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Complete Idiot's Guide to Fermenting Foods The Family Meal **The Science of Cooking** *The Food Lab: Better Home Cooking Through Science* **Cooking at Home On Cooking: A Textbook of Culinary Fundamentals with Study Guide and Mastercook CD** Cooking for Geeks The Wok: Recipes and Techniques **Mastering the Art of French Cooking, Volume 1** The Blue Apron Cookbook **Principles of Cooking** *All in the Cooking* **On Cooking** **Baker Bettie's Better Baking Book**

The bible of the Irish kitchen, back at last by popular demand First published in 1946, *All in the Cooking* was a popular textbook in Irish schools until well into the 1970s. It shaped and inspired generations of cooks with its fundamental principles of home economics and classic recipes. With a natural emphasis on local ingredients, *All in the Cooking* covers everything a home cook could want to make - from soups and sauces to fish and meat dishes, breads, cakes and desserts - and offers invaluable instructions for handling ingredients, organising your kitchen and planning meals. This classic edition of *All in the Cooking* is a perfect gift for those who remember it fondly from their schooldays, and an essential manual even for the modern kitchen. 'an absolute true gem to add to my cookbook collection' farmette.ie on *All in the Cooking* This package contains the following components: -0131713329: *Cooking Techniques* DVD - 013715576X: *On Cooking: A Textbook of Culinary*

Fundamentals -0135108896: Study Guide for On Cooking: A Textbook of Culinary Fundamentals For use in introductory culinary arts courses and food and beverage programs. Attractively designed and extensively illustrated with colour photographs, this Canadian introduction to cooking and food preparation presents information that is relevant to today's Canadian student. It contains information about Canadian regulations (cuts of meat, grading systems for meat and produce, etc.) and national standards for professional cooks. A comprehensive introduction to the culinary trade, it teaches students cooking fundamentals, focusing on general procedures first, then presenting specific applications and hundreds of sample recipes. For nearly two decades, On Cooking: A Textbook of Culinary Fundamentals has instructed thousands of aspiring chefs in the culinary arts. The Fifth Edition Update continues its proven approach to teaching both the principles and practices of culinary fundamentals while guiding you toward a successful career in the culinary arts. Teaching and Learning Experience: The text's time-tested approach is further enhanced with MyCulinaryLab(tm), a dynamic online learning tool that helps you succeed in the classroom. MyCulinaryLab(tm) enables you to study and master content online-in your own time and at your own pace Builds a strong foundation based on sound fundamental techniques that focus on six areas essential to

a well-rounded culinary professional--Professionalism, Preparation, Cooking, Garde Manger, Baking, and Presentation A wealth of chapter features helps you learn, practice, and retain concepts 0133829170 / 9780133829174 On Cooking Update Plus MyCulinaryLab with Pearson eText -- Access Card Package Package consists of: 0133458555 / 9780133458558 On Cooking Update 0133780163 / 9780133780161 MyCulinaryLab with Pearson eText -- Access Card -- for On Cooking Update When you're cooking, you're a chemist! Every time you follow or modify a recipe, you are experimenting with acids and bases, emulsions and suspensions, gels and foams. In your kitchen you denature proteins, crystallize compounds, react enzymes with substrates, and nurture desired microbial life while suppressing harmful bacteria and fungi. And unlike in a laboratory, you can eat your experiments to verify your hypotheses. In *Culinary Reactions*, author Simon Quellen Field turns measuring cups, stovetop burners, and mixing bowls into graduated cylinders, Bunsen burners, and beakers. How does altering the ratio of flour, sugar, yeast, salt, butter, and water affect how high bread rises? Why is whipped cream made with nitrous oxide rather than the more common carbon dioxide? And why does Hollandaise sauce call for “clarified” butter? This easy-to-follow primer even includes recipes to demonstrate the concepts being

