



Including
Step-by-Step Information on
Making and Cooking with
Koji, Kombuchas, Shoyus,
Misos, Vinegars, Garams, Lacto-
Ferments, and Black Fruits
and Vegetables

Foundations
of Flavor

The Noma Guide to Fermentation

René Redzepi & David Zilber

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**Foundations of Flavor: The
Noma Guide to
Fermentation (pdf) Rene
Redzepi**

Book details

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Synopsis book

At Noma four times named the world's best restaurant every dish includes some form of fermentation, whether it's a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic.

Fermentation is one of the foundations behind Noma's extraordinary flavor profiles. Now Ren Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant's acclaimed fermentation lab, share never-before-revealed techniques to creating Noma's extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 750 full-color photographs, most of them step-by-step how-tos, and with every recipe approachably written and meticulously tested, *Foundations of Flavor: The Noma Guide to Fermentation* takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and black fruits and

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