

What Einstein Told His Cook Kitchen Science Explai

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Kitchen Chemistry - Ted Lister 2005-01-01

This resource for schools and colleges demonstrates the role of chemistry in the kitchen and highlights the wide applicability of chemical principles.

How to Read a French Fry - Russ Parsons 2003

Explores the science underlying such cooking techniques as frying, roasting, baking, and chopping; and provides tips and recipes utilizing the author's unique cooking principles.

Tomatoland - Barry Estabrook 2011-06-07

"An indictment of our modern agricultural system . . . in the tradition of the best muckraking journalism" from the three-time James Beard Award-winner (The Washington Post). In Tomatoland, investigative food journalist Barry Estabrook reveals the huge human and environmental cost of the \$5 billion fresh tomato industry. He traces the supermarket tomato from its birthplace in the deserts of Peru to the impoverished town of Immokalee, Florida, a.k.a. the tomato capital of the United States. He visits the laboratories of seedsmen trying to develop varieties that can withstand the rigors of agribusiness and still taste like a garden tomato, and then moves on to commercial growers who operate on tens of thousands of acres, and eventually to a hillside field in Pennsylvania, where he meets an obsessed farmer who produces delectable tomatoes for the nation's top restaurants. Throughout Tomatoland Estabrook presents a who's who cast of characters in the tomato industry: the avuncular octogenarian whose conglomerate grows one out of every eight tomatoes eaten in the United States; the ex-Marine who heads the group that dictates the size, color, and shape of every tomato shipped out of Florida; the U.S. attorney who has doggedly prosecuted human traffickers for the past decade; and the Guatemalan peasant who came north to earn money for his parents' medical bills and found himself enslaved for two years. Tomatoland reads like a suspenseful whodunit and is "at its most potent and scathing in its portrayal of South Florida's tomato growers and their tactics over the past half-century" (The New York Times). "An important and readable book." —The Atlantic

Near a Thousand Tables - Felipe Fernandez-Armesto 2002-06-04

In *Near a Thousand Tables*, acclaimed food historian Felipe Fernández-Armesto tells the fascinating story of food as cultural as well as culinary history -- a window on the history of mankind. In this "appetizingly provocative" (Los Angeles Times) book, he guides readers through the eight great revolutions in the world history of food: the origins of cooking, which set humankind on a course apart from other species; the ritualization of eating, which brought magic and meaning into people's relationship with what they ate; the inception of herding and the invention of agriculture, perhaps the two greatest revolutions of all; the rise of inequality, which led to the development of haute cuisine; the long-range trade in food which, practically alone, broke down cultural barriers; the ecological exchanges, which revolutionized the global distribution of plants and livestock; and, finally, the industrialization and globalization of mass-produced food. From prehistoric snail "herding" to Roman banquets to Big Macs to genetically modified tomatoes, *Near a Thousand Tables* is a full-course meal of extraordinary narrative, brilliant insight, and fascinating explorations that will satisfy the hungriest of readers.

What Einstein Told His Cook: Kitchen Science Explained - Robert L. Wolke 2010-06-21

"Wolke is Martha Stewart with a PhD." —American Scientist "Wolke, longtime professor of chemistry and author of the Washington Post column Food 101, turns his hand to a Cecil Adams style compendium of questions and answers on food chemistry. Is there really a difference between supermarket and sea salt How is sugar made? Should cooks avoid aluminum pans? Interspersed throughout Wolke's accessible and humorous answers to these and other mysteries are recipes demonstrating scientific principles. There is gravy that avoids lumps and

grease; Portuguese Poached Meringue that demonstrates cream of tartar at work; and juicy Salt-Seared Burgers.... With its zest for the truth, this book will help cooks learn how to make more intelligent choices."

—Publishers Weekly

Amazing KITCHEN CHEMISTRY Projects - Cynthia Light Brown 2008-05-01

In *Amazing Kitchen Chemistry Projects You Can Build Yourself*, kids ages 9 and up will experiment with kitchen materials to discover chemistry. Readers will learn about atoms, molecules, solids, liquids, gases, polymers, the periodic table, the important history of science, and much more. Along the way, they'll make goop, cause chemical reactions, and create delicious treats, and all of it will illustrate important chemistry concepts. *Amazing Kitchen Chemistry Projects* is a fun and exciting way for young readers to learn all about chemistry and become scientists right in the kitchen.

