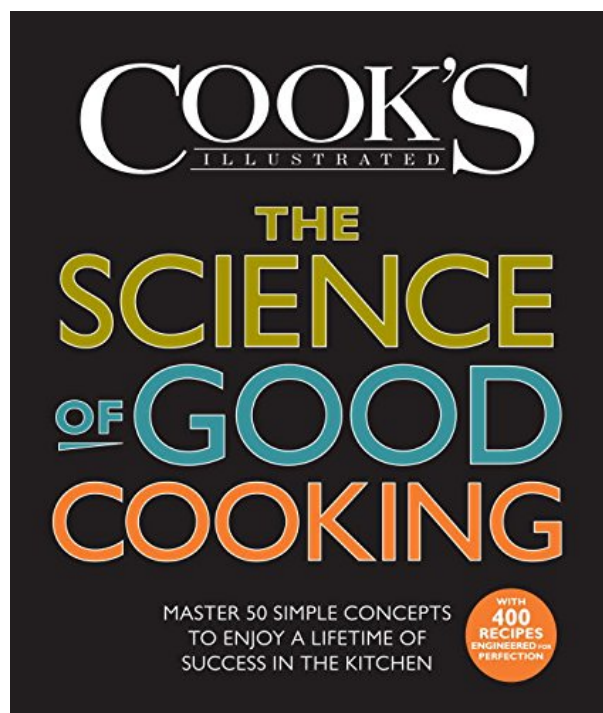
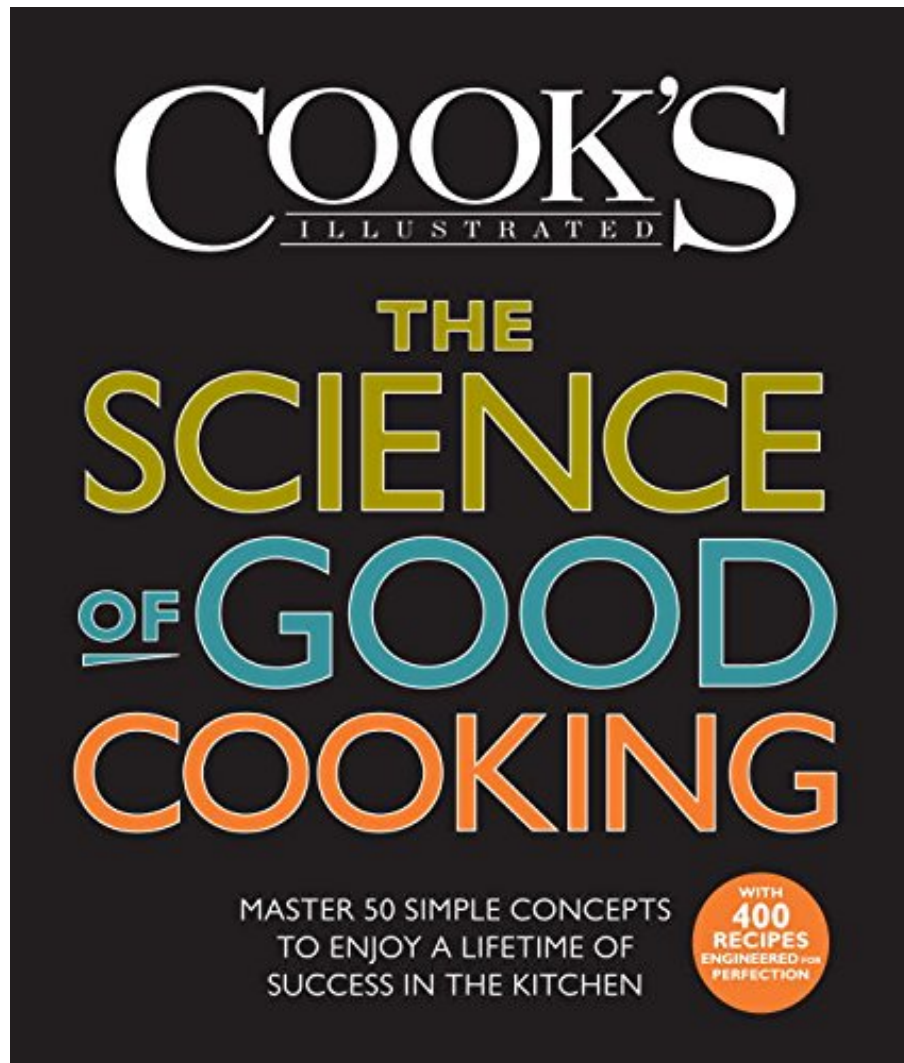


