

The Food Lab Better Home Cooking Through Science

Health Care Administration: Managing Organized Delivery Systems, Fifth Edition provides graduate and pre-professional students with a comprehensive, detailed overview of the numerous facets of the modern healthcare system, focusing on functions and operations at both the corporate and hospital level. The Fifth Edition of this authoritative text comprises several new subjects, including new chapters on patient safety and ambulatory care center design and planning. Other updated topics include healthcare information systems, management of nursing systems, labor and employment law, and financial management, as well discussions on current healthcare policy in the United States. Health Care Administration: Managing Organized Delivery Systems, Fifth Edition continues to be one of the most effective teaching texts in the field, addressing operational, technical and organizational matters along with the day-to-day responsibilities of hospital administrators. Broad in scope, this essential text has now evolved to offer the most up-to-date, comprehensive treatment of the organizational functions of today's complex and ever-changing healthcare delivery system.

Presents a collection of more than one thousand recipes along with cooking tutorials and opinions on equipment and ingredients. Gives basic and essential knowledge of Chinese cookery, with recipes of Mandarin, Shanghai, Chongqing and Cantonese origin simplified for Americans.

Best-selling author J. Kenji López-Alt introduces Pipo, a girl on a quest to prove that pizza is the best food in the world. Pipo thinks that pizza is the best. No, Pipo knows that pizza is the best. It is scientific fact. But when she sets out on a neighborhood-spanning quest to prove it, she discovers that “best” might not mean what she thought it means. Join Pipo as she cooks new foods with her friends Eugene, Farah, Dakota, and Ronnie and Donnie. Each eating experiment delights and stuns her taste buds. Is a family recipe for bibimbap better than pizza? What about a Moroccan tagine that reminds you of home? Or is the best food in the world the kind of food you share with the people you love? Warm and funny, with bright, whimsical illustrations by Gianna Ruggiero, *Every Night Is Pizza Night* is a story about open-mindedness, community, and family. With a bonus pizza recipe for young readers to cook with their parents, *Every Night Is Pizza Night* will make even the pickiest eaters hungry for something new.

The Food Lab: Better Home Cooking Through Science W. W. Norton & Company

Winner of the 2018 James Beard Foundation Book Award (Baking and Desserts) A New York Times bestseller and named a Best Baking Book of the Year by the Atlantic, the Wall Street Journal, the Chicago Tribune, Bon Appétit, the New York Times, the Washington Post, Mother Jones, the Boston Globe, USA Today, Amazon, and more "The most groundbreaking book on baking in years. Full stop."—*Saveur* From One-Bowl Devil's Food Layer Cake to a flawless Cherry Pie that's crisp even on the very bottom, *BraveTart* is a celebration of classic American desserts. Whether down-home delights like Blueberry Muffins and Glossy Fudge Brownies or supermarket mainstays such as Vanilla Wafers and Chocolate Chip Cookie Dough Ice Cream, your favorites are all here. These meticulously tested recipes bring an award-winning pastry chef's expertise into your kitchen, along with advice on how to “mix it up” with over 200 customizable variations—in short, exactly what you'd expect from a cookbook penned by a senior editor at Serious Eats. Yet *BraveTart* is much more than a cookbook, as Stella Parks delves into the surprising stories of how our favorite desserts came to be, from chocolate chip cookies that predate the Tollhouse Inn to the prohibition-era origins of ice cream sodas and floats. With a foreword by The Food Lab's J. Kenji López-Alt, vintage advertisements for these historical desserts, and breathtaking photography from Penny De Los Santos, *BraveTart* is sure to become an American classic.

Whether you've never picked up a knife or you're an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. --

The popular television cooking show host traces his rise from an intimidated thirteen-year-old apprentice to a famous chef, recounting his work under prestigious teachers, his journey to America, and his experiences with contemporaries.