A Homemade Life - Molly Wizenberg 2010-03-23

A creator of the award-winning Orangette blog presents a memoir about the life lessons she learned in the kitchens of her youth, in a recipe-complemented account that describes experiences of loss and love while enjoying her father's French toast, her husband's pickles and her chocolate wedding cakes. Reprint.

Keys to Good Cooking - Harold McGee 2013-02-19

A requisite countertop companion for all home chefs, *Keys to Good Cooking* distills the modern scientific understanding of cooking and translates it into immediately useful information. The book provides simple statements of fact and advice, along with brief explanations that help cooks understand why, and apply that understanding to other situations. Not a cookbook, *Keys to Good Cooking* is, simply put, a book about how to cook well. A work of astounding scholarship and originality, this is a concise and authoritative guide designed to help home cooks navigate the ever-expanding universe of recipes and ingredients and appliances, and arrive at the promised land of a satisfying dish.

Taste What You're Missing - Barb Stuckey 2012-03-13

A professional food developer featured by Malcolm Gladwell in a New Yorker "perfect cookie" article offers insight into the psychology and physiology of taste while providing engaging anecdotes and cooking exercises for enhancing the flavor experience. 40,000 first printing.

Eight Flavors - Sarah Lohman 2016

This unique culinary history of America offers a fascinating look at our past and uses long-forgotten recipes to explain how eight flavors changed how we eat. *Eight Flavors* introduces the explorers, merchants, botanists, farmers, writers, and chefs whose choices came to define the American palate. Lohman takes you on a journey through the past to tell us something about our present, and our future. We meet John Crowninshield a New England merchant who traveled to Sumatra in the 1790s in search of black pepper. And Edmond Albius, a twelve-year-old slave who lived on an island off the coast of Madagascar, who discovered the technique still used to pollinate vanilla orchids today. Weaving together original research, historical recipes, gorgeous illustrations and Lohman's own adventures both in the kitchen and in the field, *Eight Flavors* is a delicious treat--ready to be devoured.--Adapted from book jacket.

What Einstein Told His Barber - Robert Wolke 2009-07-29

What makes ice cubes cloudy? How do shark attacks make airplanes safer? Can a person traveling in a car at the speed of sound still hear the radio? Moreover, would they want to...? Do you often find yourself pondering life's little conundrums? Have you ever wondered why the ocean is blue? Or why birds don't get electrocuted when perching on high-voltage power lines? Robert L. Wolke, professor emeritus of chemistry at the University of Pittsburgh and acclaimed author of *What Einstein Didn't Know*, understands the need to...well, understand. Now he provides more amusing explanations of such everyday phenomena as

gravity (If you're in a falling elevator, will jumping at the last instant save your life?) and acoustics (Why does a whip make such a loud cracking noise?), along with amazing facts, belly-up-to-the-bar bets, and mind-blowing reality bites all with his trademark wit and wisdom. If you shoot a bullet into the air, can it kill somebody when it comes down? You can find out about all this and more in an astonishing compendium of the proverbial mind-boggling mysteries of the physical world we inhabit. Arranged in a question-and-answer format and grouped by subject for browsing ease, **WHAT EINSTEIN TOLD HIS BARBER** is for anyone who ever pondered such things as why colors fade in sunlight, what happens to the rubber from worn-out tires, what makes red-hot objects glow red, and other scientific curiosities. Perfect for fans of Newton's Apple, Jeopardy!, and The Discovery Channel, **WHAT EINSTEIN TOLD HIS BARBER** also includes a glossary of important scientific buzz words and a comprehensive index. -->

The America's Test Kitchen Cooking School Cookbook - America's Test Kitchen 2013-10-15

