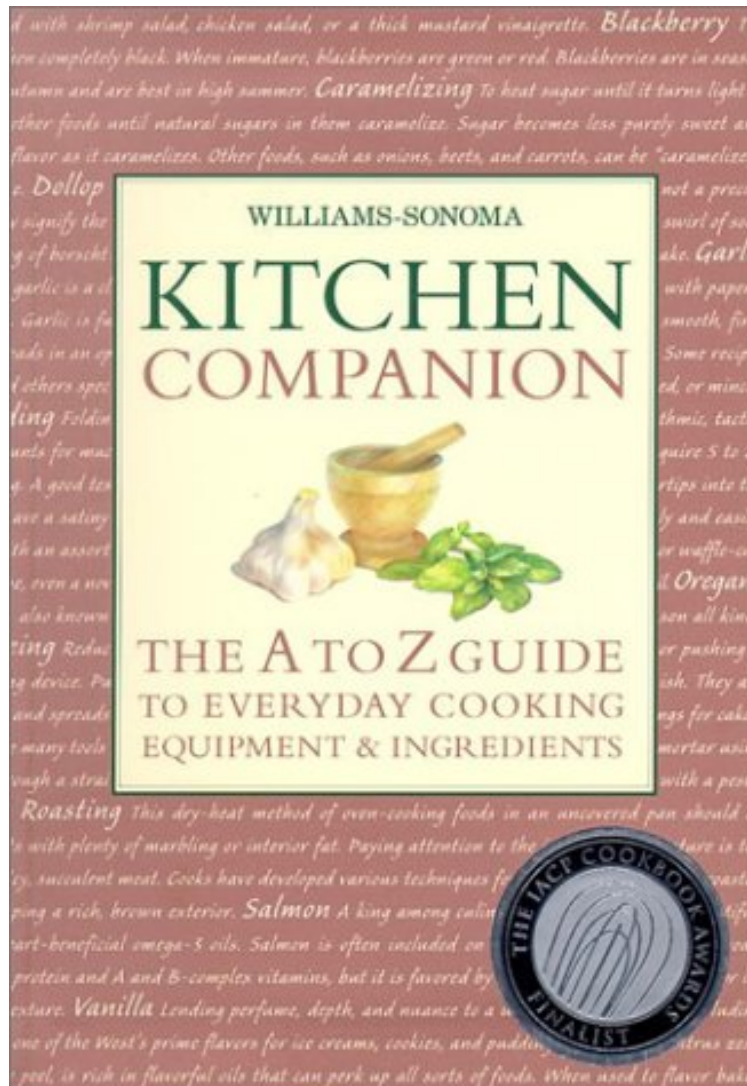


(Mobile book) Williams-Sonoma Kitchen Companion: The A to Z Guide to Everyday Cooking, Equipment Ingredients (Williams-Sonoma Lifestyles)

## Williams-Sonoma Kitchen Companion: The A to Z Guide to Everyday Cooking, Equipment Ingredients (Williams-Sonoma Lifestyles)

Williams-Sonoma

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**Williams-Sonoma : Williams-Sonoma Kitchen Companion: The A to Z Guide to Everyday Cooking, Equipment Ingredients (Williams-Sonoma Lifestyles)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Williams-Sonoma Kitchen Companion: The A to Z Guide to Everyday Cooking, Equipment Ingredients (Williams-Sonoma Lifestyles):

0 of 0 people found the following review helpful. An essential resource  
By Marie Peeler  
I bought this copy for a gift but my husband and I received this book as a wedding present eleven years ago and it is the resource that I most often consult when I need the answer to a food or cooking question. Need to know the difference between two varieties of the same fruit? Need an easier technique for a cooking procedure. It's probably in here. Unfortunately, you won't find it at Williams Sonoma anymore, so be sure to buy it here on . The bookseller that filled my order checked and sent me an email to confirm that his copy was in absolute new condition and then shipped promptly.  
0 of 0 people found the following review helpful. Five Stars  
By vincentJulia child where are you  
0 of 0 people found the following review helpful. Excellent!!! Not a 'cook book'  
By A. Fowler  
Found a copy in a thrift store, and was enthralled for days. Ended up buying a copy for each of my girls and daughter in law--they all loved it!  
An absolutely invaluable reference. Substitutions, techniques, even liquor flavors are listed. Rather than just listing recipes, this gives the science, chemistry, and technique behind cooking and baking for a deeper understanding. It opens doors for experimentation and modification for personal health, taste, food allergies, or just for fun. A must-have for anyone interested in cooking or baking beyond mixes and boxes!