Winner of the IACP Health & Special Diet Award Delicious, nutritious, quick, and easy recipes from bestselling author Dr. Andrew Weil's own kitchen. These days, fewer people than ever are cooking meals at home. Convincing ourselves that we don't have time to cook, we've forgotten how fast, simple, and wonderfully satisfying it can be to prepare delicious meals in our own kitchens for the people we love. In *FAST FOOD, GOOD FOOD*, bestselling author Dr. Andrew Weil reminds us, with more than 150 easy-to-prepare recipes for delectable dishes that are irresistibly tasty and good for you. These recipes showcase fresh, high-quality ingredients and hearty flavors, like Buffalo Mozzarella Bruschetta, Five-Spice Winter Squash Soup, Greek Style Kale Salad, Pappardelle with Arugula Walnut Pesto, Pan-Seared Halibut with Green Harissa, Coconut Lemon Bars, and Pomegranate Margaritas. With guidance on following an anti-inflammatory diet and mouth-wateringly gorgeous photographs, *FAST FOOD, GOOD FOOD* will inspire the inner nutritionist and chef in every reader.

In 1975, *Gourmet* magazine published a series on traditional Japanese food —the first of its kind in a major American food magazine — written by a graduate of the prestigious Yanagihara School of classical cuisine in Tokyo. Today, the author of that groundbreaking series, Elizabeth Andoh, is recognized as the leading English-language authority on the subject. She shares her knowledge and passion for the food culture of Japan in *WASHOKU*, an authoritative, deeply personal tribute to one of the world's most distinctive culinary traditions. Andoh begins by setting forth the ethos of washoku (traditional Japanese food), exploring its nuanced approach to balancing flavor, applying technique, and considering aesthetics hand-in-hand with nutrition. With detailed descriptions of ingredients complemented by stunning full-color photography, the book's comprehensive chapter on the Japanese pantry is practically a book unto itself. The recipes for soups, rice dishes and noodles, meat and poultry, seafood, and desserts are models of clarity and precision, and the rich cultural context and practical notes that Andoh provides help readers master the rhythm and flow of the washoku kitchen. Much more than just a collection of recipes, *WASHOKU* is a journey through a cuisine that is rich in history and as handsome as it is healthful. Awards 2006 IACP Award Winner Reviews “This extensive volume is clearly intended for the cook serious about Japanese food.”—*Minneapolis Star Tribune* “. . . scholarly, yet inspirational . . . a foodie might just sit back and read for sheer enjoyment and edification.”—*Milwaukee Journal Sentinel*

Beloved food writer and founder of Serious Eats Ed Levine tells the story of his misadventures building - and almost losing - the business that became one of the most acclaimed and valuable food websites in the world.

Luminous at dawn and dusk, the Mekong is a river road, a vibrant artery that defines a vast and fascinating region. Here, along the

world's tenth largest river, which rises in Tibet and joins the sea in Vietnam, traditions mingle and exquisite food prevails. Award-winning authors Jeffrey Alford and Naomi Duguid followed the river south, as it flows through the mountain gorges of southern China, to Burma and into Laos and Thailand. For a while the right bank of the river is in Thailand, but then it becomes solely Lao on its way to Cambodia. Only after three thousand miles does it finally enter Vietnam and then the South China Sea. It was during their travels that Alford and Duguid—who ate traditional foods in villages and small towns and learned techniques and ingredients from cooks and market vendors—came to realize that the local cuisines, like those of the Mediterranean, share a distinctive culinary approach: Each cuisine balances, with grace and style, the regional flavor quartet of hot, sour, salty, and sweet. This book, aptly titled, is the result of their journeys. Like Alford and Duguid's two previous works, *Flatbreads and Flavors* ("a certifiable publishing event" —*Vogue*) and *Seductions of Rice* ("simply stunning"—*The New York Times*), this book is a glorious combination of travel and taste, presenting enticing recipes in "an odyssey rich in travel anecdote" (*National Geographic Traveler*). The book's more than 175 recipes for spicy salsas, welcoming soups, grilled meat salads, and exotic desserts are accompanied by evocative stories about places and people. The recipes and stories are gorgeously illustrated throughout with more than 150 full-color food and travel photographs. In each chapter, from Salsas to Street Foods, Noodles to Desserts, dishes from different cuisines within the region appear side by side: A hearty Lao chicken soup is next to a Vietnamese ginger-chicken soup; a Thai vegetable stir-fry comes after spicy stir-fried potatoes from southwest China. The book invites a flexible approach to cooking and eating, for dishes from different places can be happily served and eaten together: Thai Grilled Chicken with Hot and Sweet Dipping Sauce pairs beautifully with Vietnamese Green Papaya Salad and Lao sticky rice. North Americans have come to love Southeast Asian food for its bright, fresh flavors. But beyond the dishes themselves, one of the most attractive aspects of Southeast Asian food is the life that surrounds it. In Southeast Asia, people eat for joy. The palate is wildly eclectic, proudly unrestrained. In *Hot, Sour, Salty, Sweet*, at last this great culinary region is celebrated with all the passion, color, and life that it deserves.