A landmark book from the test kitchen that has been teaching America how to cook for 20 years. We launched the America's Test Kitchen Cooking School two years ago to teach home cooks how to cook the test kitchen way, and since then thousands of students have taken our interactive video-based online courses. The America's Test Kitchen Cooking School Cookbook shares the same goal as our online school and brings all our best practices—along with 600 all-time favorite recipes—into one place so that you can become a better, more confident cook. There is no better way to learn than seeing an expert in action, so we've included over 2,500 color photos that bring you into the test kitchen so you can see how to prepare recipes step-by-step. The book starts off with an exhaustive 46-page Cooking Basics chapter that covers everything from what equipment you need (and how to care for it) to test-kitchen tricks for how to make food taste better. Then we move on to cover all the major cooking and baking categories, from meat, poultry, and pasta to breads, cakes, and pies. Illustrated Core Techniques, like how to whip egg whites, roast a chicken, or bake flawless pie dough, focus on the building block recipes everyone should know. Recipe Tutorials that each feature 20-35 color photos then walk readers through recipes that are either more complicated or simply benefit from the visual clues of step photography, like Extra-Crunchy Fried Chicken, Sticky Buns with Pecans, and Deep-Dish Apple Pie. Every chapter ends with a library of the test kitchen's all-time favorite recipes, such as Pan-Seared Steaks with Red Wine Pan Sauce, Meatballs and Marinara, Best Vegetarian Chili, Memphis-Style Barbecued Ribs, and New York-Style Cheesecake—more than 600 in total—that will allow home cooks to expand their repertoire. The America's Test Kitchen Cooking School Cookbook is a how-to-cook book that also explains why recipes succeed or fail, which makes it the ideal book for anyone looking to cook better.

What Einstein Didn't Know - Robert L. Wolke 2014-05-21

Presents scientific answers to a series of miscellaneous questions, covering such topics as "Why are bubbles round," "Why are the Earth, Sun, and Moon all spinning," and "How you can tell the temperature by listening to a cricket."

The Science of Cooking - Peter Barham 2012-10-05

A kitchen is no different from most science laboratories and cookery may properly be regarded as an experimental science. Food preparation and cookery involve many processes which are well described by the physical sciences. Understanding the chemistry and physics of cooking should lead to improvements in performance in the kitchen. For those of us who wish to know why certain recipes work and perhaps more importantly why others fail, appreciating the underlying physical processes will inevitably help in unravelling the mysteries of the "art" of good cooking. Strong praise from the reviewers - "Will be stimulating for amateur cooks with an interest in following recipes and understanding how they work. They will find anecdotes and, sprinkled throughout the book, scientific points of information... The book is a pleasant read and is an invitation to become better acquainted with the science of cooking." - NATURE "This year, at last, we have a book which shows how a practical understanding of physics and chemistry can improve culinary performance... [Barham] first explains, in a lucid non-textbooky way, the principles behind taste, flavour and the main methods of food preparation, and then gives fool-proof basic recipes for dishes from roast leg of lamb to chocolate soufflé." - FINANCIAL TIMES WEEKEND "This book is full of interesting and relevant facts that clarify the techniques of cooking that lead to the texture, taste and aroma of good cuisine. As a physicist the author introduces the importance of models in preparing food, and their modification as a result of testing (tasting)." - THE PHYSICIST "Focuses

quite specifically on the physics and food chemistry of practical domestic cooking in terms of real recipes... Each chapter starts with an overview of the scientific issues relevant to that food group, e.g. toughness of meat, thickening of sauces, collapse of sponge cakes and soufflés. This is followed by actual recipes, with the purpose behind each ingredient and technique explained, and each recipe followed by a table describing some common problems, causes and solutions. Each chapter then ends with suggested experiments to illustrate some of the scientific principles exploited in the chapter." - FOOD & DRINK NEWSLETTER

Cook, Taste, Learn - Guy Crosby 2021-06-29

Guy Crosby offers a lively tour of the history and science behind the art of cooking, with a focus on achieving a healthy daily diet. He traces the evolution of cooking from its earliest origins, recounting the innovations that have unraveled the mysteries of health and taste.

Culinary Reactions - Simon Quellen Field 2011-11-01

When you're cooking, you're a chemist! Every time you follow or modify a recipe, you are experimenting with acids and bases, emulsions and suspensions, gels and foams. In your kitchen you denature proteins, crystallize compounds, react enzymes with substrates, and nurture desired microbial life while suppressing harmful bacteria and fungi. And unlike in a laboratory, you can eat your experiments to verify your hypotheses. In *Culinary Reactions*, author Simon Quellen Field turns measuring cups, stovetop burners, and mixing bowls into graduated cylinders, Bunsen burners, and beakers. How does altering the ratio of flour, sugar, yeast, salt, butter, and water affect how high bread rises? Why is whipped cream made with nitrous oxide rather than the more common carbon dioxide? And why does Hollandaise sauce call for &"clarified&" butter? This easy-to-follow primer even includes recipes to demonstrate the concepts being discussed, including: &· Whipped Creamsicle Topping—a foam &· Cherry Dream Cheese—a protein gel &· Lemonade with Chameleon Eggs—an acid indicator