discussed, including: & Whipped Creamsicle Topping—a foam & Cherry Dream Cheese—a protein gel & Lemonade with Chameleon Eggs—an acid indicator #1 New York Times Bestseller • #1 Washington Post Bestseller • One of Time's 10 Most Anticipated Cookbooks of 2022 From J. Kenji López-Alt, the author of the best-selling cookbook *The Food Lab: the definitive 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. This package contains the following components: -0135118050: On Cooking: A Textbook of Culinary Fundamentals To Go -0135101530: MyCulinaryLab "The eagerly anticipated follow-up to Heidi Swanson's James Beard-nominated Super Natural Cooking features 100 vegetarian recipes for nutritious, gratifying, weekday-friendly dishes from the popular blogger behind 101 Cookbooks. In Super Natural Cooking, Heidi taught us how to navigate a healthier, less-processed world of cooking by restocking our pantries and getting acquainted with organic, nutrient-rich whole foods. Now, in Super Natural Every Day, Heidi presents a sumptuous collection of seductively flavored dishes that are simple enough to prepare for breakfast on the fly, a hearty brown bag lunch, or a weeknight dinner with friends. Nearly 100 vegetarian recipes, including Pomegranate-Glazed Eggplant, Black Sesame Otsu, Mostly Not Potato Salad, Chickpea Saffron Stew, Salted Buttermilk Cake, and a new version of the ever-popular Pan-Fried Beans and Greens, are presented in Heidi's signature nonpreachy style. Gorgeously photographed, this stylish cookbook reveals the beauty of uncomplicated food prepared well and reflects a realistic yet gourmet approach to a healthy and sophisticated urban lifestyle"-- Note: If you are purchasing an electronic version, MyCulinaryLab does not come automatically packaged with it. To purchase MyCulinaryLab, please visit

www.myculinarylab.com or you can purchase a package of the physical text and MyCulinaryLab by searching for ISBN 10: 0133524620 / ISBN 13: 9780133524628. An undisputed market leader, *On Cooking* by Sarah R. Labensky et al. continues to provide the knowledge, training and inspiration that aspiring chefs need to succeed. Because learning to cook entails much more than simply learning to follow a recipe, this sixth Canadian edition has been revised to focus on culinary principles with supporting recipes in the text. The text addresses the requirements of the Interprovincial Standards Red Seal Program: mastering the concepts, skills, and techniques in *On Cooking, Sixth Canadian Edition* provides students with all the tools they need to succeed in their Red Seal examination and in their career. This package contains the following components: -0131713272: *On Cooking: A Textbook of Culinary Fundamentals* -0131716727: *Prentice Hall Dictionary of Culinary Arts, The: Academic Version* -0131713388: *Study Guide* This is a reproduction of a book published before 1923. This book may have occasional imperfections such as missing or blurred pages, poor pictures, errant marks, etc. that were either part of the original artifact, or were introduced by the scanning process. We believe this work is culturally important, and despite the imperfections, have elected to bring it back into print as part of our continuing commitment to the preservation of printed works

worldwide. We appreciate your understanding of the imperfections in the preservation process, and hope you enjoy this valuable book. Do you crave food all the time? Do you think you might want to eat again in the future? Do you suck at cooking? Inspired by the wildly popular YouTube channel, these 60+ recipes will help you suck slightly less You already know the creator of the YouTube show You Suck at Cooking by his well-manicured hands and mysterious voice, and now you'll know him for this equally well-manicured and mysterious tome. It contains more than sixty recipes for beginner cooks and noobs alike, in addition to hundreds of paragraphs and sentences, as well as photos and drawings. You'll learn to cook with unintimidating ingredients in dishes like Broccoli Cheddar Quiche Cupcake Muffin-Type Things, Eddie's Roasted Red Pepper Dip (while also learning all about Eddie's sad, sad life), Jalapeño Chicken, and also other stuff. In addition, there are cooking tips that can be applied not only to the very recipes in this book, but also to recipes outside of this book, and to all other areas of your life (with mixed results). In the end, you just might suck slightly less at cooking.* *Results not guaranteed A new edition of the iconic chef's globally bestselling home-cooking book, published on the 10th anniversary of its first release What does Ferran Adrià eat for dinner -- and how did he feed the hard-working staff at his fabled elBulli, the first

'destination restaurant', nestled on the Mediterranean coast north of Barcelona? The Family Meal features a month's worth of three-course menus created for and by Ferran and his team -- meals that nourished and energized them for each evening's service. It's the first -- and only -- book of everyday recipes by the world's most influential chef, now with a brand-new foreword by Ferran himself. In an era of outfitted home kitchens and food fascination, it's no wonder home cooks who never learned the fundamentals of the kitchen are intimidated. Twenty years ago, James Peterson could relate, and so he taught himself by cooking his way through professional kitchens and stacks of books, logging the lessons of his kitchen education one by one. Now one of the country's most revered cooking teachers, Peterson provides the confidence-building instructions home cooks need to teach themselves to cook consistently with ease and success. COOKING is the only all-in-one instructional that details the techniques that cooks really need to master, teaches all the basic recipes, and includes hundreds of photos that illuminate and inspire. • Cooking authority James Peterson's definitive, all-inclusive learn-to-cook cookbook. • 600 hard-working recipes everyone should know how to make--from the perfect roasted chicken to bouillabaisse and apple pie. • 1,500 instructional photos, showing exactly how recipes are made, teach food-literate novices to cook with confidence and more advanced cooks to expand their

