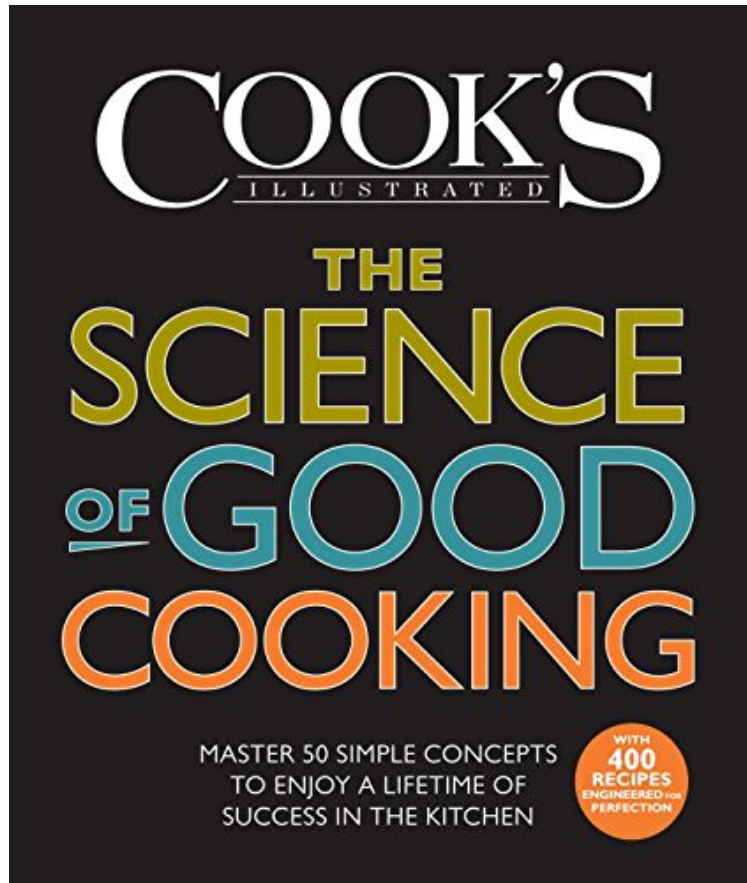


[E-BOOK] The Science of Good Cooking: Master 50 Simple Concepts to Enjoy a Lifetime of Success in the Kitchen (Cook's Illustrated Cookbooks)

The Science of Good Cooking: Master 50 Simple Concepts to Enjoy a Lifetime of Success in the Kitchen (Cook's Illustrated Cookbooks)

The Editors of America's Test Kitchen and Guy Crosby Ph.D
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The Editors of America's Test Kitchen and Guy Crosby Ph.D : The Science of Good Cooking: Master 50 Simple Concepts to Enjoy a Lifetime of Success in the Kitchen (Cook's Illustrated Cookbooks) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Science of Good Cooking: Master 50 Simple Concepts to Enjoy a Lifetime of Success in the Kitchen (Cook's Illustrated Cookbooks):

1108 of 1115 people found the following review helpful. A must-read to improve the results of your food!By PokinHaving relied on Cooks Illustrated recommendations for many of my favourite kitchen tools, buying this book was a no brainer. Needless to say I had high expectations going in, and this book did not disappoint.I'm an avid cook, and while I've had great success with certain types of food, I've been frustrated by inconsistent results in others. (I can't seem to get a consistently moist pot-roast -- reason: my cooking temperature was probably too high; wrong cut of meat + oven braising is better than stovetop since it heats more evenly in more directions)The Science of Good Cooking breaks down why food cooks a certain way, and which techniques are best for what purpose. The book is organized

into 50 concepts with recipes reinforcing each concept. There's a section called "why this works" following each recipe, which breaks down the science behind each step -- for instance why use a certain type of marinade, cooking technique, take extra steps, etc to achieve a desired outcome. It's nice that it's not just a list of recipes. Experiments back each concept. Meats were weighed, measured, smashed to determine tenderness, and moisture loss. They came up with a range of ideal resting times for various meats based on actually measuring the amount of juices lost at various times, and they sent food to the science lab to analyze their structure. They even stuck bones on mashed potatoes to test out whether keeping bones on makes food taste better. This book debunked some assumptions I had (acid does not actually make food more tender), and helped me understand other ones better - why salt directly applied on skin makes it more crispy, but if you brined the skin you'd get a different outcome. I also learned that the direction you cut your onion affects its taste - obvious in retrospect, but I never thought about that! I was disappointed I couldn't see a table of contents before purchase, so here are the 50 concepts you will find within the book -