Fun Food Facts - Mike Bellino 2008-09-28

Why do we knead bread? What is the connection between cheese and the Milky Way overhead? What can I do if I need buttermilk but don't have any on hand? Can potatoes be poisonous? Which American city was named for the onion? The answer to these and hundreds of additional questions are found in the pages of the book, *Fun Food Facts*. Every page of this book will fascinate you with trivia and food facts that will inform and educate. *Fun Food Facts* is a book that grew out of Mike's love of cooking and food. Having read many books on the subject, he began keeping notes of interesting food facts. He started sharing these notes with friends and co-workers and received an enthusiastic response and requests for more. As the facts began to pile up, Mike decided to make an effort to publish them -- The result of this effort rests in your hands. *Fun Food Facts: A book for people who eat!*

Chemistry Explained - Robert L. Wolke 1980

Chemistry in Your Kitchen - Matthew Hartings 2020-08-28

Whether you know it or not, you become a chemist any time you step into a kitchen. As you cook, you oversee intricate chemical transformations that would test even the most hardened of professional chemists.

Focussing on how and why we cook different dishes the way we do, this book introduces basic chemistry through everyday foods and meal preparations. Through its unique meal-by-meal organisation, the book playfully explores the chemistry that turns our food into meals. Topics covered range from roasting coffee beans to scrambling eggs and gluten development in breads. The book features many experiments that you can try in your own kitchen, such as exploring the melting properties of cheese, retaining flavour when cooking and pairing wines with foods. Through molecular chemistry, biology, neuroscience, physics and agriculture, the author discusses various aspects of cooking and food preparation. This is a fascinating read for anyone interested in the science behind cooking.

The Kitchen as Laboratory - Cesar Vega 2013-08-13

In this global collaboration of essays, chefs and scientists test various hypotheses and theories concerning? the physical and chemical properties of food. Using traditional and cutting-edge tools, ingredients, and techniques, these pioneers create--and sometimes revamp--dishes that respond to specific desires, serving up an original encounter with gastronomic practice. From grilled cheese sandwiches, pizzas, and soft-boiled eggs to Turkish ice cream, sugar glasses, and jellified beads, the essays in *The Kitchen as Laboratory* cover a range of culinary creations and their history and culture. They consider the significance of an eater's background and dining atmosphere and the importance of a chef's methods, as well as strategies used to create a great diversity of foods

and dishes. Contributors end each essay with their personal thoughts on food, cooking, and science, thus offering rare insight into a professional's passion for experimenting with food.

Swindled - Bee Wilson 2020-06-16

Bad food has a history. *Swindled* tells it. Through a fascinating mixture of cultural and scientific history, food politics, and culinary detective work, Bee Wilson uncovers the many ways swindlers have cheapened, falsified, and even poisoned our food throughout history. In the hands of people and corporations who have prized profits above the health of consumers, food and drink have been tampered with in often horrifying ways--padded, diluted, contaminated, substituted, mislabeled, misnamed, or otherwise faked. *Swindled* gives a panoramic view of this history, from the leaded wine of the ancient Romans to today's food frauds--such as fake organics and the scandal of Chinese babies being fed bogus milk powder. Wilson pays special attention to nineteenth- and twentieth-century America and England and their roles in developing both industrial-scale food adulteration and the scientific ability to combat it. As *Swindled* reveals, modern science has both helped and hindered food fraudsters--increasing the sophistication of scams but also the means to detect them. The big breakthrough came in Victorian England when a scientist first put food under the microscope and found that much of what was sold as "genuine coffee" was anything but--and that you couldn't buy pure mustard in all of London. Arguing that industrialization, laissez-faire politics, and globalization have all hurt the quality of food, but also that food swindlers have always been helped by consumer ignorance, *Swindled* ultimately calls for both governments and individuals to be more vigilant. In fact, Wilson suggests, one of our best protections is simply to reeducate ourselves about the joys of food and cooking.

