

# Download Fermentation Magic How Rotten Food Makes You Fresh From The Inside

Six-sided phytic acid molecule with a phosphorus atom in each arm. PHYTATES IN FOOD. Phytic acid is present in beans, seeds, nuts, grains—especially in the bran or outer hull; phytates are also found in tubers, and trace amounts occur in certain fruits and vegetables like berries and green beans. Great post, Stephen! I am a new subscriber since I heard you on the survival podcast. Is there a reason for using herring type fish? The reason I ask is because I have an aquaponics system in my backyard and thought that this might be a great way to recycle my tilapia “leftovers.” For centuries, Icelanders had to smoke, pickle or dry their food in order to preserve it through the harsh winters. As a result, traditional Icelandic food mainly consists of seafood and lamb that's gone through some kind of preservation method. FERMENTED, AGED HOT PEPPER SAUCE. Yield will depend on how much brine you include in the final product, but generally, 1 pint-3/4 of a quart. If you are unfamiliar with the basic concepts of fermented pickling, please read my pickles FAQ before getting started..  
Equipment