



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

By David Joachim, Andrew Schloss, A. Handel Ph.D.



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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 Ferrán Adrià 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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Editorial Review

From Publishers Weekly

Though it doesn't quite live up to the "ultimate reference on how cooking works" claim, Joachim and Schloss' encyclopedic guide to all things food is a welcome culinary reference. Alphabetically arranged, cross-referenced entries like "citrus," "game," "juice," "roasting" and "sweeteners," allow readers to navigate deftly the book's trove of information. The authors explain not only how techniques like frying work, they also give readers the chance to make Perfect French Fries with their newfound knowledge. Over 100 recipes bring scientific data to life, most dramatically in examples like Liquid Nitrogen Ice Cream and Coconut Sweet Potato Foam, more practically in gluten-free flour and low-fat brownies (substituting dried plums for butter). Armchair chefs will enjoy learning why a whole potato cooks more quickly in boiling water than in a 500 degree oven, the difference between wet and dry-cured hams, and the secrets to making a smooth, creamy custard. The book's range is admirable, but its depth erratic; the entry on bacteria and food contamination is much too brief, and readers are sure to find that their favorite fruit/ingredient/technique doesn't get the attention they feel it deserves (hoisin, for example, merits an entry, but soy sauce is an afterthought; teriyaki and ponzu are absent). Still, this admirable endeavor deserves a spot next to Alton Brown's *Good Eats* and Harold McGee's classic *On Food and Cooking*.

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From [Booklist](#)

Joachim and Schloss use a dictionary approach for their comprehensive guide to the whys and wherefores of cooking and eating. In succinct articles, they address such cooking processes as roasting. In simple prose, they explain the term, outline what the process does to food, and then delve into how the process actually accomplishes its purposes. Similarly, the authors define a wide range of ingredients, giving brief histories and explaining how each ingredient is used to advantage. Well-organized tables of data help sort out detailed information. Recipes scattered throughout offer ways of actually putting information into practice. Expositions of fundamental chemistry avoid detail and will appeal to those with only rudimentary scientific literacy. Full-color illustrations of such basic topics as knife anatomy contribute to understanding. Sidebars cover minor, yet useful, topics, including cooking potatoes and preventing soggy pastry crusts. Good for basic cookery reference collections. --Mark Knoblauch

Review

For anyone interested in food, *The Science of Good Food* is fascinating reading as well as a useful tool. (*The Pueblo Chieftain* 2008-11-19)

Joachim and Schloss use a dictionary approach for their comprehensive guide to the whys and wherefores of cooking and eating. In succinct articles, they address such cooking processes as roasting. In simple prose, they explain the term, outline what the process does to food, and then delve into how the process actually accomplishes its purposes. Similarly, the authors define a wide range of ingredients, giving brief histories and explaining how each ingredient is used to advantage. Well-organized tables of data help sort out detailed information. Recipes scattered throughout offer ways of actually putting information into practice. Expositions of fundamental chemistry avoid detail and will appeal to those with only rudimentary scientific literacy. Full-color illustrations of such basic topics as knife anatomy contribute to understanding. Sidebars cover minor, yet useful, topics, including cooking potatoes and preventing soggy pastry crusts. Good for basic cookery reference collections. Teens curious about how food gets to the table can turn here for clear answers. (*Booklist* 2008-

11-15)

[starred review] Other classic culinary reference books such as *The Oxford Companion to Food* and *Larousse Gastronomique* include some of the basic facts about the history of different foods and kitchen techniques, but *Science of Good Food* excels when it comes to giving readers a clear idea of the science involved in cooking. Highly recommended for larger public libraries and academic libraries with culinary arts degree programs. (John Charles, Scottsdale Public Library *Library Journal*)

Chances are home cooks and professionals alike could learn a new bit of kitchen knowledge from *The Science of Good Food*. (*Times Herald-Record* 2008-11-23)

This encyclopedic volume, organized from A (acid) through W (wine) is a smorgasbord of fascinating facts, tidbits, recipes and guidance for curious cooks. In a rapidly growing subcategory of the cookbook shelves, this tome is distinguished by its depth and breadth of information and its easy-to-read format and casual, yet confident tone. It's for everyday cooks like me who struggle to help their eighth-graders with science homework. (Beth Dooley *Minneapolis-St. Paul StarTribune* 2008-10-29)

This is an A to Z reference book that brings the science of food to home cook... Complex subject matters are written in an easy-to-understand style, and there are lots of charts and graphs and some color photos. The book contains more than 100 recipes related to the subject matter. (Kathryn Rem *Register-Mail* 2008-12-21)

Foodies interested in learning the science behind cooking will appreciate "The Science of Good Food: The Ultimate Reference Book on How Cooking Works." (*Observer-Reporter (Pittsburgh)* 2008-11-30)

The Science of Good Food is the ultimate GPS for your kitchen, with delicious recipes designed to teach useful techniques and answer culinary questions.... Bursting with practical tips and their scientific foundations, *The Science of Good Food* brings the exciting culinary frontier of molecular gastronomy into the home kitchen. (The Things We Get blog *We Taste Cincinnati online* 2008-09-25)

These [food science] books are valuable -- I think every cook should have some understanding of the chemistry, physics, and biology of food and cooking.... The knowledge -- of science -- will make you a far better and more flexible chef. (Kevin Weeks *Spot-On.com* 2008-10-12)

Users Review

From reader reviews:

Cheri Whaley:

Typically the book *The Science of Good Food: The Ultimate Reference on How Cooking Works* will bring you to definitely the new experience of reading a book. The author style to spell out the idea is very unique. Should you try to find new book to read, this book very appropriate to you. The book *The Science of Good Food: The Ultimate Reference on How Cooking Works* is much recommended to you to read. You can also get the e-book from official web site, so you can quickly to read the book.

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