used to help correct underlying imbalances in the body. Dealing with a range of different issues, including gastro-intestinal, immune system and hormone imbalances. The recipes provided for each imbalance are easy to follow and are accompanied by detailed nutritional information

Near & Far Ten Speed Press

Healthy cooking reinvented by top chef Seamus Mullen, with over 125 Paleo-inspired recipes designed to revitalize your health every day. In the high-end food world, "healthy cooking" has long been taboo. But as one of the only high-profile chefs today guided by the understanding that the food we eat has a deep impact on our health, Seamus Mullen has rewritten the old rule that healthy can't be delicious. Seamus's powerful transformation came out of his own health crisis--after a near-death experience brought on by autoimmune disease he'd struggled with for years, he radically changed the way he cooked, both at his restaurants and at home. As a result, the biomarkers of disease disappeared and the constant trips to the ER he experienced while he was sick have come to an end. But what Seamus has been surprised to discover is that this new way of eating--dishes starring real, whole foods such as vegetables and fruits, meats used as garnishes, whole grains, fermented foods, and no refined sugar or gluten--has not only controlled his disease but has also made his body feel younger, stronger, and more energized every day. It is his mission to share his brand of cooking with readers everywhere to inspire them to shift their diets and truly redefine what "healthy eating" can and should be. A powerful manifesto with Seamus's moving journey at its heart, *Real Food Heals* is packed with 125 easy-to-prepare, Paleo-inspired, and nourishing recipes packed with delicious whole food ingredients, including Kefir Scrambled Eggs with Grated Garlic; Nori Rolls with Olive Oil, Tuna, Avocado, and Sprouts; and Fig Almond Cacao Nib bars. Complete with a 21-day jump-start meal plan, this unique cookbook will help everyone prepare healthy, irresistible food with big flavors every day and put them on the path to total wellness.

The Functional Nutrition Cookbook Little, Brown Spark

The popular paleo diet involves eating more leafy greens, fruits, meats, and fish, while eschewing processed foods and dairy. Sounds healthy, right? And strict! Popular blogger Irena Macri follows the diet 80 percent of the time, allowing room for the occasional dessert or drink. The result? She looks and feels great, but not deprived. More than 100 recipes, beautiful photographs of colorful creative dishes, and can-do messages from Irena make *Eat, Drink, Paleo Cookbook* a book that appeals to cooks who want to embrace a healthier diet . . . most of the time.

Bone Broth Miracle Diet Instant Pot Cookbook Hay House, Inc

The Einkorn Cookbook is a showcase of over 100 recipes featuring the world's most ancient grain, often called the original wheat.