Do you know the right way to soak beans? The meaning of bain-marie? The real measure of a jigger? Kitchen Companion is the home cook's guide to the mysteries of the kitchen. Part troubleshooter, part culinary encyclopedia, and always a fascinating read, it's packed with useful definitions, step-by-step instructions, and hundreds of helpful illustrations, charts, and topics.

From the Publisher  
Williams-Sonoma Kitchen Companion is the home cook's guide to the mysteries of the kitchen. Part troubleshooter, part culinary encyclopedia, it's the book to reach for when a recipe asks you to do something you don't understand, when you need a little guidance on how to buy and prepare an unusual ingredient, when you're curious about the reason behind a common cooking instruction, or when you need to substitute for an ingredient or utensil that you don't have. \*Entries arranged alphabetically for easy reference \*Outlines the basics of cooking for kitchen novices; for the most experienced cook, it clarifies the hidden rule that perfect a recipe \*Ingredients, equipment, and complicated techniques are complemented with illustrations \*Charts highlight information so you can find it at a glance while you've got hot pots bubbling away on a stovetop \*Special sections for large concepts, such as baking, cookware, and spices  
Excerpt. Reprinted by permission. All rights reserved.  
Beans, Peas, Lentils (Dried) These pantry staples, known collectively as legumes, are among the most healthful of foods. They are low in fat and high in protein, fiber, carbohydrates, vitamins, and minerals. Plus, they are inexpensive and, in the case of dried legumes, have a good, long shelf life, keeping well for a year when stored airtight in a cool, dry cupboard. From Boston baked beans and split pea soup to hummus and black beans with rice, star in many favorite dishes. Nevertheless, some people avoid cooking dried legumes because the preparation required. Hard as small pebbles, dried beans require re-hydrating to soften them. This is done by soaking and cooking. Depending on your schedule, you can, however, select a long- or quick-soak method. Either is effective. You can avoid the soaking question altogether by buying beans in cans, which can be acceptable but are more costly, are heavy in the grocery bag, and take up more storage space. If beans are not cooked thoroughly, they are hard to digest. And even when cooked properly, beans cause gas in many people. Eating them often is a good way to accustom your system to them and reduce the problem significantly. Commercial antigas products such as Beano can be sprinkled on the beans just before eating, which also helps. Dried peas and lentils and certain other dried legumes do not require soaking and cook in less than half of time. **SELECTING** Dried legumes are sold pre-washed in plastic bags and occasionally in bulk in supermarkets. Health-food stores that carry dried legumes generally sell them in bulk. Choose clean looking beans and lentils that show no signs of shriveling and but them from stores with good turnovers. For canned beans, any commercial brand is acceptable. Fresh beans and peas should be firm and have good bright color. Green beans should break with a satisfying "snap." **STORING** Store dried legumes in a cool, dry cupboard in their packaging on in a tightly lidded canister or jar. They will keep for up to a year. Slip fresh peas and beans into a perforated plastic bag and refrigerate for up to five days. Like all fresh vegetables, however, fresh beans are best when eaten within one to days of purchase. **PREPARING** Dried beans require soaking and long cooking. Lentils and other non-bean dried legumes do not require soaking. Canned beans can be added to recipes at the point where the cooking of other ingredients begins, as for soup, or when they are mixed with other ingredients, as in hummus. Fresh beans can be boiled , steamed, sauteed, stir-fried, or added to soups and stews. They can be served hot as a side dish or cooled to room temperature and dressed with a vinaigrette. Before soaking beans or cooking legumes, regardless of method, rinse them in a colander under cool, running water, scooping them between your fingers to make sure any debris washes away. Some recipes tell you to sort or "pick through" the beans before rinsing them, which simply means to discard any misshapen beans or foreign matter (small stones and the like). Dried beans and legumes used to be packaged rather carelessly. Today, they are generally very clean, although you should still check them. There is a school of thought that debunks the necessity of soaking altogether and instead promotes cooking beans as soon as they are rinsed. Using this "shortcut" method increases cooking times, but usually not by more than 30 or 40 minutes. If you opt for no soaking, test the beans for done-ness every 10 to 15 minutes after the

traditional cooking time is reached. To cook, drop the rinsed dried beans into boiling lightly salted liquid and, when it returns to boil, reduce the heat and cook over very low heat, tightly covered, until tender.