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In this global collaboration of essays, chefs and scientists test various hypotheses and theories concerning the physical and chemical properties of food. Using traditional and cutting-edge tools, ingredients, and techniques, these pioneers create—and sometimes revamp—dishes that respond to specific desires, serving up an original encounter with gastronomic practice. From grilled cheese sandwiches, pizzas, and soft-boiled eggs to Turkish ice cream, sugar glasses, and jellified beads, the essays in *The Kitchen as Laboratory* cover a range of culinary creations and their history and culture. They consider the significance of an eater's background and dining atmosphere and the importance of a chef's methods, as well as strategies used to create a great diversity of foods and dishes. Contributors end each essay with their personal thoughts on food, cooking, and science, thus offering rare insight into a professional's passion for experimenting with food.

“ Taking kitchen science to a whole new (molecular) level, Hervé This is changing the way France—and the world—cooks. ” —Gourmet Bringing the instruments and experimental techniques of the laboratory into the kitchen, Hervé This—international celebrity and founder of molecular gastronomy—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* 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. Looking to the future, 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 soufflé 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. “ A captivating little book. ” —Economist “ This book, praiseworthy for its scientific rigor, will hold a special appeal for anyone who relishes the debunking of culinary myths. ” —Saveur “ Will broaden the way you think about food. ” —The New York Sun “ A wonderful book . . . it will appeal to anyone with an interest in the science of cooking. ” —O Chef

Looks at thirty people, events, and creations that have changed the American people's relationship with food, including Julia Child, the creation of Weight Watchers, and the Piggly Wiggly grocery chain.

In the West, we have identified only four basic tastes—sour, sweet, salty, and bitter—that, through skillful combination and technique, create delicious foods. Yet in many parts of East Asia over the past century, an additional flavor has entered the culinary lexicon: umami, a fifth taste impression that is savory, complex, and wholly distinct. Combining culinary history with recent research into the chemistry, preparation, nutrition, and culture of food, Mouritsen and Styrbæk encapsulate what we know to date about the concept of umami, from ancient times to today. Umami can be

found in soup stocks, meat dishes, air-dried ham, shellfish, aged cheeses, mushrooms, and ripe tomatoes, and it can enhance other taste substances to produce a transformative gustatory experience. Researchers have also discovered which substances in foodstuffs bring out umami, a breakthrough that allows any casual cook to prepare delicious and more nutritious meals with less fat, salt, and sugar. The implications of harnessing umami are both sensuous and social, enabling us to become more intimate with the subtleties of human taste while making better food choices for ourselves and our families. This volume, the product of an ongoing collaboration between a chef and a scientist, won the Danish national Mad+Medier-Prisen (Food and Media Award) in the category of academic food communication.

Why is chocolate melting on the tongue such a decadent sensation? Why do we love crunching on bacon? Why is fizz-less soda such a disappointment to drink, and why is flat beer so unappealing to the palate? Our sense of taste produces physical and emotional reactions that cannot be explained by chemical components alone. Eating triggers our imagination, draws on our powers of recall, and activates our critical judgment, creating a unique impression in our mouths and our minds. How exactly does this alchemy work, and what are the larger cultural and environmental implications? Collaborating in the laboratory and the kitchen, Ole G. Mouritsen and Klavs Styrbæk investigate the multiple ways in which food texture influences taste. Combining scientific analysis with creative intuition and a sophisticated knowledge of food preparation, they write a one-of-a-kind book for food lovers and food science scholars. By mapping the mechanics of mouthfeel, Mouritsen and Styrbæk advance a greater awareness of its link to our culinary preferences. Gaining insight into the textural properties of raw vegetables, puffed rice, bouillon, or ice cream can help us make healthier and more sustainable food choices. Through mouthfeel, we can recreate the physical feelings of foods we love with other ingredients or learn to latch onto smarter food options. Mastering texture also leads to more adventurous gastronomic experiments in the kitchen, allowing us to reach even greater heights of taste sensation.

Food technology.

