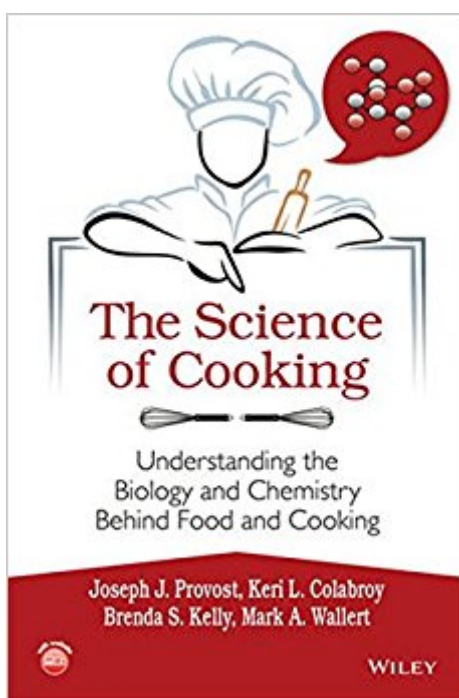


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The Science Of Cooking: Understanding The Biology And Chemistry Behind Food And Cooking



Synopsis

Written as a textbook with an online laboratory manual for students and adopting faculties, this work is intended for non-science majors / liberal studies science courses and will cover a range of scientific principles of food, cooking and the science of taste and smell. Chapters include: The Science of Food and Nutrition of Macromolecules; Science of Taste and Smell; Milk, Cream, and Ice Cream, Metabolism and Fermentation; Cheese, Yogurt, and Sour Cream; Browning; Fruits and Vegetables; Meat, Fish, and Eggs; Dough, Cakes, and Pastry; Chilies, Herbs, and Spices; Beer and Wine; and Chocolate, Candy and Other Treats. Each chapters begins with biological, chemical, and /or physical principles underlying food topics, and a discussion of what is happening at the molecular level. This unique approach is unique should be attractive to chemistry, biology or biochemistry departments looking for a new way to bring students into their classroom. There are no pre-requisites for the course and the work is appropriate for all college levels and majors.

Book Information

Paperback: 544 pages

Publisher: Wiley; 1 edition (May 2, 2016)

Language: English

ISBN-10: 1118674200

ISBN-13: 978-1118674208

Product Dimensions: 6.1 x 1.4 x 9 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #101,012 in Books (See Top 100 in Books) #52 in Books > History >

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Customer Reviews

I think I ordered this twice, as a kindle copy and as a paperback. The complete title of this textbook is: THE SCIENCE OF COOKING: UNDERSTANDING THE CHEMISTRY AND BIOLOGY BEHIND FOOD AND COOKING. Jointly authored by 4 or 5 great people in the field of chemistry and biology. They do research such as what phenomenon in the cooking of the food or molecular composition of the food that can/may cause cancer for instance. (I hope am explaining it accurately). Anyway the writers of the book are doctors too or researchers and have families. Now before I report inaccuracy in my review of this thought provoking texting, allow me to just quote verbatim what caught my

attention foremost, at least initially:"Food was discovered to be tastier due to the heat-induced chemical reactions between the oxygen in the air and the fat, proteins, and sugar in the meat. Harnessing the knowledge of what is happening to our food at the molecular level is something that good scientists and chefs use to create new appetizing food and cooking techniques."

Very, very detailed chemistry, almost like organic chemistry.

When I first saw this book I thought the title was quite interesting. After I spent some time in it I was completely amazed! All of us at one time or another have thought, "why does this happen to a certain food" or "why do I like Pot Roast or Hot sauce so much?" These questions are answered on a basic level where anyone can understand. The authors of this book have answered questions that I had but didn't even know how to ask! I have known teachers in elementary school through college that would on occasion tell me questions their students have asked about food and science that they never knew how to answer. They told me most of the time they responded by saying "well thats just how it works." This book answers those questions! It is written in a scientific manner for an MD or phd to read but they bring it down to a level that everyone can understand. My 10 year old patients love what this book says about chocolate chip cookies!! As an MD, I wish I would have had this book as a reference when I was in medical school taking biochemistry. It would have proved to be an excellent resource as well as a time saving one.

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