The "concise, informative, indispensable" work by the grand master of cooking skills and methods—now completely revised and updated (Anthony Bourdain). For decades, Jacques Pépin has set the standard for culinary greatness and mastery of French cuisine—ever since his seminal works on kitchen how-tos, *La Méthode* and *La Technique*, hit the shelves in the seventies. Now Pépin revisits the works that made him a household name in a completely revised and updated edition of his classic book. Filled with thousands of photographs demonstrating techniques; new advice and tips; and hundreds of recipes ranging from simple to sublime, this is the must-have manual for any kitchen aficionado. Pépin offers step-by-step instructions on every aspect of cooking, including: learning basics, such as how to use knives correctly and how to cut a flawless julienne; conquering classic recipes, such as crêpes suzette and hollandaise sauce; creating whimsical and elegant decorations, such as olive rabbits and tomato flowers; tackling inventive ways of becoming a culinary superstar, such as turning an old refrigerator into a makeshift smoker; and much more. No matter the recipe or skill, Pépin has time-tested instructions on how to do it like the pros—and Jacques Pépin *New Complete Techniques* brings all of the master chef's secrets into one easy-to-use guide, guaranteed to please any palate, wow any guest, and turn any home cook into a gastronomic expert.

Adventurous cooks, curious foodies, and fans of spicy recipes. Break new ground with this spice book like no other. Explore the world's best spices, discover why certain spice mixes work, and how to use spices creatively. Be inspired to make your own new spice blends, and take your cooking to new heights. *The Science of Spice* will help you understand the practical science behind the art of cooking with spices. If you've ever wondered what to do with that unloved jar of sumac, why some spices taste stronger than others, or how to make your own personal garam masala, this inspirational guide has all the answers. *Spice* sets out the science behind the flavours and helps you choose, with greater confidence and intuition, how to use spices that perfectly complement each other. *Spice profiles* - organised by their dominant flavour compound - showcase the world's top spices, with recipe ideas, information on how to buy, use, and store, and more in-depth science to help you release the flavours and make your own spice connections, as well as a selection of recipes using innovative spice blends designed to brighten your palate and inspire your own culinary adventures. *The Science of Spice* is an indispensable kitchen companion that home cooks will turn to time and time again to learn and innovate.

Documents the author's experience in the United States' most influential cooking school, from the first classroom to the final kitchen, the American Bounty Restaurant. Original. 35,000 first printing.

A *New York Times* Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—*New York Times Book Review* Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As *Serious Eats*'s culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

Funny, outrageous, passionate, and unrelenting, *Vogue*'s food writer, Jeffrey Steingarten, will stop at nothing, as he makes clear in these forty delectable pieces. Whether he is in search of a foolproof formula for sourdough bread (made from wild yeast, of course) or the most sublime French fries (the secret: cooking them in horse fat) or the perfect piecrust (Fannie Farmer--that is, Marion Cunningham--comes to the rescue), he will go to any length to find the answer. At the drop of an apron he hops a plane to Japan to taste Wagyu, the hand-massaged beef, or to Palermo to scale Mount Etna to uncover the origins of ice cream. The love of choucroute takes him to Alsace, the scent of truffles to the Piedmont, the sizzle of ribs on the grill to Memphis to judge a barbecue contest, and both the unassuming and the haute cuisines of Paris demand his frequent assessment. Inevitably these pleasurable pursuits take their toll. So we endure with him a week at a fat farm and commiserate over low-fat products and dreary diet cookbooks to bring down the scales. But salvation is at hand when the French Paradox (how can they eat so richly and live so long?) is unearthed, and a "miraculous" new fat substitute, Olestra, is unveiled, allowing a plump gourmand to have his fill of fat without getting fatter. Here is the man who ate everything and lived to tell about it. And we, his readers, are hereby invited to the feast in this delightful book.

