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The Noma Guide to
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David Zilber (Artisan; \$40)

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René Redzepi may be the most obsessed upon and obsessive chef on the planet. His restaurant, Noma, four times was named the world's best restaurant, and Redzepi has graced the cover of Time magazine twice.

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Nomaâ€”four times named the worldâ€™s best restaurantâ€”every dish includes some form of fermentation, whether itâ€™s a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum,

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or the sweet intensity of
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noma, one of the world's
best restaurants, every dish
includes some fermented
element.

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fermentation used in pickles, kimchi, or other pickled vegetables. Noma defines the basic lactic fermentation process as: 1. Weigh your ingredients you want to ferment 2.

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Fermentation is one of the New York Times Best Cookbook of Fall 2018. At this point, we all know what René Redzepi, chef and co-owner of Noma, and his team are capable of doing.

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food stores, fermentation is quietly becoming the obsession of many high-end chefs. The Noma Guide is a deep dive that makes that infatuation official, describing what fermentation is, why it tastes good,...

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foundations behind Noma's
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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.

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Fermentation is a
comprehensive tour of the
ferments we employ at Noma,
but it is by no means an
encyclopedic guide to all
the various directions you

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can take fermentation. It is limited to seven types of fermentation that have become indispensable to our kitchen: lactic acid fermentation, kombucha, vinegar, koji , miso, shoyu, and garum.

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