One morning while reading Barron's, Kara Newman took note of a casual bit of advice offered by famed commodities trader Jim Rogers. "Buy breakfast," he told investors, referring to the increasing value of pork belly and frozen orange juice futures. The statement inspired Newman to take a closer look at agricultural commodities, from the iconic pork belly to the obscure peppercorn and nutmeg. The results of her investigation, recorded in this fascinating history, show how contracts listed on the Chicago Mercantile Exchange can read like a menu and how market behavior can dictate global economic and culinary practice. *The Secret Financial Life of Food* reveals the economic pathways that connect food to consumer, unlocking the mysteries behind culinary trends, grocery pricing, and restaurant dining. Newman travels back to the markets of ancient Rome and medieval Europe, where vendors first distinguished between "spot sales" and "sales for delivery." She retraces the storied spice routes of Asia and recounts the spice craze that prompted Christopher Columbus's journey to North America, linking these developments to modern-day India's bustling peppercorn market. Newman centers her history on the transformation of corn into a ubiquitous commodity and uses oats, wheat, and rye to recast America's westward expansion and the Industrial Revolution. She discusses the effects of such mega-corporations as Starbucks and McDonalds on futures markets and considers burgeoning markets, particularly "super soybeans," which could scramble the landscape of food finance. The ingredients of American power and culture, and the making of the modern world, can be found in the history of food commodities exchange, and Newman connects this unconventional story to the how and why of what we eat.

More than Mom's apple pie, peanut butter is the all-American food. With its rich, roasted-peanut aroma and flavor; caramel hue; and gooey, consoling texture, peanut butter is an enduring favorite, found in the pantries of at least 75 percent of American kitchens. Americans eat more than a billion pounds a year. According to the Southern Peanut Growers, a trade group, that's enough to coat the floor of the Grand Canyon (although the association doesn't say to what height). Americans spoon it out of the jar, eat it in sandwiches by itself or with its bread-fellow jelly, and devour it with foods ranging from celery and raisins (ants on a log) to a grilled sandwich with bacon and bananas (the classic Elvis). Peanut butter is used to flavor candy, ice cream, cookies, cereal, and other foods. It is a deeply

ingrained staple of American childhood. Along with cheeseburgers, fried chicken, chocolate chip cookies (and apple pie), peanut butter is a consummate comfort food. In *Creamy and Crunchy* are the stories of Jif, Skippy, Peter Pan; the plight of black peanut farmers; the resurgence of natural or old-fashioned peanut butter; the reasons why Americans like peanut butter better than (almost) anyone else; the five ways that today's product is different from the original; the role of peanut butter in fighting Third World hunger; and the Salmonella outbreaks of 2007 and 2009, which threatened peanut butter's sacred place in the American cupboard. To a surprising extent, the story of peanut butter is the story of twentieth-century America, and Jon Krampner writes its first popular history, rich with anecdotes and facts culled from interviews, research, travels in the peanut-growing regions of the South, personal stories, and recipes.

Unverändertes Nachdruck der Originalausgabe von 1867.

Looks at the science behind everyday cooking with information on molecular gastronomy, the physiology of taste, basic components of meals, the use of tenderizing enzymes and gelatins, and covers the effects of boiling, steaming, braising, roasting, grilling, and microwaving.

"Frankly, I am amazed that no one has already written this book, It is a fascinating topic, and David Gentilcore does it justice, covering five hundred years in scrutinizing detail. There is probably no food so readily associated with Italy than the tomato, and yet its origin is in the Americas." KEN ALBALA, University of the Pacific, author of *Beans: A History* --

Translation of: *Schlafender Lotos, trunkenes Huhn*.

The Definitive Guide to Insects as a Sustainable Food Source In *The Insect Cookbook*, two entomologists and a chef make the case for insects as a sustainable source of protein for humans and a necessary part of our future diet. They provide consumers and chefs with the essential facts about insects for culinary use, with recipes simple enough to make at home yet boasting the international flair of the world's most chic dishes. "Invite politicians to dinner and let them tell the world how delicious it is. They will proudly go around and say, 'I ate crickets, I ate locusts, and they were delicious.'"—Kofi Annan *The Insect Cookbook* features delicious recipes and interviews with top chefs, insect farmers, political figures, and nutrition experts, including chef René Redzepi, whose establishment was elected three times as "best restaurant of the world"; Kofi Annan, former secretary-general of the United Nations; and Daniella Martin of *Girl Meets Bug*. The book contains all you need to know about cooking with insects, where to buy them, which ones are edible, and how to store and prepare them at home and in commercial spaces.

