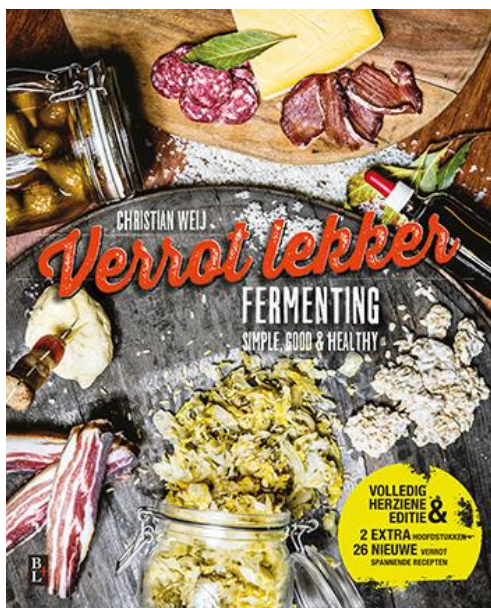


SANTASADŌ

Christian Weij - Rotten Good Food

Fermenting, Simple, Good & Healthy

BESTSELLERS | HEALTH | LIFESTYLE



With an introduction by Sandor Katz, bestselling author of *Wild Fermentation* and *The Art of Fermentation*. With a foreword by Eddy Smid, Professor of Food Technology at Wageningen University.

Since the first edition of *Rotten Good Food* was published in 2015, fermentation as a cooking method has grown in popularity worldwide. The book sold over 20,000 copies and has become a standard work for Dutch fermentation enthusiasts. By 2023, it was time for a reissued edition, with an introduction by international fermentation expert Sandor Katz, and two new chapters. One chapter on the basic fermentation techniques and one spectacular new chapter called 'Rotten Exciting', with twenty-six special

recipes for the advanced fermentation enthusiast.

Fermentation is rotting food in a functional manner. It is an ancient way to conserve foods and a technique that recently has gone through a global revival. It fits with the trend of eating healthy food and make the food chain more sustainable.

Rotten Good Food is a practical cookbook and activity book, filled with recipes. Dutch top chef Christian Weij explains the basic rules of fermentation and takes you on a journey through the wonderful world of fermenting. He discusses various ingredients, not just vegetables and fruits, but also dairy, meat, fish, nuts, seeds, and wheats.

Reissue published in February 2023 | Hardcover | 364 pages | with photographs | ca. 20,000 words

- English sample translation available
- Over 20,000 copies sold
- Dutch edition published by Bertram + De Leeuw



ABOUT THE AUTHOR

Christian Weij is food designer, fermentation specialist and founder of the FlavorPark. He teaches fermentation in international workshops and masterclasses and has encouraged hundreds of chefs to start fermenting their food. He has written two books on fermentation: *Rotten Good Food* and *Rotten Healthy Food*. In September 2023 he will publish his new book *Rotten Good Bread*.

RECOMMENDATIONS

“Christian takes the lead in the fermentation revival. In this book you will find all the information you need to become part of this revival yourself.”

Sandor Katz

“Fermenting food is an outstanding trend.”

Hans Steenbergen, Food trendwatcher

“*Rotten Good Food* is a great book with a world of information on fermenting and canning vegetables, fruit, nuts, seeds, and wheats. Filled with skills, explanation, and delicious recipes.”

Delicious Magazine

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