**THE SCIENCE OF GOOD COOKING
(COOK'S ILLUSTRATED COOKBOOKS) BY
THE EDITORS OF AMERICA'S TEST
KITCHEN AND GUY CROSBY PH.D**



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The Science Of Good Cooking (Cook's Illustrated Cookbooks) By The Editors Of America's Test Kitchen And Guy Crosby Ph.D. In undergoing this life, lots of people constantly aim to do and also get the very best. New understanding, experience, driving lesson, and also everything that could enhance the life will certainly be done. However, many individuals often really feel puzzled to get those things. Really feeling the restricted of encounter and also sources to be far better is among the does not have to have. Nevertheless, there is a quite basic point that could be done. This is just what your instructor consistently manoeuvres you to do this one. Yeah, reading is the solution. Checking out a book as this The Science Of Good Cooking (Cook's Illustrated Cookbooks) By The Editors Of America's Test Kitchen And Guy Crosby Ph.D as well as other recommendations could enrich your life quality. Exactly how can it be?

About the Author

This book has been tested, written, and edited by the test cooks, editors, food scientists, tasters, and cookware specialists at America's Test Kitchen, a 2,500-square-foot kitchen located just outside Boston. It is the home of Cook's Illustrated magazine and Cook's Country magazine, the public television cooking shows America's Test Kitchen and Cook's Country from America's Test Kitchen, America's Test Kitchen Radio, and the online America's Test Kitchen Cooking School.

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THE SCIENCE OF GOOD COOKING (COOK'S ILLUSTRATED COOKBOOKS) BY THE EDITORS OF AMERICA'S TEST KITCHEN AND GUY CROSBY PH.D PDF

Master 50 simple concepts to ensure success in the kitchen.

Unlock a lifetime of successful cooking with this groundbreaking new volume from the editors of Cook's Illustrated, the magazine that put food science on the map. Organized around 50 core principles our test cooks use to develop foolproof recipes, The Science of Good Cooking is a radical new approach to teaching the fundamentals of the kitchen. Fifty unique experiments from the test kitchen bring the science to life, and more than 400 landmark Cook's Illustrated recipes (such as Old-Fashioned Burgers, Classic Mashed Potatoes, and Perfect Chocolate Chip Cookies) illustrate each of the basic principles at work. These experiments range from simple to playful to innovative - showing you why you should fold (versus stir) batter for chewy brownies, why you whip egg whites with sugar, and why the simple addition of salt can make meat juicy. A lifetime of experience isn't the prerequisite for becoming a good cook; knowledge is. Think of this as an owner's manual for your kitchen.

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Features

- Used Book in Good Condition

About the Author

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1011 of 1017 people found the following review helpful.

A must-read to improve the results of your food!

By Pokin

Having relied on Cooks Illustrated recommendations for many of my favourite kitchen tools, buying this

book was a no brainer. Needless to say I had high expectations going in, and this book did not disappoint.