The Brisket Chronicles - Steven Raichlen 2019-04-30

Grill master Steven Raichlen shares more than 60 foolproof, mouthwatering recipes for preparing the tastiest, most versatile, and most beloved cut of meat in the world--outside on the grill, as well as in the kitchen. Take brisket to the next level: 'Cue it, grill it, smoke it, braise it, cure it, boil it--even bake it into chocolate chip cookies. Texas barbecued brisket is just the beginning: There's also Jamaican Jerk Brisket and Korean Grilled Brisket to savor. Old School Pastrami and Kung Pao Pastrami, a perfect Passover Brisket with Dried Fruits and Sweet Wine, even ground brisket--Jake's Double Brisket Cheeseburgers. In dozens of unbeatable tips, Raichlen shows you just how to handle, prep, and store your meat for maximum tenderness and flavor. Plus plenty more recipes that are pure comfort food, perfect for using up leftovers: Brisket Hash, Brisket Baked Beans, Bacon-Grilled Brisket Bites--or for real mind-blowing pleasure, Kettle Corn with Burnt Ends. And side dishes that are the perfect brisket accents, including slaws, salads, and sauces.

The 4-hour Chef - Timothy Ferriss 2012

Presents a practical but unusual guide to mastering food and cooking featuring recipes and cooking tricks from world-renowned chefs.

A History of Food in 100 Recipes - William Sitwell 2013-06-18

A riveting narrative history of food as seen through 100 recipes, from ancient Egyptian bread to modernist cuisine. We all love to eat, and most people have a favorite ingredient or dish. But how many of us know where our much-loved recipes come from, who invented them, and how they were originally cooked? In *A HISTORY OF FOOD IN 100 RECIPES*, culinary expert and BBC television personality William Sitwell explores the fascinating history of cuisine from the first cookbook to the first cupcake, from the invention of the sandwich to the rise of food television. A book you can read straight through and also use in the kitchen, *A HISTORY OF FOOD IN 100 RECIPES* is a perfect gift for any food lover who has ever wondered about the origins of the methods and recipes we now take for granted.

First Bite - Bee Wilson 2015-12-01

We are not born knowing what to eat; as omnivores it is something we each have to figure out for ourselves. From childhood onward, we learn how big a "portion" is and how sweet is too sweet. We learn to enjoy green vegetables -- or not. But how does this education happen? What are the origins of taste? In *First Bite*, award-winning food writer Bee Wilson draws on the latest research from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors: family and culture, memory and gender, hunger and love. Taking the reader on a journey across the globe, Wilson introduces us to people who can only eat foods of a certain color; prisoners of war whose deepest yearning is for Mom's apple pie; a nine year old anosmia sufferer who has no memory of the flavor of her

mother's cooking; toddlers who will eat nothing but hotdogs and grilled cheese sandwiches; and researchers and doctors who have pioneered new and effective ways to persuade children to try new vegetables. Wilson examines why the Japanese eat so healthily, whereas the vast majority of teenage boys in Kuwait have a weight problem -- and what these facts can tell Americans about how to eat better. The way we learn to eat holds the key to why food has gone so disastrously wrong for so many people. But Wilson also shows that both adults and children have immense potential for learning new, healthy eating habits. An exploration of the extraordinary and surprising origins of our tastes and eating habits, *First Bite* also shows us how we can change our palates to lead healthier, happier lives.

What Einstein Told His Cook 2: The Sequel: Further Adventures in Kitchen Science - Robert L. Wolke 2011-01-12

The scientist in the kitchen tells us more about what makes our foods tick. This sequel to the best-selling *What Einstein Told His Cook* continues Bob Wolke's investigations into the science behind our foods--from the farm or factory to the market, and through the kitchen to the table. In response to ongoing questions from the readers of his nationally syndicated *Washington Post* column, "Food 101," Wolke continues to debunk misconceptions with reliable, commonsense answers. He has also added a new feature for curious cooks and budding scientists, "Sidebar Science," which details the chemical processes that underlie food and cooking. In the same plain language that made the first book a hit with both techies and foodies, Wolke combines the authority, clarity, and wit of a renowned research scientist, writer, and teacher. All those who cook, or for that matter go to the market and eat, will become wiser consumers, better cooks, and happier gastronomes for understanding their food.

Kitchen Myths - Peter Aitken 2013-04

The world of food and cooking is full of falsehoods--things that are commonly believed to be true, but in fact are not. These kitchen myths may come from a TV chef, a cookbook author, or your mom, and many people find it hard to give up long-held beliefs. The author, a retired medical school professor, punctures and deflates dozens of myths, always with an emphasis on sound scientific principles and credible evidence. Illustrated throughout with the author's own photographs, this book is an enjoyable read and will surely improve your culinary skills and knowledge. This title is published by Piedmont Medical Writers LLC and is distributed worldwide by Untreed Reads.

Louis Pasteur - John Hudson Tiner 1990

Follows the life and career of the French scientist who proved the existence of germs and their connection with diseases.

