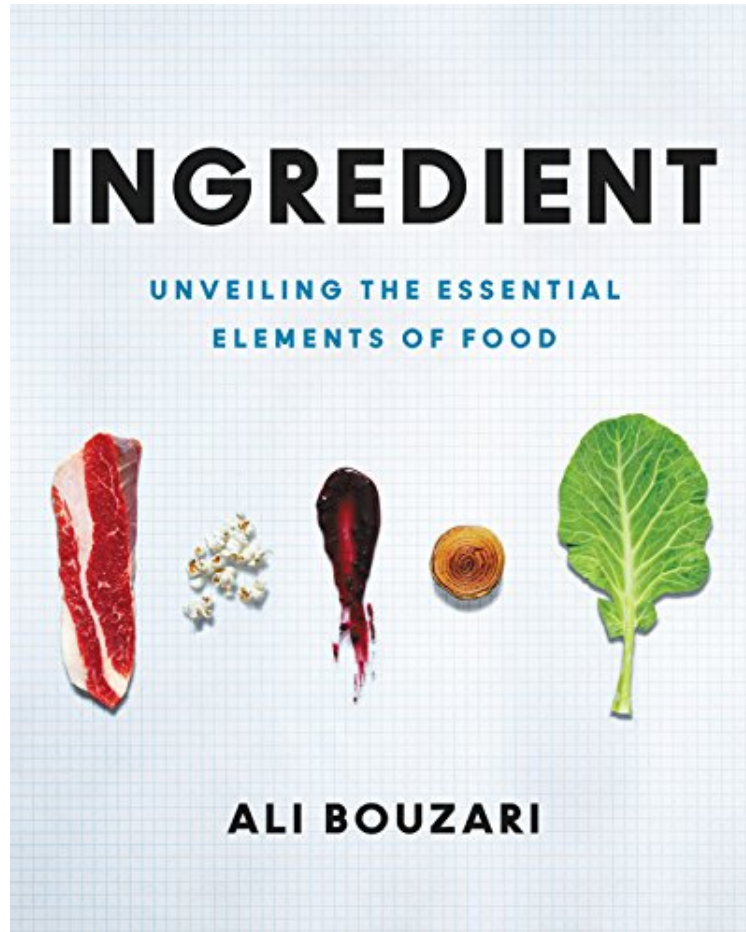


(Free pdf) Ingredient: Unveiling the Essential Elements of Food

Ingredient: Unveiling the Essential Elements of Food

Ali Bouzari

*audiobook / *ebooks / Download PDF / ePub / DOC*



 Download

 Read Online

#72285 in Books Bouzari Ali 2016-09-27 2016-09-27 Original language: English PDF # 1 9.13 x .91 x 7.381, .0 #File Name: 0062385356272 pages Ingredient Unveiling the Essential Elements of Food | File size: 52.Mb

Ali Bouzari : Ingredient: Unveiling the Essential Elements of Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Ingredient: Unveiling the Essential Elements of Food:

3 of 3 people found the following review helpful. Lovely to look at and fun to read By JaneLovely to look at and fun to read! This is a wonderful book for those of us who enjoy cooking and eating as a hobby rather than as a profession. Bouzari makes science of cooking entertaining and accessible. Bouzari's lively prose and anthropomorphizing make the processes he explains easy to understand and remember. I plan to give this book to all my favorite foodie science geek friends. 6 of 7 people found the following review helpful. It's great! By Justin A. Ingredient delivers on its promise to give the reader x-ray vision into the basic chemistry of food. The complex concepts presented are made easier to understand and visualize with Ali Bouzari's liberal use of metaphors. The wonderfully eccentric (and detailed) illustrations by Jeff Delierre and photographs by National Geographic Explorer Jason Jaacks also aid in envisioning these chemical interactions. The tone is also light and informal, as the intent of the content is made to be presented in "humanspeak". This allows the reader to easily develop a basic level of understanding of the "behind the scenes" of

food, no matter what the scientific background the reader possesses. There are numerous other books on the market that delve deeper and describe in more details the physics of food that, in order to understand, require a degree in science and a tolerance to dry content. Ingredient is not one of them. Bouzari is not new to the food writing scene. He has written numerous articles on food chemistry in ChemistryWorld and Popular Science with the same style. Read them if you're still wondering how Ingredient is presented then buy the book because simply, it's great. Popular Science "The delicious taste of struggle" [...] Scientific American "How good cooks keep green veggies from going brown" [...] 10 of 0 people found the following review helpful. Thank god someone wrote this down in a way that can so easily be consumed. By Customer This book completely changed the way I look at and think about food. It opened my eyes to a world just below the surface that I did not know existed, uncovering the science of flavor. You truly know nothing about cooking and flavor combinations if you don't have this as your foundation. Should be required reading for any cook, amateur or otherwise, and if you don't consider yourself a cook due to feeling overwhelmed try this book and it just may simplify the entire concept for you. Thank god someone wrote this down in a way that can so easily be consumed.

