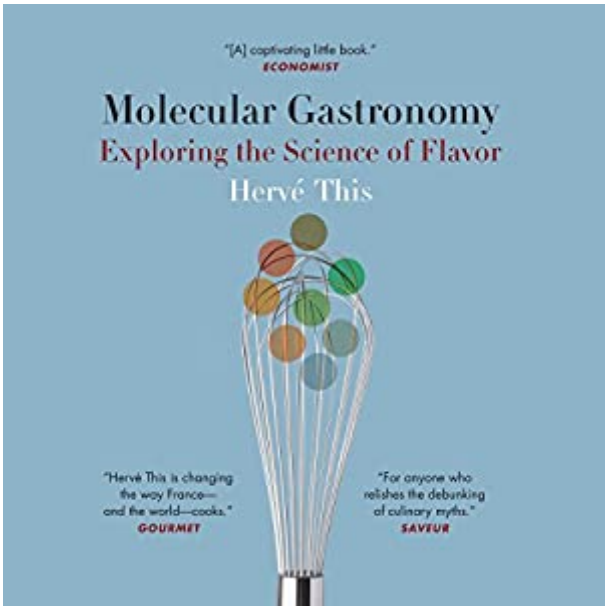
Molecular Gastronomy: Exploring The Science Of Flavor



Synopsis

HervÃƒÂ© This (pronounced "Teess") is an internationally renowned chemist, a popular French television personality, a bestselling cookbook author, a longtime collaborator with the famed French chef Pierre Gagnaire, and the only person to hold a doctorate in molecular gastronomy, a cutting-edge field he pioneered. Bringing the instruments and experimental techniques of the laboratory into the kitchen, 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. Looking to the future, HervÃƒÂ© This imagines new cooking methods and proposes novel dishes. A chocolate mousse without eggs? A flourless chocolate cake baked in the microwave? Molecular Gastronomy explains how to make them. This also shows us how to cook perfect French fries, why a soufflÃƒÂ© rises and falls, how long to cool champagne, when to season a steak, the right way to cook pasta, how the shape of a wine glass affects the taste of wine, why chocolate turns white, and how salt modifies tastes. --This text refers to the Paperback edition.

Book Information

Audible Audio Edition
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Publisher: Audible Studios
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Whispersync for Voice: Ready
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Customer Reviews

Having used many books about the science of cooking, this one helped, but most people will want to look elsewhere. I would recommend Potter's Cooking for Geeks or anything from America's Test Kitchen. Don't look here for many molecular gastronomy tips that will use chemicals or liquid nitrogen in the kitchen, this deals more with the science behind food and how humans interact with it. You will find a lack of recipes here as well.

For the casual or unprofessional reader a title like Molucular Gastronomy has the allure of eating a bowl of stewed prunes. It sounds like a drudge, but physical chemist author HervÃƒÂ© This on the staff of the Institut National de la Recherche Agronomique in Paris, applies science to questions of food, cooking and eating and keeps it fascinating. He applies science to questions of why does a tannic wine taste awful when paired with a salad tossed with an acidic dressing, does beef marinade better in a white or red wine, and the best ways to soften lentils. He breaks his book up into four parts. Part one covers kitchen issues and he dissects many old saws of cooking either explaining why the actually work or showing why they donÃƒÂ¢Ã â ¬Ã â„¢t. Part two looks at flavor and how it works. In part three he applies science to issues such as bread baking, lumps in food, foams, Spanish Hams and foie gras. Part 4 addresses how the scince of gastronomy will impact the cuisine of tomorrow. He breaks the book up into digestible little bits ÃƒÂ¢Ã â ¬Ã â œ the 361 page book contains 101 subparts and subtracting out the introductions, the subparts run a page or two. Here and there they get a little technical but the majority are accessible to nontechnical reader while still of interest to the technical. Anyone interested in food, cooking or eating should find this book a fun read.

THIS IS A HEAVY STUFF TO READ, TAKE YOUR TIME TO EXPLORE THE SCIENCE OF FLAVOR AND IT IS THE WAY FRENCH AND THE REST OF THE WORLD COOKS GOURMET

This book is one of many that points to the relationship between science and the culinary arts: to the physical and chemical magician behind the curtain of delight. A book that attempts to do that has certain responsibilities and the greatest of these may be accuracy. I lost count of the mistakes, but some of the simplest are the temperature conversions from celcius to fahrenheit. The cook

attempting any of the procedures in the book should double-check the temperatures recommended and the fahrenheit-based cook should just beware.The other important duty of such a book is clarity. Molecular Gastronomy isn't so much translated from the French as it transcribed by machine. Very often it's impossible to figure out through the haze of translation what the author is actually recommending.On a lesser level, one could ask for a bit of originality and this book does have a bit. The level of ambition is also lamentably low: does anyone really think that putting a spoon in a champagne bottle delays the decarbonation? Are blowing and stirring the only methods of cooling over-hot coffee? How concerned are you that the yolk of your hard-boiled egg be centered in the white?For most readers, Harold McGee's splendidÃ Â On Food and Cooking: The Science and Lore of the KitchenÃ Â is vastly superior.

I love thinking about the science of food. I love cooking.This book was interesting, though not necessarily engaging. I would recommend this to anyone who really likes Molecular Gastronomy and wants to have some fun trying things out in the kitchen.For those just getting into it, or those who are more 'dabbling' try Harold McGee's "On Food and Cooking."

There's a lot of great info in it. But that's it. Nothing you don't get by buying a recipe book. I am not happy with this book. I think you're better off to buy a more expensive, higher rated recipe book than this. Unless all you want is info.

Awesome book for the scientist and non-scientist alike. It is a wonderful reference book as well as a great way to learn something you did not know before.

Fantastic read if you're looking for something that gets more into the actual process of cooking, rather than a collection of recipes

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