Here's a cookbook destined to be talked-about this season, rich in techniques and recipes epitomizing the way we cook and eat now. Bar Tartine—co-founded by Tartine Bakery's Chad Robertson and Elisabeth Prueitt—is obsessed over by locals and visitors, critics and chefs. It is a restaurant that defies categorization, but not description: Everything is made in-house and layered into extraordinarily flavorful food. Helmed by Nick Balla and Cortney Burns, it draws on time-honored processes (such as fermentation, curing, pickling), and a core that runs through the cuisines of Central Europe, Japan, and Scandinavia to deliver a range of dishes from soups to salads, to shared plates and sweets. With more than 150 photographs, this highly anticipated cookbook is a true original.

The obsessive mastermind behind one of the decade's best-selling cookbooks returns with the definitive English-language guide to the science and technique of cooking in a wok. J. Kenji López-Alt's debut cookbook, *The Food Lab*, revolutionized home cooking, selling more than half a million copies with its science-based approach to everyday foods. And for fast, fresh cooking for his family, there's one pan López-Alt reaches for more than any other: the wok. Whether stir-frying, deep frying, steaming, simmering, or braising, the wok is the most versatile pan in the kitchen. Once you master the basics—the mechanics of a stir-fry, and how to get smoky wok hei at home—you're ready to cook home-style and restaurant-style dishes from across Asia and the United States, including Kung Pao Chicken, Pad Thai, and San Francisco–Style Garlic Noodles. López-Alt also breaks down the science behind beloved Beef Chow Fun, fried rice, dumplings, tempura vegetables or seafood, and dashi-simmered dishes. Featuring more than 200 recipes—including simple no-cook sides—explanations of knife skills and how to stock a pantry, and more than 1,000 color photographs, *The Wok* provides endless ideas for brightening up dinner.

The year's top food writing from writers who celebrate the many innovative, comforting, mouthwatering, and culturally rich culinary offerings of our country. "These are stories about culture," writes J. Kenji López-Alt in his introduction. "About how food shapes people, neighborhoods, and history." This year's Best American Food Writing captures the food industry at a critical moment in history — from the confrontation of abusive kitchen culture, to the disappearance of the supermarkets, to the rise and fall of celebrity chefs, to the revolution of baby food. Spanning from New York's premier restaurants to the chile factories of New Mexico, this collection lifts a curtain on how food arrives on our plates, revealing extraordinary stories behind what we eat and how we live. **THE BEST AMERICAN FOOD WRITING 2020 INCLUDES BURKHARD BILGER, KAT KINSMAN, LAURA HAYES, TAMAR HASPEL, SHO SPAETH, TIM MURPHY and others**

Revive the lost arts of fermenting, canning, preserving, and creating your own ingredients. The Institute of Domestic Technology Cookbook is a collection of 250 recipes, ideas, and methods for stocking a kitchen, do-it-yourself foodcrafting projects, and cooking with homemade ingredients. The chapters include instructions on how to make your own food products and pantry staples, as well as recipes highlighting those very ingredients—for example, make your own feta and bake it into a Greek phyllo pie, or learn how to dehydrate leftover produce and use it in homemade instant soup mixes. • Each chapter includes instructions to make your own pantry staples, like ground mustard, sourdough starter, and miso paste. • Complete with recipes that utilize the very ingredients you made • Filled with informative and helpful features like flavor variation charts, extended tutorials, faculty advice, and instructional line drawings Also included are features like foodcrafting charts, historical tidbits, 100+ photos and illustrations, how-tos, and sidebars featuring experts and deans from the Institute, including LA-based cheese-makers, coffee roasters, butchers, and more. From the Institute of Domestic Technology, a revered foodcrafting school in Los Angeles, each chapter is based on the school's curriculum and covers all manners of techniques—such as curing, bread-baking, cheese-making, coffee-roasting, butchering, and more. • Complete with beautiful food photography, this well-researched and comprehensive cookbook will inspire chefs of all levels. • Great gift for foodcrafters, food geeks, food pioneers, farmers' market shoppers, as well as people who feel nostalgic for a slower way of life • Add it to the collection of books like *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking* by Samin Nosrat; *The Food Lab: Better Home Cooking Through Science* by J. Kenji López-Alt; and *The Homemade Pantry: 101 Foods You Can Stop Buying and Start Making* by Alana Chernila

A foodie's guide culled from the popular SeriousEats.com online community combines favorite recipes with lists of top-recommended eating spots, guides to regional food styles and unpretentious tips on how to eat well while traveling. Original. 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.