We think we know how to appreciate wine—trained connoisseurs take dainty sips in sterile rooms and provide ratings based on objective knowledge and technical expertise. In *Epistemology*, Nicola Perullo vigorously challenges this approach, arguing that it is the enjoyment of drinking wine as an active and participatory experience that matters. Perullo argues that wine comes to life not in the abstract space of the professional tasting but in the real world of shared experiences; wines can change in these encounters, and drinkers along with them. Just as a winemaker is not simply a producer but a nurturer, a wine is fully known only through an encounter among a group of drinkers in a specific place and time. Wine is not an object to analyze but an experience to make, creatively opening up new perceptual possibilities for settings, cuisines, and companions. The result of more than twenty years of research and practical engagement, *Epistemology* presents a new paradigm for the enjoyment of wine and through it a philosophy based on participatory and relational knowledge. This model suggests a profound shift—not knowledge about but with wine. Interweaving philosophical arguments with personal reflections and literary examples, this book is a journey with wine that shows how it makes life more creative and free.

“ Opie delves into the history books to find true soul in the food of the South, including its place in the politics of black America. ” —NPR.org Frederick Douglass Opie deconstructs and compares the foodways of people of African descent throughout the Americas, interprets the health legacies of black culinary traditions, and explains the concept of

soul itself, revealing soul food to be an amalgamation of West and Central African social and cultural influences as well as the adaptations blacks made to the conditions of slavery and freedom in the Americas. Sampling from travel accounts, periodicals, government reports on food and diet, and interviews with more than thirty people born before 1945, Opie reconstructs an interrelated history of Moorish influence on the Iberian Peninsula, the African slave trade, slavery in the Americas, the emergence of Jim Crow, the Great Migration, the Great Depression, and the Civil Rights and Black Power movements. His grassroots approach reveals the global origins of soul food, the forces that shaped its development, and the distinctive cultural collaborations that occurred among Africans, Asians, Europeans, and Americans throughout history. Opie shows how food can be an indicator of social position, a site of community building and cultural identity, and a juncture at which different cultural traditions can develop and impact the collective health of a community. “ Opie goes back to the sources and traces soul food ’ s development over the centuries. He shows how Southern slavery, segregation, and the Great Migration to the North ’ s urban areas all left their distinctive marks on today ’ s African American cuisine. ” —Booklist “ An insightful portrait of the social and religious relationship between people of African descent and their cuisine. ” —FoodReference.com

Chinese cuisine without chile peppers seems unimaginable. Entranced by the fiery taste, diners worldwide have fallen for Chinese cooking. In China, chiles are everywhere, from dried peppers hanging from eaves to Mao ’ s boast that revolution would be impossible without chiles, from the eighteenth-century novel *Dream of the Red Chamber* to contemporary music videos. Indeed, they are so common that many Chinese assume they are native. Yet there were no chiles anywhere in China prior to the 1570s, when they were introduced from the Americas. Brian R. Dott explores how the nonnative chile went from obscurity to ubiquity in China, influencing not just cuisine but also medicine, language, and cultural identity. He details how its versatility became essential to a variety of regional cuisines and swayed both elite and popular medical and healing practices. Dott tracks the cultural meaning of the chile across a wide swath of literary texts and artworks, revealing how the spread of chiles fundamentally altered the meaning of the term spicy. He emphasizes the intersection between food and gender, tracing the chile as a symbol for both male virility and female passion. Integrating food studies, the history of medicine, and Chinese cultural history, *The Chile Pepper in China* sheds new light on the piquant cultural impact of a potent plant and raises broader questions regarding notions of authenticity in cuisine.

Modernist Cuisine is an interdisciplinary team in Bellevue, Washington, founded and led by Nathan Myhrvold. The group includes scientists, research and development chefs, and a full editorial team all dedicated to advancing the state of culinary art through the creative application of scientific knowledge and experimental techniques. Change the way you think about food: Modernist Cuisine at Home opens up a new world of culinary possibility and innovation for passionate and curious home cooks. In this vibrantly illustrated 456-page volume you'll learn how to stock a modern kitchen, to master Modernist techniques, and to make hundreds of stunning new recipes, including pressure-cooked caramelized carrot soup, silky smooth mac and cheese, and sous vide, braised short ribs. You'll also learn about the science behind your favorite dishes, what's really happening when you roast a chicken, and why pressure cookers are perfect for making soup.