Taste - Barb Stuckey 2013-03-26

"Foodies rejoice! Malcolm Gladwell's favorite food inventor offers a guide to the senses with advice on how to develop your palate and better enjoy the pleasures of eating. Featured by Malcolm Gladwell in a *New Yorker* magazine article about the quest to develop the perfect cookie, Barb Stuckey is the food developer that famed foodies--such as Michael Pollan--turn to when they need to understand the psychology and physiology of taste. In *Taste What You're Missing*, Stuckey shares her professional knowledge in an engaging style that's one part Mary Roach, two parts Oliver Sacks, and a dash of Anthony Bourdain for spice. *Taste What You're Missing* serves up stories: seared, sauced, and garnished with humor and insight into our complicated experiences with food. First explaining the building blocks of taste perception on a physical level, Stuckey walks readers through the five basic tastes: sweet, sour, bitter, salt, and umami. She explains the critical importance of smell and how the other senses--touch, hearing, and sight--come into play when we enthusiastically dive into a plate of food. She provides eye-opening and delicious anecdotes and exercises that readers can perform to learn, for example, their unique "taster type," or the subtle differences between sour, bitter, tannic, and astringent. Armed with this new knowledge, readers can improve their ability to discern flavors, detect ingredients, and devise new taste combinations in their own kitchens. Keeping in mind that the only thing foodies like better than eating food is talking about food, *Taste What You're Missing* gives such curious eaters, *Food Network* watchers, kitchen tinkerers, and armchair Top Chefs understanding and language that will impress their friends and families with insider knowledge about everything they eat"--

Cook's Science - Cook's Illustrated 2016-10-04

In *Cook's Science*, the all-new companion to the *New York Times*-bestselling *The Science of Good Cooking*, America's Test Kitchen deep dives into the surprising science behind 50 of our favorite ingredients--and uses that science to make them taste their best. From the editors of

Cook's Illustrated, and the best-selling *The Science of Good Cooking*, comes an all-new companion book highlighting 50 of our favorite ingredients and the (sometimes surprising) science behind them: *Cook's Science*. Each chapter explains the science behind one of the 50 ingredients in a short, informative essay--topics ranging from pork shoulder to apples to quinoa to dark chocolate--before moving onto an original (and sometimes quirky) experiment, performed in our test kitchen and designed to show how the science works. The book includes 50 dynamic, full-page color illustrations, giving in-depth looks at individual ingredients, "family trees" of ingredients, and cooking techniques like sous vide, dehydrating, and fermentation. The 400+ foolproof recipes included take the science into the kitchen, and range from crispy fried chicken wings to meaty-tasting vegetarian chili, coconut layer cake to strawberry rhubarb pie.

What Einstein Kept Under His Hat: Secrets of Science in the Kitchen - Robert L. Wolke 2012-05-07

Chock-full of exercises and strategies, this book will allow clients to deepen the key principles of interpersonal neurobiology that Bonnie Badenoch wrote about in her earlier book. Topics include spotting implicit patterns, observing the bond with kindness, expanding our coherent narratives, coming to terms with the passage of time, and weaving brain talk into personal understanding. Have you ever wondered why onions make us cry? Do you believe bananas contain more calories as they ripen and get sweeter? This sequel to the best-selling *What Einstein Told His Cook* continues Robert L. Wolke's investigations into the science behind our foods. In response to ongoing questions from readers of his nationally syndicated Washington Post column, "Food 101," Wolke debunks misconceptions with reliable, commonsense logic. And for exceptionally inquisitive cooks and scientists, he offers "Sidebar Science" features, which dig more deeply into the chemical processes that underlie food and cooking. Above all, *What Einstein Kept Under His Hat* provides indispensable information that will make readers better shoppers, cooks, and eaters.

Science and Cooking: Physics Meets Food, From Homemade to Haute Cuisine - Michael Brenner 2020-10-20

Based on the popular Harvard University and edX course, *Science and Cooking* explores the scientific basis of why recipes work. The spectacular culinary creations of modern cuisine are the stuff of countless articles and social media feeds. But to a scientist they are also perfect pedagogical explorations into the basic scientific principles of cooking. In *Science and Cooking*, Harvard professors Michael Brenner, Pia Sørensen, and David Weitz bring the classroom to your kitchen to teach the physics and chemistry underlying every recipe. Why do we knead bread? What determines the temperature at which we cook a steak, or the amount of time our chocolate chip cookies spend in the oven? *Science and Cooking* answers these questions and more through hands-on experiments and recipes from renowned chefs such as Christina Tosi, Joanne Chang, and Wylie Dufresne, all beautifully illustrated in full color. With engaging introductions from revolutionary chefs and collaborators Ferran Adrià and José Andrés, *Science and Cooking* will change the way you approach both subjects—in your kitchen and beyond.