Get answers to all your cooking science questions, and cook tastier, more nutritious food using fundamental principles, practical advice, and step-by-step techniques. Where does the heat come from in a chili pepper? Why is wild salmon darker than farmed? Does searing meat really "seal in" the juices? A good recipe goes a long way, but if you can master the science behind it, you'll be one step ahead. Using full-color images, stats and facts through infographics, and an engaging Q&A format to show you how to perfect your cooking, *The Science of Cooking* brings food science out of the lab and into your kitchen. Topics include meat and poultry, seafood, dairy, pulses and grains, fruits, vegetables, spices, herbs, baked goods, and more, making it perfect for perfecting everyday cooking as well as for special meals.

The New York Times bestselling, IACP award-winning cookbook (and a *Cooking Light* Top 100 Cookbook of the Last 25 Years) from the celebrated food blogger and founder of smittenkitchen.com. Deb Perelman loves to cook. She isn't a chef or a restaurant owner—she's never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more than three million results. Where do you start? What if you pick a recipe that's downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, *The Smitten Kitchen Cookbook* is all about approachable, uncompromised home cooking. Here you'll find better uses for your favorite vegetables:

asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you'll bookmark and use so often they become your own, recipes you'll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

Why can you stick your hand into a 450-degree oven but not into 212-degree boiling water without burning it? Why does fish taste different from meat? Why do you cook pork differently from beef? Why should you always start cooking dried beans in cold water, not warm? Why should you never cook a Vidalia onion? What's the only kind of marinade that's really an effective tenderizer? Why is strawberry-rhubarb a good combination, scientifically speaking? And why don't potatoes fried in fresh oil ever brown completely, no matter how long they're cooked? "Cooking is full of questions that science can help you answer, questions that can make you a better cook," writes the award-winning Los Angeles Times food editor, Russ Parsons. In this entertaining book packed with fascinating tidbits, Parsons explores the science behind such basic cooking methods as chopping, mixing, frying, roasting, boiling, and baking. You'll learn why soaking beans can't offset their gaseous effects, why green vegetables shouldn't be cooked under a lid for long, which fruits you can buy unripe and which you should buy fully ripened, which thickener to choose for your turkey gravy, and which piecrust is foolproof for a beginner. Along the way, Parsons slips in hundreds of cooking tips, provocative trivia, and touches of wit that make his scientific explanations go down smoothly. He also includes more than a hundred recipes that deliciously exemplify the principles he describes, from Tuscan Potato Chips and Crisp-Skinned Salmon on Creamy Leeks and Cabbage to Chocolate Pots de Creme and Ultimate Strawberry Shortcake.

Presents twenty basic elements of cooking and explains their importance in order to become a better cook, from proper salting techniques to mastering such basic ingredients as eggs and butter.

From the Emmy-winning host of Lidia's Kitchen, best-selling author, and beloved ambassador for Italian culinary traditions in America comes the ultimate master class: a beautifully produced definitive guide to Italian cooking, coauthored with her daughter, Tanya—covering everything from ingredients to techniques to tools, plus more than 400 delectable recipes. Teaching has always been Lidia's passion, and in this magnificent book she gives us the full benefit of that passion and of her deep, comprehensive understanding of what it takes to create delicious Italian meals. With this book, readers will learn all the techniques needed to master Italian cooking. Lidia introduces us to the full range of standard ingredients—meats and fish, vegetables and fruits, grains, spices and condiments—and how to buy, store, clean, and cook with them. The 400 recipes run the full gamut from classics like risotto alla milanese and Tagliatelle with Mushroom Sauce to Lidia's always-satisfying originals like Bread and Prune Gnocchi and Beet Ravioli in Poppy Seed Sauce. She gives us a comprehensive guide to the tools every kitchen should have to produce the best results. And she has even included a glossary of cuisine-related words and phrases that will prove indispensable for cooking, as well as for traveling and dining in Italy. There is no other book like this; it is the one book on Italian cuisine that every cook will need.