I'm an avid cook, and while I've had great success with certain types of food, I've been frustrated by inconsistent results in others. (I can't seem to get a consistently moist pot-roast -- reason: my cooking temperature was probably too high; wrong cut of meat + oven braising is better than stovetop since it heats more evenly in more directions)

The Science of Good Cooking breaks down why food cooks a certain way, and which techniques are best for what purpose. The book is organized into 50 concepts with recipes reinforcing each concept. There's a section called "why this works" following each recipe, which breaks down the science behind each step -- for instance why use a certain type of marinade, cooking technique, take extra steps, etc to achieve a desired outcome. It's nice that it's not just a list of recipes.

Experiments back each concept. Meats were weighed, measured, smashed to determine tenderness, and moisture loss. They came up with a range of ideal resting times for various meats based on actually measuring the amount of juices lost at various times, and they sent food to the science lab to analyze their structure. They even stuck bones on mashed potatoes to test out whether keeping bones on makes food taste better. This book debunked some assumptions I had (acid does not actually make food more tender), and helped me understand other ones better - why salt directly applied on skin makes it more crispy, but if you brined the skin you'd get a different outcome. I also learned that the direction you cut your onion affects its taste - obvious in retrospect, but I never thought about that!

I was disappointed I couldn't see a table of contents before purchase, so here are the 50 concepts you will find within the book -

1. Gentle Heat Prevents Overcooking
2. High Heat Develops Flavor
3. Resting Meat Maximizes Juiciness
4. Hot Food Keeps Cooking
5. Some Proteins Are Best Cooked Twice
6. Slow Heating Makes Meat Tender
7. Cook Tough Cuts Beyond Well Done
8. Tough Cuts Like a Covered Pot
9. A Covered Pot Doesn't Need Liquid
10. Bones Add Flavor, Fat, and Juiciness
11. Brining Maximizes Juiciness in Lean Meats
12. Salt Makes Meat Juicy and Skin Crisp
13. Salty Marinades work best
14. Grind Meat at Home for Tender Burgers
15. A Panade Keeps Ground Meat Tender
16. Create Layers for a Breading That Sticks
17. Good Frying is All About Oil Temperature
18. Fat Makes Eggs Tender
19. Gentle Heat Guarantees Smooth Custards
20. Starch Keeps Eggs from Curdling
21. Whipped Egg Whites Need Stabilizers
22. Starch Helps Cheese Melt Nicely
23. Salting Vegetables Removes Liquid
24. Green Vegetables Like it Hot -- Then Cold

25. All Potatoes Are Not Created Equal
26. Potato Starches Can Be Controlled
27. Precooking Makes Vegetables Firmer
28. Don't Soak Beans -- Brine 'Em
29. Baking Soda Makes Beans and Grains Soft
30. Rinsing (Not Soaking) Makes Rice Fluffy
31. Slicing Changes Garlic and Onion Flavor
32. Chile Heat Resides in Pith and Seeds
33. Bloom Spices to Boost Their Flavor
34. Not All Herbs Are for Cooking
35. Glutamates, Nucleotides Add Meaty Flavor
36. Emulsifiers Make Smooth Sauces
37. Speed Evaporation When Cooking Wine
38. More Water Makes Chewier Bread
39. Rest Dough to Trim Kneading Time
40. Time Builds Flavor in Bread
41. Gentle Folding Stops Tough Quick Breads
42. Two Leaveners Are Often Better Than One
43. Layers of Butter Makes Flaky Pastry
44. Vodka Makes Pie Dough Easy
45. Less Protein Makes Tender Cakes, Cookies
46. Creaming Butter Helps Cakes Rise
47. Reverse Cream for Delicate Cakes
48. Sugar Changes Texture (and Sweetness)
49. Sugar and Time Makes Fruit Juicer
50. Cocoa Powder Delivers Big Flavor

The only thing I would have loved was a trouble shooting / Q&A section - e.g. How do you keep meat from cooling too much when you rest it?

Overall a great book if you want to improve your cooking technique, and also if you just want to learn more about why things behave the way they do!

Update: Looks like "Look inside" is now available for this book so there's finally a table of contents! :) Since I've been cooking with the new concepts in mind, I'm happy with how my meat dishes (especially the stews) are turning out. I also tried using vodka instead of water to make pie crust (with the tip of putting a heated pan under the pie pan) and the pie crust turned out flaky and delicious as promised.