Molecular Gastronomy - Hervé This 2006

Bringing the instruments and experimental techniques of the laboratory into the kitchen, Herve This uses recent research in the chemistry, physics, and biology of food to challenge traditional ideas about cooking and eating. What he discovers will entertain, instruct, and intrigue cooks, gourmets, and scientists alike. *Molecular Gastronomy*, This's first work to appear in English, is filled with practical tips, provocative suggestions, and penetrating insights. This begins by reexamining and debunking a variety of time-honored rules and dictums about cooking and presents new and improved ways of preparing a variety of dishes from quiches and quenelles to steak and hard-boiled eggs. He goes on to discuss the physiology of flavor and explores how the brain perceives tastes, how chewing affects food, and how the tongue reacts to various stimuli. Examining the molecular properties of bread, ham, foie gras, and champagne, the book analyzes what happens as they are baked, cured, cooked, and chilled.

Bad Science - Ben Goldacre 2010-10-12

Have you ever wondered how one day the media can assert that alcohol is bad for us and the next unashamedly run a story touting the benefits of daily alcohol consumption? Or how a drug that is pulled off the market for causing heart attacks ever got approved in the first place? How can average readers, who aren't medical doctors or Ph.D.s in biochemistry, tell what they should be paying attention to and what's, well, just more

bullshit? Ben Goldacre has made a point of exposing quack doctors and nutritionists, bogus credentialing programs, and biased scientific studies. He has also taken the media to task for its willingness to throw facts and proof out the window. But he's not here just to tell you what's wrong. Goldacre is here to teach you how to evaluate placebo effects, double-blind studies, and sample sizes, so that you can recognize bad science when you see it. You're about to feel a whole lot better.

Kitchen Mysteries - Hervé This 2010

Looks at the science behind everyday cooking with information on molecular gastronomy, the physiology of taste, basic components of meals, the use of tenderizing enzymes and gelatins, and covers the effects of boiling, steaming, braising, roasting, grilling, and microwaving. *The Sharper Your Knife, the Less You Cry* - Kathleen Flinn 2008-09-02 "...engaging, intelligent, and surprisingly suspenseful." —Elizabeth Gilbert, author of *Eat, Pray, Love* The unforgettable New York Times best-selling journey of self-discovery and finding one's true calling in life Kathleen Flinn was a thirty-six-year-old middle manager trapped on the corporate ladder - until her boss eliminated her job. Instead of sulking, she took the opportunity to check out of the rat race for good - cashing in her savings, moving to Paris, and landing a spot at the venerable Le Cordon Blue cooking school. *The Sharper Your Knife, the Less You Cry* is the funny and inspiring account of her struggle in a stew of hot-tempered, chefs, competitive classmates, her own "wretchedly inadequate" French - and how she mastered the basics of French cuisine. Filled with rich, sensual details of her time in the kitchen - the ingredients, cooking techniques, wine, and more than two dozen recipes - and the vibrant sights and sounds of the markets, shops, and avenues of Paris, it is also a journey of self-discovery, transformation, and, ultimately, love.

Essentials of Food Science - Vickie A. Vaclavik 2013-12-05

The fourth edition of this classic text continues to use a multidisciplinary approach to expose the non-major food science student to the physical and chemical composition of foods. Additionally, food preparation and processing, food safety, food chemistry, and food technology applications are discussed in this single source of information. The book begins with an Introduction to Food Components, Quality and Water. Next, it addresses Carbohydrates in Food, Starches, Pectins and Gums. Grains: Cereals, Flour, Rice and Pasta, and Vegetables and Fruits follow. Proteins in Food, Meat, Poultry, Fish, and Dry Beans; Eggs and Egg Products, Milk and Milk Products as well as Fats and Oil Products, Food Emulsions and Foams are covered. Next, Sugar, Sweeteners, and Confections and a chapter on Baked Products Batters and Dough is presented. A new section entitled Aspects of Food Processing covers information on Food Preservation, Food Additives, and Food Packaging. Food Safety and Government Regulation of the Food Supply and Labeling are also discussed in this text. As appropriate, each chapter discusses the nutritive value and safety issues of the highlighted commodity. The USDA My Plate is utilized throughout the chapters. A Conclusion, Glossary and further References as well as Bibliography are included in each chapter. Appendices at the end of the book include a variety of current topics such as Biotechnology, Functional Foods, Nutraceuticals, Phytochemicals, Medical Foods, USDA Choosemyplate.gov, Food Label Health Claims, Research Chefs Association certification, Human Nutrigenomics and New Product Development.