Whether he's working with fire and a pan, your grandpa's slow cooker, or a cutting-edge sous vide setup, Hugh Acheson wants to make your cooking life easier, more fun, and more delicious. And while cooking sous vide—a method where food is sealed in plastic bags or glass jars, then cooked in a precise, temperature-controlled water bath—used to be for chefs in high-end restaurants, Hugh is here to help home cooks bring this rather friendly piece of technology into their kitchens. The beauty of sous vide is its ease and consistency—it can cook a steak medium-rare, or a piece of fish to tender, just-doneness every single time . . . and hold it there until you're ready to eat, whether dinner is in ten minutes or eight hours away. But to unlock the method's creative secrets, Hugh shows you how to get the best sear on that steak after it comes out of the bath, demonstrates which dishes play best with extra-long, extra-slow cooking, and opens up the whole world of vegetables to a technology most known for cooking meat and fish.

Alex Talbot and Aki Kamoza, husband-and-wife chefs and the forces behind the popular blog Ideas in Food, have made a living out of being inquisitive in the kitchen. Their book shares the knowledge they have gleaned from numerous cooking adventures, from why tapioca flour makes a silkier chocolate pudding than the traditional cornstarch or flour to how to cold smoke just about any ingredient you can think of to impart a new savory dimension to everyday dishes. Perfect for anyone who loves food, Ideas in Food is the ideal handbook for unleashing creativity, intensifying flavors, and pushing one's cooking to new heights. This guide, which includes 100 recipes, explores questions both simple and complex to find the best way to make food as delicious as possible. For home cooks, Aki and Alex look at everyday ingredients and techniques in new ways—from toasting dried pasta to lend a deeper, richer taste to a simple weeknight dinner to making quick "micro stocks" or even using water to intensify the flavor of soups instead of turning to long-simmered stocks. In the book's second part, Aki and Alex explore topics, such as working with liquid nitrogen and carbon dioxide—techniques that are geared towards professional cooks but interesting and instructive for passionate foodies as well. With primers and detailed usage guides for the pantry staples of molecular gastronomy, such as transglutaminase and hydrocolloids (from xanthan gum to gellan), Ideas in Food informs readers how these ingredients can transform food in miraculous ways when used properly. Throughout, Aki and Alex show how to apply their findings in unique and appealing recipes such as Potato Chip Pasta, Root Beer-Braised Short Ribs, and Gingerbread Soufflé. With Ideas in Food, anyone curious about food will find revelatory information, surprising techniques, and helpful tools for cooking more cleverly and creatively at home.

An indispensable new cookbook from James Beard Award-winning food writer Michael Ruhlman From Scratch looks at 10 favorite meals, including roast chicken, the perfect omelet, and paella—and then, through 175 recipes, explores myriad alternate pathways that the kitchen invites. A delicious lasagna can be ready in about an hour, or you could turn it into a project: try making and adding some homemade sausage. Explore the limits of from-scratch cooking: make your own pasta, grow your own tomatoes, and make your own homemade mozzarella and ricotta. Ruhlman tells you how. There are easy and more complex versions for most dishes, vegetarian options, side dishes, sub-dishes, and strategies for leftovers. Ruhlman reflects on the ways that cooking from scratch brings people together, how it can calm the nerves and focus the mind, and how it nourishes us, body and soul.

"Wolke is Martha Stewart with a PhD." —American Scientist "Wolke, longtime professor of chemistry and author of the Washington Post column Food 101, turns his hand to a Cecil Adams style compendium of questions and answers on food chemistry. Is there really a difference between supermarket and sea salt How is sugar made? Should cooks avoid aluminum pans? Interspersed

throughout Wolke's accessible and humorous answers to these and other mysteries are recipes demonstrating scientific principles. There is gravy that avoids lumps and grease; Portuguese Poached Meringue that demonstrates cream of tartar at work; and juicy Salt-Seared Burgers.... With its zest for the truth, this book will help cooks learn how to make more intelligent choices." —Publishers Weekly

