

xvii

1

83

107

contents

Foreword by Sally Fallon MorellixPreface to the Revised EditionxiAcknowledgmentsxv

Introduction. Cultural Context: The Making of a Fermentation Fetish

1. Cultural Rehabilitation:

The Many Benefits of Fermented Foods

2. Cultural Theory:

Human Beings and the Phenomenon of Fermentation 13

3. Cultural Homogenization:

Standardization, Uniformity, and Mass Production 21

- 4. Cultural Manipulation: A Do-It-Yourself Guide 35
- 5. Vegetable Ferments 49
- 6. Lightly Fermented Beverages
- 7. Dairy Ferments (and Vegan Alternatives)
- 8. Grain Ferments (Porridges, Soft Drinks,

Soups, Flatbreads, and Breads)	139
9. Bean Ferments	185
10. Wines (Including Mead, Cider, and Other	
Alcoholic Beverages Made from Simple Sugars)	211
11. Beers	239
12. Vinegars	257
13. Cultural Reincarnation: Fermentation in the	
Cycles of Life, Soil Fertility, and Social Change	269
Appendix. Cultural Resources	281
rippendia. Outeurar neobureeo	201
Notes	283
Image Credits	287
Index	288