A renowned chemist and cooking pioneer breaks down the properties and benefits of cooking with molecular gastronomy. 1-Octen-3-ol, which has a scent of wild mushrooms; limonene, a colorless liquid hydrocarbon that has the smell of citrus; sotolon, whose fragrance at high concentrations resembles curry and at low concentrations, maple syrup or sugar; tyrosine, an odorless but flavorful amino acid present in cheese—these and many other substances, some occurring in nature, some synthesized in the laboratory, make it possible to create novel tastes and flavors in the same way that elementary sound waves can be combined to create new sounds. Note-by-note cooking promises to add unadulterated nutritional value to dishes of all kinds, actually improving upon the health benefits of so-called natural foods. Cooking with molecular compounds will be far more energy efficient and environmentally sustainable than traditional techniques of cooking. This new way of thinking about food heralds a phase of culinary evolution on which the long-term survival of a growing human population depends. Herv é This clearly explains the properties of naturally occurring and synthesized compounds, dispels a host of misconceptions about the place of chemistry in cooking, and shows why note-by-note cooking is an obvious—and inevitable—extension of his earlier pioneering

work in molecular gastronomy. Includes an appendix with representative selection of recipes, vividly illustrated in color. “ Taking kitchen science to a whole new (molecular) level, Herv é This is changing the way France and the world cooks. ” —Gourmet “ [This] explores the science behind shape, consistency, odor, and color, giving readers the knowledge to create their own magnum opus in the kitchen. ” —Discover

In these fascinating interviews, winemakers from the United States and abroad clarify the complex process of converting grapes into wine, with more than forty vintners candidly discussing how a combination of talent, passion, and experience shape the outcome of their individual wines. Each winemaker details their personal approach to the various steps required to convert grapes into wine. Natalie Berkowitz speaks to winemakers from different backgrounds who work in diverse wine-producing regions, including Chile, England, France, Germany, Greece, Israel, Italy, Portugal, Slovenia, Spain, and the United States. They talk about familiar and unfamiliar grape varieties, their struggles with local terroirs, and the vagaries of Mother Nature. Some represent small family wineries with limited production while others work for corporations producing hundreds of thousands of bottles. Each individual offers rare insight into how new technologies are revolutionizing historic winemaking practices. The interviews are supplemented with personal recipes and maps of winemaking regions. An aroma wheel captures the vast array of wine's complex flavors and aromas.

Kennen Sie neben süß, sauer, bitter und salzig die fünfte Geschmacksrichtung? Möchten Sie verstehen, warum Ihnen Soufflé es immer wieder zusammenfallen oder lernen, wie Sie einen ganzen Truthahn optimal braten? Gehören Sie zu den 40% Männern oder 25% Frauen, die Trüffel nicht riechen können? Diese und viele andere Fragen aus der Welt der Kochkunst beantwortet Peter Barham, in dem er das Kochen als experimentelle Wissenschaft betrachtet. Beim Zubereiten von Lebensmitteln und beim Kochen laufen viele Prozesse ab, die sich naturwissenschaftlich gut beschreiben lassen. Das Verständnis der Chemie und Physik des Kochens wird unausweichlich dazu führen, dass sich auch Ihre eigenen Kochkünste wesentlich verbessern. Für jedermann leicht verständlich und unterhaltsam, aber ohne wichtige Details auszulassen, erklärt Ihnen der Autor, warum bestimmte Rezepte gut funktionieren und – viel wichtiger – warum andere ständig misslingen. Auf diese Weise werden Schritt für Schritt die Geheimnisse der guten Kochkunst entschleiert und Sie lernen interessante Rezepte und die dahinter liegenden physikalischen und chemischen Prozesse kennen. Zusätzlich beschreibt der Autor interessante Küchenexperimente für die ganze Familie.