The creators of the New York Times bestselling cookbook series Thug Kitchen are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. Thug Kitchen 101 includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the f*ck you're cooking. This kickass vegan kitchen primer also serves up health benefits and nutrition statistics to remind everyone, from curious newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and our pocketbooks. THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? Thug Kitchen's here to fix that sh*t: All recipes in TK 101 are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumbled home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy bullsh*t. Just delicious, healthy, homemade food for all the full-time hustlers out there. "Thug Kitchen backs up its bluster with good, solid recipes."--New York Times "Funny, self-aware, and full of delicious-looking recipes that I want to make right this second." --Epicurious.com "F*cking delicious."--Popsugar.com

Blurring the line between everyday and special occasion cooking, Nadine Levy Redzepi elevates simple comfort food flavors to elegant new heights in Downtime. When you're married to Noma's Rene Redzepi you never know who might drop by for dinner... So Nadine Redzepi has developed a stripped-down repertoire of starters, mains, and desserts that can always accommodate a few more at the table, presenting them in a stylish yet relaxed way that makes guests feel like family--and makes family feel special every single day. Gone are the days when the cook is expected to labor alone in the kitchen while family or guests wait for their meal. In the Redzepi home everyone gravitates toward the kitchen to socialize, help, or graze on tasty bites while dinner is prepared, and Nadine wouldn't have it any other way. Her culinary mantra – pair the very best ingredients with restaurant-inflected techniques that make the most of out their inherent flavors -- puts deliciousness at home well within reach for cooks of all levels. In Nadine's confident hands, weeknight mainstays like tomato bruschetta, pan-seared pork chops, slow-roasted salmon, or dark, fudgy brownies feel new again. Each recipe is studded with tips to help cooks build confidence and expertise as they cook, as well as restaurant-ready techniques that contribute precision, flavor, and plate appeal to even down-to-earth preparations. With a newfound mastery of essential building blocks like homemade mayonnaise and beurre blanc, a flavorful tomato sauce, or a genius do-it-all cake batter that can be reinvented in a myriad of ways, creating showstoppers like White Asparagus with Truffle Sauce; Rotini with Spicy Chicken Liver Sauce; or a decadent Giant Macaron Cake – just as Nadine does on a daily basis--soon becomes second nature. Downtime is a celebration of the joys of cooking well –and making it look easy while you do it, an aspirational guide for any cook ready to take their home cooking to the next level without sacrificing ease or enjoyment in the process.

Named one of the Best Fall Cookbooks 2020 by The New York Times, Eater, Epicurious, Food & Wine, Forbes, Saveur, Serious Eats, The Smithsonian, The San Francisco Chronicle, The Los Angeles Times, The Boston Globe, The Chicago Tribune, CNN Travel, The Kitchn, Chowhound, NPR, The Art of Eating Longlist 2021 and many more; plus international media attention including The Financial Times, The Globe and Mail, The Telegraph, The Guardian, The Independent, The Times (U.K.), Delicious Magazine (U.K.), The Times (Ireland), and Vogue India and winner of The Guild of U.K. Food Writers (General Cookbook). Finalist for the 2021 IACP Cookbook Award. "The Flavor Equation" deserves space on the shelf right next to "Salt, Fat, Acid, Heat" as a titan of the how-and-why brigade."– The New Yorker "Deep and illuminating, fresh and highly informative... a most brilliant achievement." – Yotam Ottolenghi "[A] beautiful and intelligent book." – J. Kenji López-Alt, author The Food Lab and Chief Consultant for Serious Eats.com Aroma, texture, sound, emotion—these are just a few of the elements that play into our perceptions of flavor. The Flavor Equation demonstrates how to convert approachable spices, herbs, and commonplace pantry items into tasty, simple dishes. In this groundbreaking book, Nik Sharma, scientist, food blogger, and author of the buzz-generating cookbook Season, guides home cooks on an exploration of flavor in more than 100 recipes. • Provides inspiration and knowledge to both home cooks and seasoned chefs • An in-depth exploration into the science of taste • Features Nik Sharma's evocative, trademark photography style The Flavor Equation is an accessible guide to elevating elemental ingredients to make delicious dishes that hit all the right notes, every time. Recipes include Brightness: Lemon-Lime Mintade, Saltiness: Roasted Tomato and Tamarind Soup, Sweetness: Honey Turmeric Chicken Kebabs with Pineapple, Savoriness: Blistered Shishito Peppers with Bonito Flakes, and Richness: Coconut Milk Cake. • A global, scientific approach to cooking from bestselling cookbook author Nik Sharma • Dives deep into the most basic of our pantry items—salts, oils, sugars, vinegars, citrus, peppers, and more • Perfect gift for home cooks who want to learn more beyond recipes, those interested in the science of food and flavor, and readers of Lucky Peach, Serious Eats, Indian-Ish, and Koreatown • Add it to the shelf with cookbooks like The Food Lab: Better Home Cooking Through Science by J. Kenji López-Alt; Ottolenghi Flavor: A Cookbook by Yotam Ottolenghi; and Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking by Samin Nosrat.