repertoire. • James Peterson has more than 1 million cookbooks in print. From the Hardcover edition. Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy. Based on the popular Harvard University and edX course, *Science and Cooking* explores the scientific basis of why recipes work. The spectacular culinary creations of modern cuisine are the stuff of countless articles and social media feeds. But to a scientist they are also perfect pedagogical explorations into the basic scientific principles of cooking. In *Science and Cooking*, Harvard professors Michael Brenner, Pia Sørensen, and David Weitz bring the classroom to your kitchen to teach the physics and chemistry underlying every recipe. Why do we knead bread? What determines the temperature at which we cook a steak, or the amount of time our chocolate chip cookies spend in the oven? *Science and Cooking* answers these questions and more through hands-on experiments and recipes from renowned chefs such as Christina Tosi, Joanne Chang, and Wylie Dufresne, all beautifully illustrated in full color. With engaging introductions from revolutionary chefs and collaborators Ferran Adria and José Andrés, *Science and Cooking* will change the way you approach both subjects—in your kitchen and beyond. 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. **NEW YORK TIMES BESTSELLER** • The founder of Momofuku cooks at home . . . and that means mostly ignoring recipes, using tools like the microwave, and taking inspiration from his mom to get a great dinner done fast. **JAMES BEARD AWARD NOMINEE** • **ONE OF THE BEST COOKBOOKS OF THE YEAR:** *New York Post*, *Taste of Home* David Chang came up as a chef in kitchens where you had to do everything the hard way. But his mother, one of the best cooks he knows, never cooked like that. Nor did food writer Priya Krishna's mom. So Dave and Priya set out to think through the smartest, fastest, least meticulous, most delicious, absolutely imperfect ways to cook. From figuring out the

best ways to use frozen vegetables to learning when to ditch recipes and just taste and adjust your way to a terrific meal no matter what, this is Dave's guide to substituting, adapting, shortcutting, and sandbagging—like parcooking chicken in a microwave before blasting it with flavor in a four-minute stir-fry or a ten-minute stew. It's all about how to think like a chef . . . who's learned to stop thinking like a chef. For courses in cooking and food prep. Market-leading cooking text For over two decades, *On Cooking: A Textbook of Culinary Fundamentals* has prepared students for successful careers in the culinary arts. Clear and comprehensive, this best-selling text teaches the "hows" and "whys" of cooking and baking principles, while providing step-by-step instructions, visual guidance, and recipes to clarify techniques. The 6th edition expands its "fundamentals" approach, reflects key trends, and adds information on healthy cooking, sous-vide, curing, and smoking, plus dozens of new recipes and more than 200 new photographs. Also available with MyLab Culinary MyLab(tm) is the teaching and learning platform that empowers you to reach every student. By combining trusted author content with digital tools and a flexible platform, MyLab personalizes the learning experience and improves results for each student. MyLab Culinary uses engaging, multimedia resources to demonstrate the essential skills, techniques, and recipes that culinary

students and chefs need to succeed in any kitchen. Learn more about MyLab Culinary. Prepare for the kitchen with Pearson Kitchen Manager, maximizing the value of your recipe content. With this collection of On Cooking recipes, you can quickly perform simple tasks such as recipe scaling, recipe costing, and recipe conversions. Note: You are purchasing a standalone product; MyLab Culinary does not come packaged with this content. Students, if interested in purchasing this title with MyLab Culinary, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. If you would like to purchase both the physical text and MyLab Culinary search for: 0134872789 / 9780134872780 On Cooking Plus MyCulinaryLab and Pearson Kitchen Manager with Pearson eText -- Access Card Package, 6/e Package consists of: 0134441907 / 9780134441900 On Cooking: A Textbook of Culinary Fundamentals, 6/e 0134872770 / 9780134872773 MyCulinaryLab and Pearson Kitchen Manager with Pearson eText -- Access Card -- for On Cooking, 6/e Includes recipes from Le Cordon Bleu cooking school, nutritional analyses, safety information, a glossary of cooking terms, and American, British, and French culinary vocabulary. **NEW YORK TIMES BESTSELLER** • The definitive cookbook on French cuisine for American readers: "What a cookbook should be: packed with sumptuous recipes, detailed instructions,

and precise line drawings. Some of the instructions look daunting, but as Child herself says in the introduction, 'If you can read, you can cook.'" —Entertainment Weekly "I only wish that I had written it myself." —James Beard

