



Ferment From Scratch

Slow Down, Make Food to Last
Mark Diacono

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 9781787138346
 £12.99 | Flexibound
 176pp | 185mm x 135mm
 Full-colour photography throughout

***Ferment From Scratch* is the no-nonsense guide to fermenting at home**

From homemade kimchi to kombucha, shrub cocktails, and making your own pickles, award-winning food writer Mark Diacono tells the story of fermentation and offers recipes that maximise the transformative power of this amazing process. *Ferment From Scratch* offers a gentle guiding hand on a natural process that would happen without you, encouraging the largely invisible activity of bacteria to work to your advantage. These skills take little of your time; they are particular yet simple, and the results are extraordinary.

Packed with useful, accessible information and focussing on back-to-basics skills, the *From Scratch* series is designed to inspire you to slow down and create. Some text is extracted and updated from *Sour*, by Mark Diacono.

Mark Diacono's *A Year at Otter Farm* and *A Taste of the Unexpected* both won Food Book of the Year, for André Simon and the Guild of Food Writers respectively. He was involved with River Cottage, and he has written four River Cottage books. Mark also writes regularly for a range of publications.

- An accessible, gifty format for a popular topic, from a respected food writer
- Mark Diacono's previous fermenting book, *Sour*, was a multiple award winner
- "We saw a huge climb in [fermenting] during COVID lockdowns... a lot of us fell in love again with this way of preparing food." – Jorge Guzmán

'In the past year, you had millions of people getting really comfortable in the kitchens in ways they hadn't before. So I think people are going to get a little more brave at taking on long-term projects like fermenting.'

— **Robert Irvine, chef and host of Food Network's *Restaurant: Impossible*.**



Also available
 Sourdough
 9781787136953
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