# THE ART OF FERMENTATION SANDOR KATZ



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#### The Art of Fermentation with Sandor Katz

Fermentation revivalist Sandor Ellix Katz teaches us how to make sauerkraut and shares some ideas about fermentation. For more videos check out feastforward.org.

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## Sandor Katz Wikipedia

A self-described "fermentation fetishist", Katz has taught hundreds of food workshops around the United States, and his book Wild Fermentation (2003) has been called a classic, "the bible for people embarking on DIY projects like sourdough or sauerkraut", and "especially notorious for getting people excited about fermenting food".

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