Popularized by Michael Pollan in his best-selling *In Defense of Food*, Gyorgy Scrinis's concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food—an approach that has dominated nutrition science, dietary advice, and food marketing. Scrinis argues this ideology has narrowed and in some cases distorted our appreciation of food quality, such that even highly processed foods may be perceived as healthful depending on their content of "good" or "bad" nutrients. Investigating the butter versus margarine debate, the battle between low-fat, low-carb, and other weight-loss diets, and the food industry's strategic promotion of nutritionally enhanced foods, Scrinis reveals the scientific, social, and economic factors driving our modern fascination with nutrition. Scrinis develops an original framework and terminology for analyzing the characteristics and consequences of nutritionism since the late nineteenth century. He begins with the era of quantification, in which the idea of protective nutrients, caloric reductionism, and vitamins' curative effects took shape. He follows with the era of good and bad nutritionism, which set nutrient-centric dietary guidelines and defined the parameters of unhealthy nutrients; and concludes with our current era of functional nutritionism, in which the focus has shifted to targeted nutrients, superfoods, and optimal diets. Scrinis's research underscores the critical role of nutrition science and dietary advice in shaping our relationship to food and our bodies and in heightening our nutritional anxieties. He ultimately shows how nutritionism has aligned the demands and perceived needs of consumers with the commercial interests of food manufacturers and corporations. Scrinis also offers an alternative paradigm for assessing the healthfulness of foods—the food quality paradigm—that privileges food production and processing quality, cultural-traditional knowledge, and sensual-practical experience, and promotes less reductive forms of nutrition research and dietary advice.

Known for his entertaining investigations into culinary practice, Massimo Montanari turns his hungry eye to the phenomenon of food culture, food lore, cooking methods, and eating habits throughout history. An irresistible buffet of one hundred concise and engaging essays, this collection provides stimulating food for thought for those curious about one of life's most fundamental pleasures. Focusing on the selection, preparation, and mythology of food, Montanari traverses such subjects as the status of the pantry over the centuries, the various strategies of cooking over time, the gastronomy of famine, the science of flavors, the changing characteristics of convivial rituals, the customs of the table, and the ever-evolving identity of food. He shows that cooking not only is a decisive part of our cultural heritage but also communicates essential information about our material and intellectual well-being. From the invention of basic bread making to chocolate's reputation for decadence, Montanari positions food culture as a lens through which we can plot changes in historical values and social and economic trends. Even the biblical tale of Jacob buying Esau's birthright for a bowl of lentils is a text full of essential meaning, representing civilization's important shift from a hunting to an agrarian society. Readers of all backgrounds will enjoy these delectable insights and their easy consumption in one companionable volume.

This book comes out of the 12th Iberoamerican Congress of Food Engineering, which took place at the University of Algarve in Faro, Portugal in July 2019. It includes the editors' selection of the best research works from oral and poster presentations delivered at the conference. The first section is dedicated to research carried out on **SUSTAINABLE ALTERNATIVES TO CHEMICAL ADDITIVES TO EXTEND SHELF LIFE**, with special emphasis on animal products. The second section discusses recent research in **SUSTAINABLE NEW PRODUCT DEVELOPMENT**. The third section delves into the development of **PLANT-BASED ALTERNATIVES TO DAIRY AND GLUTEN BASED CEREALS**. The fourth section tackles **CONSUMER BEHAVIOR** regarding food products with new sources of protein (e.g. insects) or new sources of important nutrients (e.g. seaweeds) and the fifth discusses the **VALORIZATION OF BY-PRODUCTS IN THE FOOD INDUSTRY** (from fruits and wine making). For food engineers, food technologists, and food scientists looking to stay up-to-date in this field of sustainable food engineering, *Sustainable Innovation in Food Product Design* is the ideal resource.

"Do not let the peasant know how good cheese is with pears" goes the old saying. Intrigued by these words and their portent, Massimo Montanari unravels their origin and utility. Perusing archival cookbooks, agricultural and dietary treatises, literary works, and anthologies of beloved sayings, he finds in the nobility's demanding palates and delicate stomachs a compelling recipe for social conduct. At first, cheese and its visceral, earthy pleasures were treated as the food of Polyphemus, the uncivilized man-beast. The pear, on the other hand, became the symbol of ephemeral, luxuriant pleasure—an indulgence of the social elite. Joined together, cheese and pears adopted an exclusive *savoir faire*, especially as the "natural phenomenon" of taste evolved into a cultural attitude. Montanari's delectable history straddles written and oral traditions, economic and social relations, and thrills in the power of mental representation. His ultimate discovery shows that the enduring proverb, so wrapped up in history, operates not only as a repository of shared wisdom but also as a rich locus of social conflict.