1. Gentle Heat Prevents Overcooking
2. High Heat Develops Flavor
3. Resting Meat Maximizes Juiciness
4. Hot Food Keeps Cooking
5. Some Proteins Are Best Cooked Twice
6. Slow Heating Makes Meat Tender
7. Cook Tough Cuts Beyond Well Done
8. Tough Cuts Like a Covered Pot
9. A Covered Pot Doesn't Need Liquid
10. Bones Add Flavor, Fat, and Juiciness
11. Brining Maximizes Juiciness in Lean Meats
12. Salt Makes Meat Juicy and Skin Crisp
13. Salty Marinades work best
14. Grind Meat at Home for Tender Burgers
15. A Panade Keeps Ground Meat Tender
16. Create Layers for a Breading That Sticks
17. Good Frying is All About Oil Temperature
18. Fat Makes Eggs Tender
19. Gentle Heat Guarantees Smooth Custards
20. Starch Keeps Eggs from Curdling
21. Whipped Egg Whites Need Stabilizers
22. Starch Helps Cheese Melt Nicely
23. Salting Vegetables Removes Liquid
24. Green Vegetables Like it Hot -- Then Cold
25. All Potatoes Are Not Created Equal
26. Potato Starches Can Be Controlled
27. Precooking Makes Vegetables Firmer
28. Don't Soak Beans -- Brine 'Em
29. Baking Soda Makes Beans and Grains Soft
30. Rinsing (Not Soaking) Makes Rice Fluffy
31. Slicing Changes Garlic and Onion Flavor
32. Chile Heat Resides in Pith and Seeds
33. Bloom Spices to Boost Their Flavor
34. Not All Herbs Are for Cooking
35. Glutamates, Nucleotides Add Meaty Flavor
36. Emulsifiers Make Smooth Sauces
37. Speed Evaporation When Cooking Wine
38. More Water Makes Chewier Bread
39. Rest Dough to Trim Kneading Time
40. Time Builds Flavor in Bread
41. Gentle Folding Stops Tough Quick Breads
42. Two Leaveners Are Often Better Than One
43. Layers of Butter Makes Flaky Pastry
44. Vodka Makes Pie Dough Easy
45. Less Protein Makes Tender Cakes, Cookies
46. Creaming Butter Helps Cakes Rise
47. Reverse Cream for Delicate Cakes
48. Sugar Changes Texture (and Sweetness)
49. Sugar and Time Makes Fruit Juicer
50. Cocoa Powder Delivers Big Flavor

The only thing I would have loved was a trouble shooting / QA section - e.g. How do you keep meat from cooling too much when you rest it? Overall a great book if you want to improve your cooking technique, and also if you just want to learn more about why things behave the way they do! Update: Looks like "Look inside" is now available for this book so there's finally a table of contents! :) Since I've been cooking with the new concepts in mind, I'm happy with how my meat dishes (especially the stews) are turning out. I also tried using vodka instead of water to make pie crust (with the tip of putting a heated pan under the pie pan) and the pie crust turned out flaky and delicious as promised.

2 of 2 people found the following review helpful. DON'T hold the anchovies! It's Umami! By David G. Anderson

Cook's Illustrated Magazine in 2012 was one of the first cook mags to come right out and encourage the proper use of the scorned anchovy in the enrichment of All-American dishes such as roast turkey, roast beef, chilli and spaghetti. In this spanking new cookbook, under "Concept 35: Glutamates, Nucleotides Add Meaty Flavor," Guy Crosby Ph.D. creates the best two-page explanation and defense you will see anywhere for the revolutionary new umami taste insight that is only now penetrating Western culinary science. He explains, in an accessible nuanced way, how the natural fifth taste (umami) is carried by the cured anchovy through the synergy of glutamate with inosinate and guanylate. It is a redeployment of the once-lost ancient Roman secret sauce of Garum. Chemistry aside, once you learn how to bolster the perception of natural flavours of meats, poultry and vegetables in this way, your culinary triumphs will be the talk of your food circle. What's even more important is that you will now understand WHY and take confident control of your newfound techniques. I am drawn to the "test kitchen" experimental approach that Crosby has implemented at Cook's Illustrated. In Concept 35 (to chose one of the most remarkable chapters) he designs a test for 21 tasters using four flavor solutions: pure water; glutamate as MSG; inosinate; and glutamate-inosinate. The average scores, rating for savory notes, are 0, 5, 5, 10 -- a practical kitchen science experiment we all wish we had the means to do for ourselves. We jump right away into the takeaway: beef stew with umami bolstering through the use of anchovy. This book takes you beyond the blind use of other people's recipes and equips you with scientific techniques for the very act of creation itself and, in so doing, will forever change the way you cook. Five super-yummy stars!

1 of 1 people found the following review helpful. Great Cookbook! By Pmyrick

Wonderful cookbook! Although I am beginning to love anything that is released by America's Test Kitchen and Cook's Illustrated! If you follow their recipes carefully (and as instructed), your dish will be a success each and every time! This book also includes some very interesting cooking tips and provides information on a lot of things that you do (or may not do) when you are cooking, but perhaps did not give a lot of thought when it comes to the "why" of what you are doing. This one is a keeper and would make a good gift for a newly wedded couple not well versed in the culinary arts (mght make a good gift even if they are but just enjoy cooking)!

Master 50 simple concepts to ensure success in the kitchen. Unlock a lifetime of successful cooking with this groundbreaking new volume from the editors of Cook's Illustrated, the magazine that put food science on the map. Organized around 50 core principles our test cooks use to develop foolproof recipes, *The Science of Good Cooking* is a radical new approach to teaching the fundamentals of the kitchen. Fifty unique experiments from the test kitchen bring the science to life, and more than 400 landmark Cook's Illustrated recipes (such as Old-Fashioned Burgers, Classic Mashed Potatoes, and Perfect Chocolate Chip Cookies) illustrate each of the basic principles at work. These experiments range from simple to playful to innovative - showing you why you should fold (versus stir) batter for chewy brownies, why you whip egg whites with sugar, and why the simple addition of salt can make meat juicy. A lifetime of experience isn't the prerequisite for becoming a good cook; knowledge is. Think of this as an owner's manual for your kitchen.