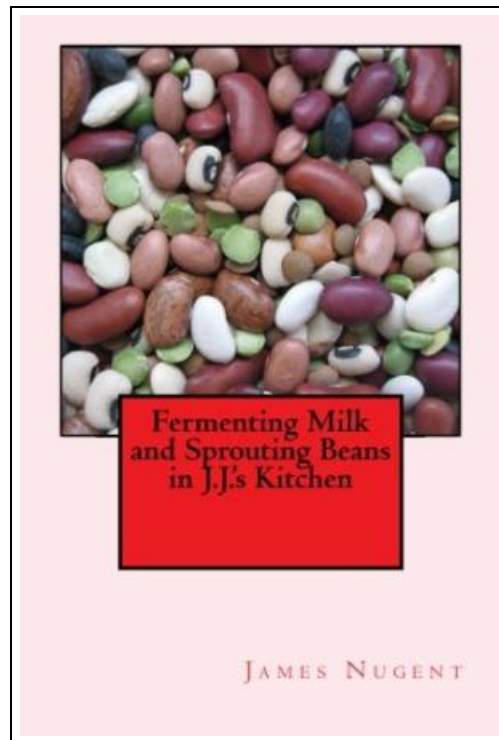


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FERMENTING MILK AND SPROUTING BEANS IN J.J. S KITCHEN (PAPERBACK)



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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