Pandora's Lunchbox - Melanie Warner 2014-02-25

"From breakfast cereal to frozen pizza to nutrition bars, processed foods are a fundamental part of our diet, accounting for 65% of our nation's yearly calories. Over the past century, technology has transformed the American meal into a chemical-laden smorgasbord of manipulated food products that bear little resemblance to what our grandparents ate. Despite the growing presence of farmers' markets and organic offerings, food additives and chemical preservatives are nearly impossible to avoid, and even the most ostensibly healthy foods contain multisyllabic ingredients with nearly untraceable origins. The far-reaching implications of the industrialization of the food supply that privileges cheap, plentiful, and fast food have been well documented. They are dire. But how did we ever reach the point where 'pink slime' is an acceptable food product? Is anybody regulating what makes it into our food? What, after all, is actually safe to eat? Here the author, a former York Times health columnist combines deep investigatory reporting, culinary history, and cultural analysis, to find out how we got here and what it is we are really eating. This book blows the lid off the largely undocumented world of processed foods and food manipulation. From the vitamin "enrichments" to our fortified cereals and bread, to the soy mixtures that

bolster chicken (and often outweigh the actual chicken included), the author lays bare the dubious nutritional value and misleading labels of chemically-treated foods, as well as the potential price we, and our children, may pay"--Provided by publisher.

Hotbox - Matt Lee 2019-04-09

Matt Lee and Ted Lee take on the competitive, wild world of high-end catering, exposing the secrets of a food business few home cooks or restaurant chefs ever experience. Hotbox reveals the real-life drama behind cavernous event spaces and soaring white tents, where cooking conditions have more in common with a mobile army hospital than a restaurant. Known for their modern take on Southern cooking, the Lee brothers steeped themselves in the catering business for four years, learning the culture from the inside-out. It's a realm where you find eccentric characters, working in extreme conditions, who must produce magical events and instantly adapt when, for instance, the host's toast runs a half-hour too long, a hail storm erupts, or a rolling rack of hundreds of ice cream desserts goes wheels-up. Whether they're dashing through black-tie fundraisers, celebrity-spotting at a Hamptons cookout, or following a silverware crew at 3:00 a.m. in a warehouse in New Jersey, the Lee brothers guide you on a romp from the inner circle—the elite team of chefs using little more than their wits and Sterno to turn out lamb shanks for eight hundred—to the outer reaches of the industries that facilitate the most dazzling galas. You'll never attend a party—or entertain on your own—in the same way after reading this book.

Slow Death by Rubber Duck - Rick Smith 2009-12-10

A look at the chemicals surrounding us that's "hard-hitting . . . yet also instills hope for a future in which consumers make safer, more informed choices" (The Washington Post). Pollution is no longer just about belching smokestacks and ugly sewer pipes—now, it's personal. The most dangerous pollution, it turns out, comes from commonplace items in our homes and workplaces. To prove this point, for one week Rick Smith and Bruce Lourie ingested and inhaled a host of things that surround all of us. Using their own bodies as the reference point to tell the story of pollution in our modern world, they expose the corporate giants who manufacture the toxins, the government officials who let it happen, and the effects on people and families across the globe. This book—the testimony of their experience—also exposes the extent to which we are poisoned every day of our lives, from the simple household dust that is polluting our blood to the toxins in our urine that are created by run-of-the-mill shampoos and toothpaste. Ultimately hopeful, the book empowers readers with some simple ideas for protecting themselves and their families, and changing things for the better. "Undertaking a cheeky experiment in self-contamination, professional Canadian environmentalists Smith and Lourie expose themselves to hazardous everyday substances, then measure the consequences . . . Throughout, the duo weave scientific data and recent political history into an amusing but unnerving narrative, refusing to sugarcoat any of the data while maintaining a welcome sense of humor." —Publishers Weekly (starred review)