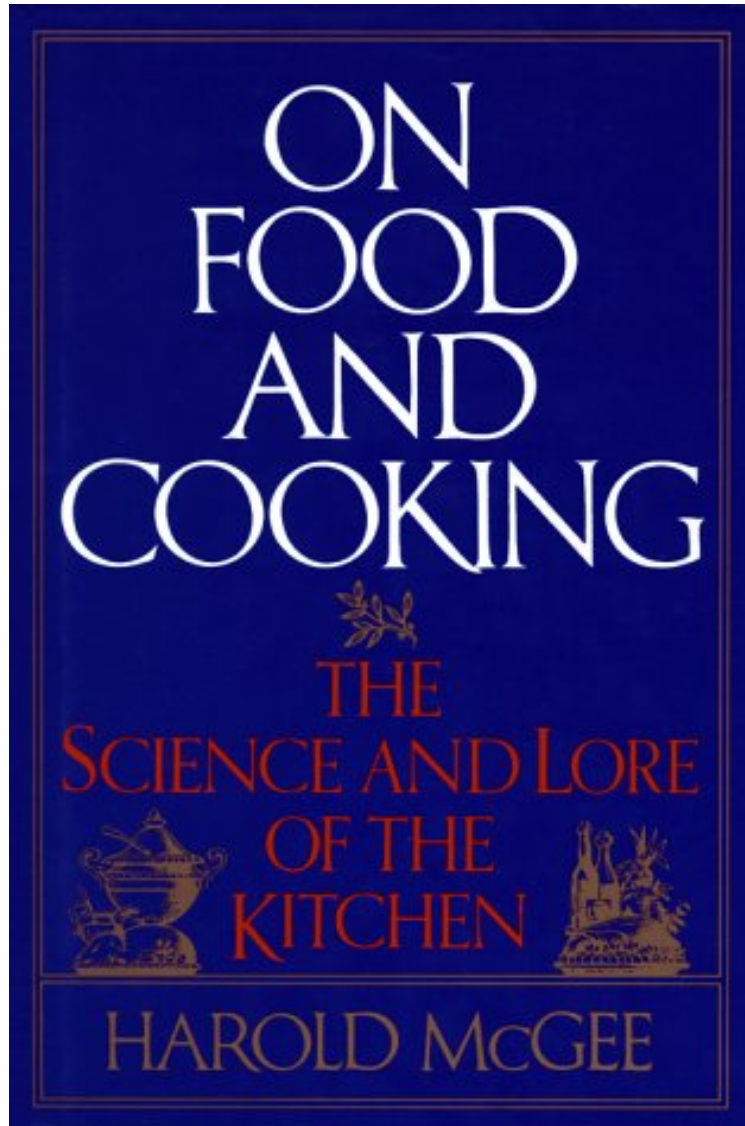


(Online library) On Food and Cooking: The Science and Lore of the Kitchen

On Food and Cooking: The Science and Lore of the Kitchen

Harold McGee

*DOC | *audiobook | ebooks | Download PDF | ePub*



 Download

 Read Online

#486475 in Books Scribner 1984-11-01 Ingredients: Example Ingredients Original language: English PDF # 1
9.18 x 1.80 x 6.28l, #File Name: 0684181320684 pages | File size: 30.Mb

Harold McGee : On Food and Cooking: The Science and Lore of the Kitchen before purchasing it in order to gauge whether or not it would be worth my time, and all praised On Food and Cooking: The Science and Lore of the Kitchen:

1 of 1 people found the following review helpful. Without a doubt this book should be in everyone's collection ...By Peter Without a doubt this book should be in everyone's collection. It was reference material in the Harvard cooking class I took and for God's sakes, man, it's Harold! Why any hesitation? He makes the science around cooking concepts

accessible to the layman. Using it you can significantly improve the quality of your meals and practice ad-lib cooking if you know what I mean. The recipe type person is not someone this book would appeal to. 9 of 9 people found the following review helpful. Food science for the rest of us By John F. Ellingson I love to cook; mostly because I love to eat. I also have an education in the sciences. This book is about cooking from an historic and scientific perspective. It allows a pretty good understanding of what is happening. The breadth and depth of the coverage is truly amazing. I think if I could only retain one book in my cooking library (which is pretty extensive), this would be it -- I could recreate all of the others from the knowledge gained from this book. Even when you're not looking for something specific, this book is wonderful reading. This is to cook books what Alton Brown is to the Food Network, but without the silliness. 0 of 0 people found the following review helpful. Should be in every foodie's library By FEM My science oriented 7th grader liked the atom section. I liked the history of each of the food categories (fun to put together an oil/herb mix the Romans used) Enjoyed it so much I got one for my foodie neighbors

On Food and Cooking is a unique blend of culinary lore and scientific explanation that examines food -- its history, its make-up, and its behavior when we cook it, cool it, dice it, age it, or otherwise prepare it for eating. Generously spiced with historical and literary anecdote, it covers all the major food categories, from meat and potatoes to sauce barnaise and champagne. Easy-to-understand scientific explanations throw light on such mysteries as why you can whip cream but not milk; what makes white meat white; whether searing really seals in flavor; how to tell stale eggs from fresh; why "fruits" ripen and "vegetables" don't; how to save a sauce; what hops do; and what happens when you knead dough. A chapter on nutrition reveals that Americans have been obsessed with their diet since the 1800s and exposes the fallacies behind food fads past and present. There's a section on additives -- a not-so-new addition to food -- and taste and smell, our two pleasure-giving versions of the oldest sense on earth. With more than 200 illustrations, including extraordinary photographs of food taken through the electron microscope, this book will delight and fascinate anyone who has ever cooked, savored, or wondered about food.

.com What makes white meat white? Does searing really seal in flavor? Why is it that fruits ripen but vegetables don't? These and other food mysteries are conclusively solved in Harold McGee's *On Food and Cooking: The Science and Lore of the Kitchen*. A unique mix of culinary lore, food history, and scientific investigation, McGee's compellingly readable book explores every aspect of the food we eat: where it comes from, what it's made of, and how and why it behaves as it does when we bake, broil, steam, or otherwise ready it for the table. In addition to chapters on foods such as eggs, fruit, meat, and dairy products, McGee investigates wine, beer, and distilled liquors (the first alcoholic beverage was probably produced 10,000 years ago when some honey was forgotten); food additives (adulterated food has always been with us); and digestion and sensation (most of our food aversions are learned by taste-testing in childhood), among other topics. A section on nutrition reveals, among much else, that Americans have always been prey to food faddism. The book concludes with an easy-to-understand investigation of the basic food molecules--water, carbohydrates, proteins, and fats and oils--and a discussion of cooking methods and utensil materials. There's a lively chemistry primer guaranteed to make clear and enjoyable what was probably less so in the classroom. With more than 200 illustrations, including extraordinary photos of cellular food anatomy, the book will delight anyone who cooks or enjoys food. --Arthur Boehm Mimi Sheraton *Time* This is by all odds a minor masterpiece and a welcome addition to any cookbook library. -- About the Author Harold McGee earned his B.S. from the California Institute of Technology and his doctorate in English Literature from Yale, where he subsequently taught. He now lives in Palo Alto, California, and writes about science.