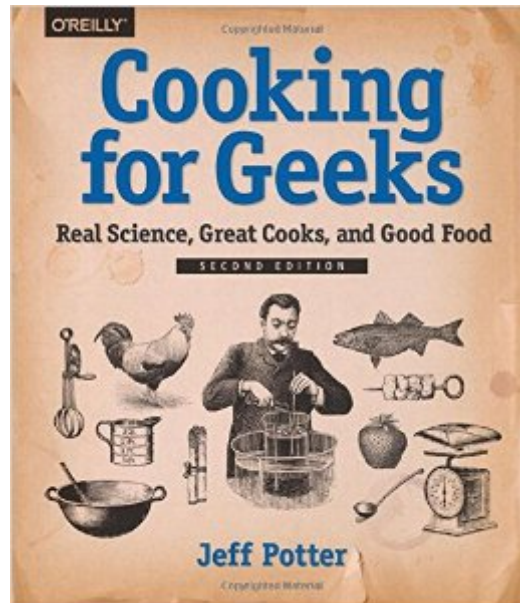


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# Cooking For Geeks: Real Science, Great Cooks, And Good Food



## Synopsis

Why do we cook the way we do? Are you the innovative type, used to expressing your creativity instead of just following recipes? Do you want to learn to be a better cook or curious about the science behind what happens to food as it cooks? More than just a cookbook, *Cooking for Geeks* applies your curiosity to discovery, inspiration, and invention in the kitchen. Why do we bake some things at 350°F/175°C and others at 375°F/190°C? Why is medium-rare steak so popular? And just how quickly does a pizza cook if we overclock an oven to 1,000 F/540 C? Author and cooking geek Jeff Potter provides the answers to these questions and more, and offers his unique take on recipes -- from the sweet (a patent-violating chocolate chip cookie) to the savory (slow-cooked brisket). This book is an excellent and intriguing resource for anyone who enjoys cooking or wants to experiment in the kitchen. Discover what type of cook you are and calibrate your tools. Learn about the important reactions in cooking, such as protein denaturation, Maillard reactions, and caramelization, and how they impact the foods we cook. Gain firsthand insights from interviews with researchers, food scientists, knife experts, chefs, writers, and more, including author Harold McGee, TV personality Adam Savage, and chemist Hervé This.

## Book Information

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## Customer Reviews

450 Pages of Answers to 'How?' and 'Why?' to Satisfy the Curious, Smart Geek If you're the creative type, you need more than traditional recipes to master the kitchen. Whether you're a science geek or a food geek, knowing how and why recipes work means you can refine your cooking, debug mistakes, and improvise toward deliciousness.

Understanding the science of cooking will boost your culinary game. With six chapters covering everything from how your sense of smell works to the chemistry of food, you'll look at cooking in a whole new way!

**Over 100 Recipes to Illustrate the Science** From the simple pancake to a crazy 500 pound donut, every recipe uses science to develop great culinary technique. Each recipe gives both American and metric measurements, and because the recipes are grouped by concept, you'll learn to think about food based on the underlying principles. One chapter covers the key temperatures in cooking so that you notice the patterns as the heat is cranked up. Another section looks at how water and air impact your baking, whether with yeast, egg whites, or baking soda. And a chapter on hardware explores everything from pressure cookers to liquid nitrogen and blow torches.

**20+ Interviews with Chefs, Writers, and Researchers** Gain insights into how chefs think in interviews with talented cooks like Jacques Pépin, Bridget Lancaster, and Deborah Madison. Learn how Adam Savage tackles scientific testing and how 'On Food and Cooking' author Harold McGee approaches food mysteries. Geek out with 'Modernist Cuisine' co-author Nathan Myhrvold, molecular gastronomy researcher Hervé This, and knife expert Buck Raper. With 20+ in-depth interviews, there's a wealth of learning for serious cooks and hungry scientists alike.

**Completely Rewritten Second Edition** Same geeky humor; new recipes, scientific details, interviews, and labs. For foodies who love to read, you'll find new interviews with culinary pros. If you're into science, you'll find new sidebars covering everything from the difference between beet and cane sugar to how Sherlock Holmes would tell where his tomato was grown (hint: isotopomers). This new edition also introduces a dozen labs for geeky parents wanting to experiment with their kids. With the entire text updated and revised, there's lots of new material to delight home cooks and pros alike.

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