Featuring 524 delicious recipes and over 100 instructive illustrations to guide readers every step of the way, *Mastering the Art of French Cooking* offers something for everyone, from seasoned experts to beginners who love good food and long to reproduce the savory delights of French cuisine. Julia Child, Simone Beck, and Louisette Bertholle break down the classic foods of France into a logical sequence of themes and variations rather than presenting an endless and diffuse catalogue of dishes—from historic Gallic masterpieces to the seemingly artless perfection of a dish of spring-green peas. Throughout, the focus is on key recipes that form the backbone of French cookery and lend themselves to an infinite number of elaborations—bound to increase anyone's culinary repertoire. "Julia has slowly but surely altered our way of thinking about food. She has taken the fear out of the term 'haute cuisine.' She has increased gastronomic awareness a thousandfold by stressing the importance of good foundation and technique, and she has elevated our consciousness to the refined pleasures of dining." —Thomas Keller, *The French Laundry* Featuring more than 1,100 full-color photographs and 150 recipes, this richly illustrated introduction to the art of cooking

provides step-by-step instruction in one hundred essential cooking techniques, accompanied by informative background on what each techniques does in terms of the taste of food. Reprint. 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. Learn Pastry Recipes from Professional Cook Baker Bettie “I wish I had this book when I started baking! It’s not only a collection of amazing recipes, but it answers the ‘why’ to your baking questions.”?Gemma Stafford, chef, author, and host of Bigger Bolder Baking #1 Bestseller in Professional Cooking, Pastry Baking, Cake Baking, Pies, Desserts, and Cookies Do you find baking difficult, or are you just not sure how it works? This cookbook is your new go-to baking book full of pastry recipes and more. Baking from scratch can be hard. The science of baking is a particular science that requires precise measurements and steps. But with professional cook Kristin Hoffman, aka Baker Bettie, the science behind baking becomes second nature! Baker Bettie’s Better Baking Book is like a lifetime’s worth of baking classes. This baking book lays a foundation of basic baking skills and tools for mastering cake, cookie, pie, and pastry recipes that are sure to boost your baking confidence. Learn top tips from a professional cook. Consider Baker Bettie’s Better Baking Book your at-home culinary and baking classes guide. This baking book goes beyond the recipe by teaching the science behind baking, from measurements, techniques, and step-by-step processes, to directions on how to use base recipes to create endless drool-worthy baked goods. This book ensures that you are able to tackle

any baking task, such as pastry recipes, making cakes, baking pies, making cookies, and cake decorating with confidence! In this baking book, learn more about: The science of baking from a professional cook Foundational baking techniques and mixing methods How to bake from scratch How master formulas are used to bake a ton of delicious and easy recipes! If you enjoyed books like *Beginner's Baking Bible*, *Small Batch Baking*, or *Nadiya Bakes*, you'll love Baker Bettie's *Better Baking Book*! Make your own delicious cultured foods-safely and easily! The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the health benefits of live-culture foods, but the true pleasure of creating their own fermentations at home. From kombucha to kefir, and from sourdough to kimchi, research is proving that live-culture foods can help reduce high cholesterol, strengthen and support digestive and immune systems, and help fight and prevent chronic diseases. *The Complete Idiot's Guide® to Fermenting Foods* covers the amazing health benefits of fermented foods and the techniques for safely fermenting food at home. Here's what you'll find in *The Complete Idiot's Guide to Fermenting Food*: Over 100 unique and delicious recipes for ferments of all types, including beverages, cultured dairy, fermented grains, vegetable ferments, and much more, and each with detailed instructions Helpful insight on the tools and techniques

you'll need to know to safely create nearly any type of fermented food Detailed guidance on how fermentation works, how to troubleshoot common fermentation issues, and how to grow your own starters For courses in cooking and food prep. Market-leading cooking text For over two decades, *On Cooking: A Textbook of Culinary Fundamentals* has prepared students for successful careers in the culinary arts. Clear and comprehensive, this best-selling text teaches the "hows" and "whys" of cooking and baking principles, while providing step-by-step instructions, visual guidance, and recipes to clarify techniques. The 6th edition expands its "fundamentals" approach, reflects key trends, and adds information on healthy cooking, sous-vide, curing, and smoking, plus dozens of new recipes and more than 200 new photographs. Also available with MyLab Culinary MyLab(tm) is the teaching and learning platform that empowers you to reach every student. By combining trusted author content with digital tools and a flexible platform, MyLab personalizes the learning experience and improves results for each student. MyLab Culinary uses engaging, multimedia resources to demonstrate the essential skills, techniques, and recipes that culinary students and chefs need to succeed in any kitchen. Learn more about MyLab Culinary. Prepare for the kitchen with Pearson Kitchen Manager, maximizing the value of your recipe content. With this collection of *On Cooking*