Without a uniform dietary code, Christians around the world used food in strikingly different ways, developing widely divergent practices that spread, nurtured, and strengthened their religious beliefs and communities. Featuring never-before published essays, this anthology follows the intersection of food and faith from the fourteenth to the twenty-first century, charting the complex relationship among religious eating habits and politics, culture, and social structure. Theoretically rich and full of engaging portraits, essays consider the rise of food buying and consumerism in the fourteenth century, the Reformation ideology of fasting and its resulting sanctions against sumptuous eating, the gender and racial politics of sacramental food production in colonial America, and the struggle to define "enlightened" Lenten dietary restrictions in early modern France. Essays on the nineteenth century explore the religious implications of wheat growing and breadmaking among New Zealand's Maori population and the revival of the Agape meal, or love feast, among American brethren in Christ Church. Twentieth-century topics include the metaphysical significance of vegetarianism, the function of diet in Greek Orthodoxy, American Christian weight loss programs, and the practice of silent eating rituals among English Benedictine monks. Two introductory essays detail the key themes tying these essays

together and survey food's role in developing and disseminating the teachings of Christianity, not to mention providing a tangible experience of faith.

American diners began to flock to Chinese restaurants more than a century ago, making Chinese food the first mass-consumed cuisine in the United States. By 1980, it had become the country's most popular ethnic cuisine. *Chop Suey, USA* offers the first comprehensive interpretation of the rise of Chinese food, revealing the forces that made it ubiquitous in the American gastronomic landscape and turned the country into an empire of consumption. Engineered by a politically disenfranchised, numerically small, and economically exploited group, Chinese food's tour de America is an epic story of global cultural encounter. It reflects not only changes in taste but also a growing appetite for a more leisurely lifestyle. Americans fell in love with Chinese food not because of its gastronomic excellence but because of its affordability and convenience, which is why they preferred the quick and simple dishes of China while shunning its haute cuisine. Epitomized by chop suey, American Chinese food was a forerunner of McDonald's, democratizing the once-exclusive dining-out experience for such groups as marginalized Anglos, African Americans, and Jews. The rise of Chinese food is also a classic American story of immigrant entrepreneurship and perseverance. Barred from many occupations, Chinese Americans successfully turned Chinese food from a despised cuisine into a dominant force in the restaurant market, creating a critical lifeline for their community. Chinese American restaurant workers developed the concept of the open kitchen and popularized the practice of home delivery. They streamlined certain Chinese dishes, such as chop suey and egg foo young, turning them into nationally recognized brand names.

Elegantly written by a distinguished culinary historian, *Food Is Culture* explores the innovative premise that everything having to do with food—its capture, cultivation, preparation, and consumption—represents a cultural act. Even the "choices" made by primitive hunters and gatherers were determined by a culture of economics (availability) and medicine (digestibility and nutrition) that led to the development of specific social structures and traditions. Massimo Montanari begins with the "invention" of cooking which allowed humans to transform natural, edible objects into cuisine. Cooking led to the creation of the kitchen, the adaptation of raw materials into utensils, and the birth of written and oral guidelines to formalize cooking techniques like roasting, broiling, and frying. The transmission of recipes allowed food to acquire its own language and grow into a complex cultural product shaped by climate, geography, the pursuit of pleasure, and later, the desire for health. In his history, Montanari touches on the spice trade, the first agrarian societies, Renaissance dishes that synthesized different tastes, and the analytical attitude of the Enlightenment, which insisted on the separation of flavors. Brilliantly researched and analyzed, he shows how food, once a practical necessity, evolved into an indicator of social standing and religious and political identity. Whether he is musing on the origins of the fork, the symbolic power of meat, cultural attitudes toward hot and cold foods, the connection between cuisine and class, the symbolic significance of certain foods, or the economical consequences of religious holidays, Montanari's concise yet intellectually rich reflections add another dimension to the history of human civilization. Entertaining and surprising, *Food Is Culture* is a fascinating look at how food is the ultimate embodiment of our continuing attempts to tame, transform, and reinterpret nature.

