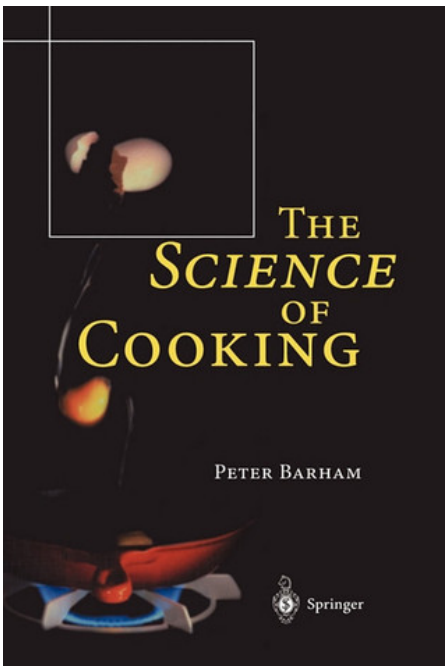

The Science of Cooking

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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 lab to chocolate souffle." - 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 souffles. 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

The Science of Cooking Details

Date	:	Published October 4th 2000 by Springer
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Author	:	Peter Barham
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Genre	:	Food and Drink, Food, Cooking, Science, Nonfiction, Cookbooks

From Reader Review The Science of Cooking for online ebook

Ashvin says

Eh, it was informative enough, but it was a rough draft, and that was pretty offensive. Seriously, as you read it, you wonder if this dude had an editor, or if he even bothered to carefully reread what he wrote. Lots of copy and paste, some sentences that make no sense at all. It was neat stuff, but I really didn't want to spend money on an unfinished product. Oh, it was sold as a finished product... it was just a lie.

I recently read another food science book, "What Einstein Told His Cook." If you're interested in the topic, read that instead.

Fucker.

Tim Gannon says

This book describes the chemistry and physics of cooking. It provides the basis for understanding why certain recipes worked or didn't work. He first goes over the basics of taste and flavor, cooking methods, basic chemistry (eg, fats, oils, polysaccharides, starches, sugars, gluten, protein, collagen, gelatin, soaps, bubbles, foam, and emulsifiers), and methods of heat transfer.

It finishes with recipes and experiments dealing with all the usual food groups (meat, poultry, fish, breads, sauces, sponge cakes, pastries, souffles). It goes over the chemistry and physics as they pertain to the recipes. Along with the typical things that can go wrong, what could have caused it, and ways to fix it. The book ends talking about chocolate and how it is made.

Quite enjoyable for the cooking geek.

Ouden says

Più che un libro è un prontuario. Interessante perchè descrive i processi chimici alla base delle varie preparazioni, mostrando poi ricette che li applichino. La panoramica è ampia, ma il range di ricette non lo è. Lo consiglio a chi è interessato al tema, magari come prima lettura, ma siamo lontani anni luce dalla qualità della produzione del nostro amico Dario Bressanini.
Inotre, l'autore è inglese...

Brian says

Molecular gastronomy is a pretty fascinating topic. Barham knows his material, and keeps it pithy and interesting.

Rachel says

Fascinating.

LemmiSchmoeker says

Wunderbar, auch wenn Barham sich reichlich Zeit lässt, bis er nach dem Kochen eines perfekten Eis tatsächlich einmal konkret wird. Dann wird es allerdings schwer faszinierend, und es müsste schon mit dem Teufel zugehen, wenn nicht wenigstens ein Teil der Erkenntnisse hängen bleibt und das Kochen dauerhaft verbessert.