261 of 271 people found the following review helpful.

Full of information, good variety of recipes, great for when you have time to make it taste superb

By Mindy

I still consider myself an advanced beginner when it comes to cooking so I LOVE cookbooks like this where they explain WHY recipes are the way they are. Things I liked about this book:

1. They have 50 cooking concepts that are discussed in detail. These range from "A covered pot doesn't need water" to "starch helps cheese melt nicely." They tell you the concept, then explain the science behind it. Often the explanation comes with illustrations, tables and details of the experiments they did in the test kitchen. There were a lot of things I had never read/heard of before like how salt added to meat makes it more juicy, but salt added to vegetables takes the water out.

2. The book is brimming with tips, tricks and information. The index has information on how to pick out kitchen equipment like knives, pots and pans and tools; emergency ingredient substitutions are also given. The front of the book goes over basics like meat temperatures that indicate doneness, definitions of common cooking terms. (I now know what to do if a recipe calls for chiffonading herbs!)
3. The book has lots of recipes and a good variety of types. It really has a little bit of everything.
4. The book is very well put together. The pages are glossy, the binding is tight. Feels like it can withstand years of being used.

Things I didn't like:

1. The biggest pet peeve I have with this something many people will NOT have to worry about. I happen to have the The Cook's Illustrated Cookbook: 2,000 Recipes from 20 Years of America's Most Trusted Cooking Magazine and many (if not all) the recipes are the same. I randomly looked up about ten recipes and they were all duplicates. Some had more explanations on why they work, or might offer more variations, but so far I haven't found a single recipe that is not a duplicate. (I have not looked at every single recipe though, as I said, I just looked up a few in different categories.) That said, you would think I would be majorly upset but I'm not. There are so many tips and explanations in this book not found in the other one that I don't think it's a total loss. I just want to mention this in case you have the other book that there are no new recipes, but much new information.
2. There are no pictures of the recipes, but if you're familiar with Cooks Illustrated, this will not be new to you. Many of my "gourmet" cookbooks have no photos so this is a small thing. I just mention it in case there are people out there who are very visual and need photos.
3. The recipes are delicious but not simple. Cooking plain white rice has many additional steps. Basic Scrambled eggs is not basic; you've got to add two additional yolks and use half-and-half. That said, they give you a chart for "formula for perfect scrambled eggs" which I really liked.

With the three things I disliked, I still gave this 5 stars because I felt like people wouldn't really have my first problem, the second problem is trivial, and the third, well, this is a cookbook for when you want taste to matter. Maybe not for Monday night when you have less than thirty minutes to throw something together for the family, but definitely for Saturday night when the in-laws are in town and you want them to be blown away.

387 of 413 people found the following review helpful.

A Mad Scientist

By Buck Eye

Yes, I have a BS in food technology with a lot of chemistry, biochemistry, bacteriology, etc. background. So I found this book another interesting treatise on food science. Personally, I love it. My wife, with a BS in elementary education, 2 sons with accounting and finance degrees, and a mechanical engineering daughter, I am probably the only one in the family to love this book. If you want to cook, and want to know WHY things happen during the cooking process, this is a great book. The recipes in each section emphasize each subject.

If you like Alton Brown, Shirley Corriher, etc., then this book is for you.

If you watch America's Test Kitchen or Cook's Country on TV, and like the science section, buy the book. To me, the recipes may be redundant (400 recipes for 50 sections).

This is a great book if you want to take "Food Science 101" at home. Read each section carefully, then maybe try a suggested recipe to understand the chapter subject. If you want to know HOW, don't buy the book, but if you want to know WHY, place your order now.

But for me, at age 74, it is a great refresher course. It is definately a FIVE if this type of book interests you. With 50 sections, you could do one a week and take a two week sabbatical.

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