Anders als in einem üblichen Kochbuch erklärt Hervé This nicht nur, wie man ein Gericht zubereitet. Als "kulinarischer Chemiker" versteht er es, dem Hobby-Koch auch das "Warum" der Rezepte näher zu bringen. Anhand von 55 Rezepten aus der französischen Küche - Suppe, Vorspeise, Hauptgang und Dessert - führt der Autor durch die Physik und Chemie der Lebensmittelzubereitung. Der Leser wird das gewonnene Verständnis für die Vorgänge beim Kochen und Braten auch bei eigenen Kreationen erfolgreich einsetzen können. - Hervé This-Benckhard ist auch Autor des vergnüglichen Buches "Rätsel der Kochkunst".

To some, food allergies seem like fabricated cries for attention. To others, they pose a dangerous health threat. Food allergies are bound up with so many personal and ideological concerns that it is difficult to determine what is medical and what is myth. *Another Person's Poison* parses the political, economic, cultural, and genuine health factors of a phenomenon that dominates our interactions with others and our understanding of ourselves. For most of the twentieth century, food allergies were considered a fad or junk science. While many physicians and clinicians argued that certain foods could cause a range of chronic problems, from asthma and eczema to migraines and hyperactivity,

others believed that allergies were psychosomatic. 'This book traces the trajectory of this debate and its effect on public-health policy and the production, manufacture, and consumption of food. Are rising allergy rates purely the result of effective lobbying and a booming industry built on self-diagnosis and expensive remedies? Or should physicians become more flexible in their approach to food allergies and more careful in their diagnoses? Exploring the issue from scientific, political, economic, social, and patient-centered perspectives, this book is the first to engage fully with the history of a major modern affliction, illuminating society's troubled relationship with food, disease, nature, and the creation of medical knowledge.

Considering six bistro favorites, Hervé This isolates the exact chemical properties that tickle our senses and stimulate our appetites. More important, he identifies methods of culinary construction that appeal to our memories, intelligence, and creativity.

Der weltberühmte Koch serviert einen höllisch scharfen Eintopf aus Kolumnen, Geschichten und Reiseerlebnissen. Wie immer nimmt er kein Blatt vor den Mund und würzt seine Gerichte mit beißendem Humor, prickelnder Erotik und haarsträubenden Abenteuern. Ein

Massimo Montanari draws readers into the far-flung story of how local and global influences came to flavor Italian identity. The fusion of ancient Roman cuisine—which consisted of bread, wine, and olives—with the barbarian diet—rooted in bread, milk, and meat—first formed the basics of modern eating across Europe. From there, Montanari highlights the importance of the Italian city in the development of gastronomic taste in the Middle Ages, the role of Arab traders in positioning the country as the supreme producers of pasta, and the nation's healthful contribution of vegetables to the fifteenth-century European diet. Italy became a receiving country with the discovery of the New World, absorbing corn, potatoes, and tomatoes into its national cuisine. As disaster dispersed Italians in the nineteenth century, new immigrant stereotypes portraying Italians as "macaroni eaters" spread. However, two world wars and globalization renewed the perception of Italy and its culture as unique in the world, and the production of food constitutes an important part of that uniqueness.

Mayonnaise "takes" when a series of liquids form a semisolid consistency. Eggs, a liquid, become solid as they are heated, whereas, under the same conditions, solids melt. When meat is roasted, its surface browns and it acquires taste and texture. What accounts for these extraordinary transformations? The answer: chemistry and physics. With his trademark eloquence and wit, Hervé This launches a wry investigation into the chemical art of cooking. Unraveling the science behind common culinary technique and practice, Hervé This breaks food down to its molecular components and matches them to cooking's chemical reactions. He translates the complex processes of the oven into everyday knowledge for professional chefs and casual cooks, and he demystifies the meaning of taste and the making of flavor. He describes the properties of liquids, salts, sugars, oils, and fats and defines the principles of culinary practice, which endow food with sensual as well as nutritional value. For fans of Hervé This's popular volumes and for those new to his celebrated approach, *The Science of the Oven* expertly expands the possibilities of the kitchen, fusing the physiology of taste with the molecular structure of bodies and food.

Compiling a portrait that's both fascinating and deliciously fun, *Gastropolis* explores the endlessly evolving relationship between New Yorkers and food.

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