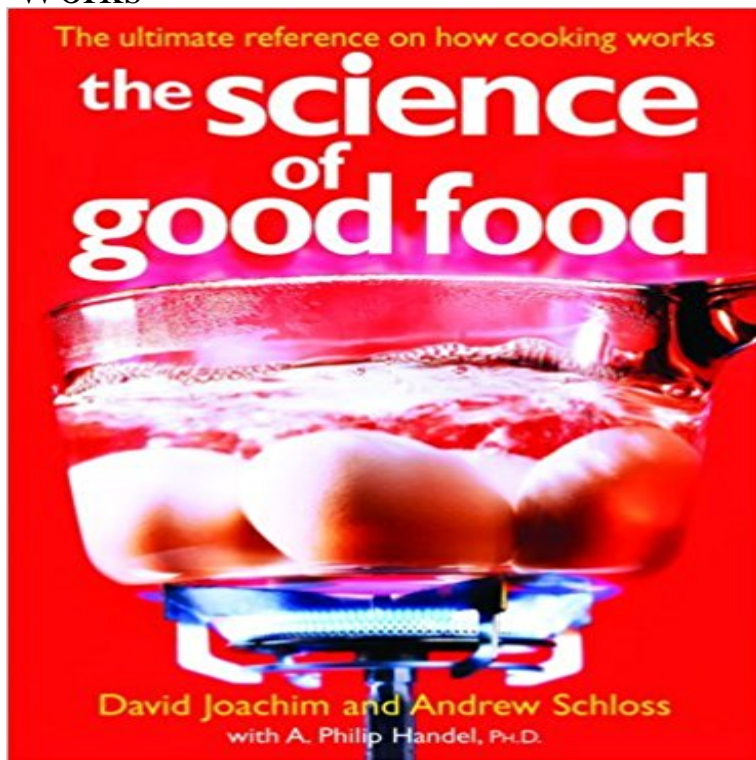


The Science of Good Food: The Ultimate Reference on How Cooking Works



The science of cooking is the most fascinating and influential development in cuisine. Award-winning chefs and cutting-edge restaurants around the world are famous for using the principles of chemistry and physics to create exciting new taste sensations. From Ferran Adria of El Bulli restaurant in Spain to Homaro Cantu of Moto in Chicago, great chefs combine unexpected textures and flavors with secrets of new cooking techniques in great dishes. This is the first reference to bring the science of food to home cooks and professional chefs alike. Organized from A to Z, this highly readable book has more than 1,800 entries that clearly explain the physical and chemical transformations which govern all food preparation and cooking. Entries vary from agriculture and food safety to animal husbandry and flavor science. Each entry begins with an explanation of the science behind the food, equipment or cooking method. Extensive cross-references encourage the reader to delve more deeply into topics of interest. More than 200 illustrations and photographs help home cooks visualize the basic principles of food science. Also included are 100 recipes that demonstrate those principles, from how deep-frying works to how to keep red cabbage from turning blue. The Science of Good Food provides straightforward explanations of the what, the how and the why of food and cooking, encouraging cooks at all levels to be more confident and creative.

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