recipes, you can quickly perform simple tasks such as recipe scaling, recipe costing, and recipe conversions. This package contains the following components: - 0131713272: On Cooking: A Textbook of Culinary Fundamentals -0131713388: Study Guide -0132398885: MasterCook CD for On Cooking Organized like a cookbook, Books that Cook: The Making of a Literary Meal is a collection of American literature written on the theme of food: from an invocation to a final toast, from starters to desserts. All food literatures are indebted to the form and purpose of cookbooks, and each section begins with an excerpt from an influential American cookbook, progressing chronologically from the late 1700s through the present day, including such favorites as American Cookery, the Joy of Cooking, and Mastering the Art of French Cooking. The literary works within each section are an extension of these cookbooks, while the cookbook excerpts in turn become pieces of literature--forms of storytelling and memory-making all their own. Each section offers a delectable assortment of poetry, prose, and essays, and the selections all include at least one tempting recipe to entice readers to cook this book. Including writing from such notables as Maya Angelou, James Beard, Alice B. Toklas, Sherman Alexie, Nora Ephron, M.F.K. Fisher, and Alice Waters, among many others, Books that Cook reveals the range of ways authors incorporate recipes--whether the recipe flavors the story

or the story serves to add spice to the recipe. Books that Cook is a collection to serve students and teachers of food studies as well as any epicure who enjoys a good meal alongside a good book. 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. Choosing a healthy eating pattern is vitally important, as diet directly influences health. From The Culinary Institute of America, Techniques of Healthy Cooking is a comprehensive kitchen reference for understanding

nutrition concepts, creating healthy eating patterns, developing healthy recipes and menus, and cooking healthy recipes. From soups, salads, and appetizers to main dishes for breakfast, lunch, and dinner, there are nearly 500 recipes with more than 150 four-color photographs of ingredients, techniques, and finished dishes. The Joy of Cooking for a new generation: A collection of easy-to-make, delicious, and original recipes from the kitchens of Blue Apron—the beloved national meal-delivery service—featuring 165 step-by-step, technique-driven dishes that will transform novice cooks into confident home chefs and will excite experienced cooks too. Named for the uniform of apprentice chefs in professional kitchens, Blue Apron has made its mark from its exemplary meal-delivery service, but its true passion is culinary education—a value that infuses their commitment to providing healthy, sustainably sourced, seasonal foundations for creative cooking. Now in The Blue Apron Cookbook, this trusted national brand steps into the kitchens of home cooks everywhere, taking its familiar step-by-step instructional style to a new level in a technique-driven cookbook intended to build confidence and expertise through meals that are as beautiful to look at as they are mouth-wateringly delicious to enjoy.

Organized around essential meals that explain both the "how" and the "why" of cooking techniques, The Blue Apron Cookbook excites, educates, and inspires. With the

help of 800 stunning color photographs and unparalleled step-by-step instruction, amateur home cooks will grow into competent home chefs, perfecting and creating variations of classics ranging from roast chicken to risottos, pastas, soups, salads, and desserts. Each chapter starts with the basics and builds from there—as you cook through the recipes, even experienced cooks will appreciate the basics in a new way, learning how one dish or technique can be transformed into many others. Today's cooks are hungry for real culinary expertise, and eager to cook smarter and better. A cookbook that reflects the tastes and trends of the moment while honoring the traditional methods and flavors chefs have perfected for centuries, *The Blue Apron Cookbook* is poised to become the go-to resource for anyone looking to truly master home cooking. Excerpt from *Principles of Cooking: A Textbook in Domestic Science* "Principles of Cooking" is intended as a textbook in cooking and elementary food study for secondary and vocational schools. It is not merely a cook book. So many good cook books are on the market that there would be no justification for adding another to the list. The cook book, however, merely presents hundreds of recipes showing innumerable ways in which foods may be prepared, without attempting to present the principles underlying all cooking. The principles of cooking are few in number and are easily mastered, if properly presented. Foods may be grouped in

less than a dozen classes, and when the principles which apply to each class are learned and practiced, each pupil will know how to prepare a variety of dishes from each food or class of foods. After the principles of cooking are fully understood and applied in practical lessons, there is no educational or practical value in the preparation of isolated recipes or in a sequence of lessons on one class of foods. The object of domestic science work in schools is that a girl may learn how to plan, cook, and serve meals at home, calculate the cost, and purchase foods in the best market at the lowest price. This includes knowing the nutritive value of each food and its place in the diet. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

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