Simple science is all that's required for transforming dinner from a good dish and making it a great dish. Jessica Gavin, culinary scientist, teaches recipes that help make meals that are better, faster and more delicious any night of the week. This practical and unique cookbook will help take your cooking to the next level by uncovering the science behind cooking great food. Recipes will be infused with Jessica's food science knowledge, and categories include 15-minute recipes, recipes by technique/device (slow cooker, pressure cooker), baking and more. This book will feature 75 recipes and 60 photographs.

Winner of the 2009 James Beard Book Award for Best Book: Reference and Scholarship A groundbreaking guide to modern flavor pairings that will revolutionize the way you cook. Great cooking goes beyond following a recipe -- it's knowing how to season ingredients to coax the greatest possible flavor from them. Drawing on dozens of leading chefs' combined experience in top restaurants across the country, Karen Page and Andrew Dornenburg present the definitive guide to creating "deliciousness" in any dish. Thousands of ingredient entries, organized alphabetically and cross-referenced, provide a treasure trove of spectacular flavor combinations. Readers will learn to work more intuitively and effectively with ingredients; experiment with temperature and texture; excite the nose and palate with herbs, spices, and other seasonings; and balance the sensual, emotional, and spiritual elements of an extraordinary meal. Seasoned with tips, anecdotes, and signature dishes from America's most imaginative chefs, The Flavor Bible is an essential reference for every kitchen.

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

A Weissman once said... "...can we please stop with the barrage of 2.3 second meals that only need 1 ingredient? I get it...we're busy. But let's refocus on the fact that beautifully crafted burgers don't grow on trees." Ironically this sounds a lot like he's trying to convince you to

cook, but he's really not. Is this selling the cookbook? The point is that the food in this book is an invitation that speaks for itself. Great cooking does, and should, take time. Now is the time to double down and get your head in the cooking game. Or you know, don't. Maybe get someone else to cook this stuff for you...that works too. How can you know if something is your favorite if 50 to 80 percent of the stuff you've been eating was made by someone else? Butter, condiments, cheese, pickles, bread, patties, and buns. For the superlative gastronomic experience, you can (and should, to be honest) make these from scratch. Create the building blocks necessary to make the greatest meal of your life. While you're at it, why not give it the Joshua Weissman twist? Afterall, it's hard to buy lacto-fermented white asparagus with black garlic at the local grocery store. From simple staples to sophisticated curiosities and from gourmet to deep-fried, you are the master of your own kitchen, and you'll make it all, on your terms. With no regrets, excuses, or apologies, Joshua Weissman will instruct you how with his irreverent humor, a little bit of light razzing, and over 100 perfectly delectable recipes. If you love to host and entertain; if you like a good project; if you crave control of your food; if fast food or the frozen aisle or the super-fast-super-easy cookbook keeps letting your tastebuds down; then Joshua Weissman: An Unapologetic Cookbook is your ideal kitchen companion.

Crucial formulas for baking success--an updated edition of the classic reference What do virtually all breads and desserts have in common? They rely on baking formulas, the building block "recipes" that every serious baker must master. For example, behind every tempting napoleon lies a formula for classic puff pastry, while a truly heavenly chocolate brownie cannot exist without the knowledge of how to temper chocolate. Compiled by a veteran instructor at The Culinary Institute of America, this authoritative reference contains 200 completely up-to-date formulas using essential ingredients found in today's pastry kitchens. From American Pie Dough and Pâté Brisée to Pastry Cream and Crème Anglaise, these recipes are written in small- and large-yield versions to accommodate the needs of the serious home baker as well as the pastry chef.

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