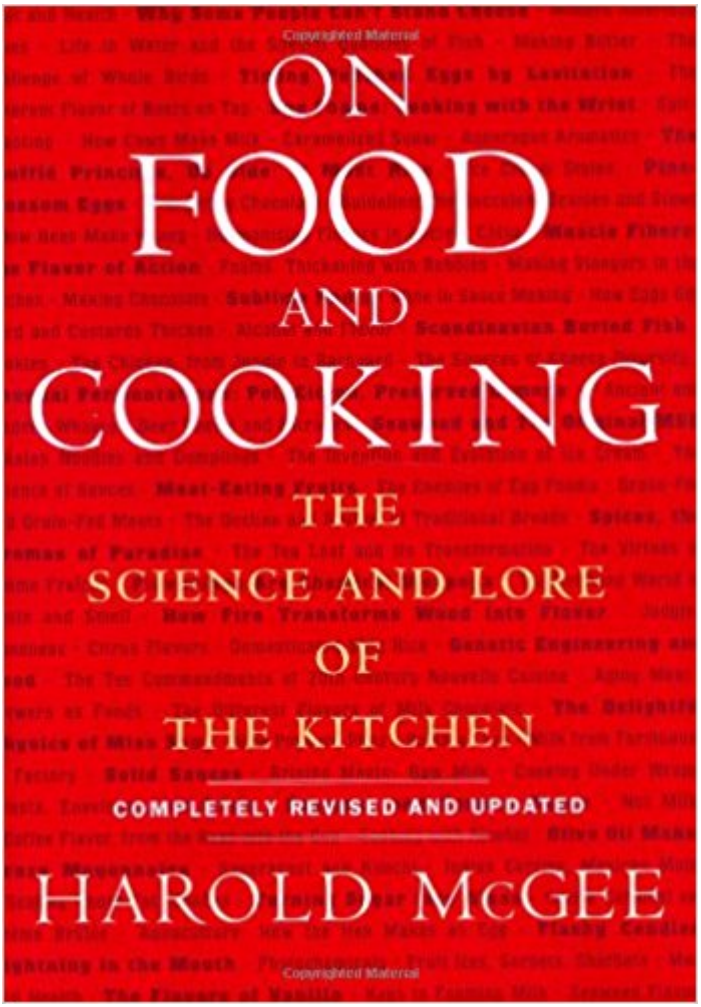
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On Food And Cooking: The Science And Lore Of The Kitchen



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Synopsis

Harold McGee’s On Food and Cooking is a kitchen classic. Hailed by Time magazine as "a minor masterpiece" when it first appeared in 1984, On Food and Cooking is the bible to which food lovers and professional chefs worldwide turn for an understanding of where our foods come from, what exactly they’re made of, and how cooking transforms them into something new and delicious.Now, for its twentieth anniversary, Harold McGee has prepared a new, fully revised and updated edition of On Food and Cooking. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new On Food and Cooking provides countless eye-opening insights into food, its preparation, and its enjoyment. On Food and Cooking pioneered the translation of technical food science into cook-friendly kitchen science and helped give birth to the inventive culinary movement known as "molecular gastronomy." Though other books have now been written about kitchen science, On Food and Cooking remains unmatched in the accuracy, clarity, and thoroughness of its explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques. On Food and Cooking is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who has ever cooked, savored, or wondered about food.

Book Information

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Customer Reviews

Starred Review. Before antioxidants, extra-virgin olive oil and supermarket sushi commanded public

obsession, the first edition of this book swept readers and cooks into the everyday magic of the kitchen: it became an overnight classic. Now, 20 years later, McGee has taken his slightly outdated volume and turned it into a stunning masterpiece that combines science, linguistics, history, poetry and, of course, gastronomy. He dances from the spicy flavor of Hawaiian seaweed to the scientific method of creating no-stir peanut butter, quoting Chinese poet Shu Xi and biblical proverbs along the way. McGee's conversational styleÃ¢â ¬â •rich with exclamation points and everyday examplesÃ¢â ¬â •allows him to explain complex chemical reactions, like caramelization, without dumbing them down. His book will also be hailed as groundbreaking in its breakdown of taste and flavor. Though several cookbooks have begun to answer the questions of why certain foods go well together, McGee draws on recent agricultural research, neuroscience reviews and chemical publications to chart the different flavor chemicals in herbs and spices, fruits and vegetables. Odd synergies appear, like the creation of fruity esters in dry-cured hamÃ¢â ¬â •the same that occur naturally in melons! McGee also corrects the European bias of the first edition, moving beyond the Mediterranean to discuss the foods of Asia and Mexico. Almost every single page of this edition has been rewritten, but the book retains the same light touch as the original. McGee has successfully revised the bible of food scienceÃ¢â ¬â •and produced a fascinating, charming text. Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"In 1984, canola oil and the computer mouse and compact disc were all novelties... [and] the worlds of science and cooking were neatly compartmentalized." A lot has changed in 20 years: magazines and books now discuss the science of cooking, and culinary schools offer "experimental" courses that investigate the whys of cooking. So McGee, a writer who specializes in the chemistry of food and cooking, has completely rewritten his 1984 classic, expanding it by two thirds into a book that weighs in at almost 900 pages. He offers thorough, scientific explanations of countless topics, including why brining your turkey is not a good idea, why food wrapped in plastic often tastes like plastic, why you should never refrigerate tomatoes. And he continues to display, as one admirer said of the first edition, "a scientist's skill and a cook's heart." Editors of Scientific American