An IACP Award-Winning Cookbook In this entertaining, informative guide, one of the leading experts in culinary science—a chef, consultant, and scientist who has worked with some of the biggest names in the industry, from Thomas Keller to Daniel Humm—paints a portrait of each of the fundamental building blocks of food, giving all cooks a way to visualize and respond to what's really happening in the pan. There are ingredients, and then there are Ingredients. An ingredient is a tomato, a tortilla, or some tarragon. An Ingredient (with a capital "I") is a fundamental building block or recurring theme that works behind the scenes in everything we cook. There are millions of ingredients, but only eight Ingredients: Water, Sugars, Carbs, Lipids, Proteins, Minerals, Gases, and Heat. Each Ingredient has its own personality, a set of things it does or doesn't do. Ever been blown away by a wonderfully fragrant dish? From soup and mashed potatoes to French toast and barbecue, lipids act like glue to stick aromas to your food. Is a batter too thin or sauce not clinging correctly? The best bets for thickening any liquid are carbs and proteins, which we can find anywhere from a bag of flour to a roasted garlic clove or a piece of braised meat. This book teaches you the personalities of the Ingredients, where to find them, and how to put them to work. Ingredient isn't a book of recipes, nor is it a definitive treatise on the science of the kitchen. It's an illustrated guide to visualizing and controlling food's invisible moving parts, regardless of your skill level or how you like to cook. Through this lively, engaging, and accessible guide, renowned culinary scientist Ali Bouzari shifts our focus from secret ingredients to the secrets of Ingredients.

Ingredient is a book I wish I had as a young cook, one of those resources that I believe will help not only a new generation of chefs for years to come but also any home cooks who pick it up. This is a remarkable book. (Daniel Humm) Ingredient is a highly elevated cheat sheet for any avid cook or food geek. Essential for any serious kitchen... a direct and fascinating guide to the science of food. (Padma Lakshmi) I've read a lot of books about food, but I've never seen one like Ingredient... Engaging and eminently useful. You can't turn more than two pages without discovering something new or being reminded of a concept that is the key to solving a kitchen problem you've been having. (J. Kenji Lopez-Alt, managing culinary director of Serious Eats and author of The Food Lab) [A] charming new primer on the science of food and cooking . . . Bouzari's animated style vividly dramatizes processes that may be familiar to us, but whose inner logics remain obscure. (PopSci) Awesome, nerdy science... Reading Ingredient will make you smarter, and after reading it, you'll cook smarter. And that makes everything taste better. (Powell's) From the Back Cover An entertaining, informative guide to what's really happening when you cook from one of the leading experts in culinary science. There are ingredients, and then there are Ingredients. An ingredient is a tomato, a tortilla, or some tarragon. An Ingredient (with a capital I) is a fundamental building block that works behind the scenes in everything we cook. There are millions of ingredients, but only eight Ingredients: water, sugars, carbohydrates, lipids, proteins, minerals, gases, and heat. Each Ingredient has its own personality, a set of things it does or doesn't do. Ever been blown away by a wonderfully fragrant dish? From soup and mashed potatoes to French toast and barbecue, lipids act like glue to stick aromas to your food. Is a batter too thin or sauce not clinging correctly? The best bets for thickening any liquid are carbs and proteins, which we can find anywhere from a bag of flour to a roasted garlic clove or a piece of braised meat. This book teaches you the personalities of the Ingredients, where to find them, and how to put them to work. Ingredient isn't a book of recipes, nor is it a definitive treatise on the science of the kitchen. It's an illustrated guide to visualizing and controlling food's invisible moving parts, regardless of your skill level or how you like to cook. In this guide, Ali Bouzari shifts our focus . . . from secret ingredients to the secrets of Ingredients.