If you cook, eat, farm, shop or just read magazines and papers on food, you need this. McGee explains why eggs get hard, how not to ruin meats, what heat does to food. It's food geekery for un sciency people. Not just a recipe collection, but reader or reference book chock a block full of explanations on how food works and instructions on how to do food. Did you know that vodka makes better pie crust? Now you do. Lots of fun.

I agree with all the positive comments from other reviewers. This book explains the "whys" in ways that are logical, methodical, culinarily and scientifically relevant, such that the answers simply make sense. (e.g., explaining the difference between brown and white meat physiologically first, which makes it easy to understand why cooking them optimally requires different approach / temperature / duration, etc).However, I'm disappointed by the kindle edition:- It has no navigable Table of Content. Yes, there's a linking ToC at the beginning of the book, but you can't access individual chapters by going through Kindle's "Go To" menu.- The book cross-references itself by page number, which is useless in the kindle edition. I wish the references were hyperlinked to the proper locations. Alternatively, can implement the new page number feature.- The editing for kindle needs some fine tuning. The kindle edition embeds page number directly in the text, but not always sensibly:"... the amino-acid content and there192 fish and shellfish fore [sic] taste intensity of fish varies according to the waters they're caught in."- The placement / flows of sidebars don't always make sense on kindle. Sometimes you'll be in a new section and then encounter a block of text that seems to referring to the content in previous or next section. I suppose this is a limitation of kindle's small screen.

Without a doubt this book should be in everyone's collection. It was reference material in the Harvard cooking class I took and for God's sakes, man, it's Harold! Why any hesitation? He makes the science around cooking concepts accessible to the layman. Using it you can significantly improve the quality of your meals and practice ad-lib cooking if you know what I mean.The recipe type person is not someone this book would appeal to.

In my decades of cooking I have neglected to understand the science of cooking. This book, which accompanies an EDX online course from Harvard, is a great stand-alone read of EVERYTHING I've ever wanted to know about food...and more! If you ever wondered if it was worth it, that you're cooking could improve if you understood the chemistry of cooking, then wonder no more: It's worth it. My cooking has not only improved but I'm spending my time on cooking smarter. I'm reading it from front to back but also using the great index to look up foods when I'm in the middle of a preparation or planning a dinner. This has been a great resource for me in the kitchen.

I bought this for a cooking chemistry class I'm taking, and although it's a hefty, dictionary-like book, after reading through the first three chapters, I realized I'd be doing much more leisure reading than

I expected. I fully intend to read this cover to cover, because it's as practical as a reference book, but so detailed and organized that it's enjoyable, not tedious, to read. It's impossible to unsee the science side of making something as basic as fried eggs now.

This book is accurate, clear, and completely readable. It does not have a catchy title that makes you think it's a science textbook or that it was written by someone with a flair for puns. It is exactly what it's title says it is: A book on food and cooking. The book is easy to use, very easy to read, and keeps the scientific jargon and technical terminology to a minimum. I use it for reference but it's one of the few cooking texts I can easily imagine reading from cover-to-cover. McGee explains the concepts of chemistry, biology, and physics in a straightforward manner than any layman can understand. It's simply a wonderful resource for any chef or (like me) any foodie with an interest in how culinary magic works. If you only own one book on food science, this is it!

I love it! I love food, and I love cooking, and I love science. What could be better? This book thoroughly covers both food and cooking, and along the way debunks numerous myths that seem to be perpetuated by our internet generation. Did you think, for example, that ice cream had been introduced at the 1900 World's Fair? Well... no. The actual origin is rather earlier and thousands of miles (or kilometers) farther away. But why should I ruin your pleasure at reading the book for yourself? Just don't plan to finish it very quickly - you will need to take numerous breaks to eat.

Used as described. A bit moldy smelly but book pages are in great shape. This prior version is as good as the newer oneWhich i also have

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