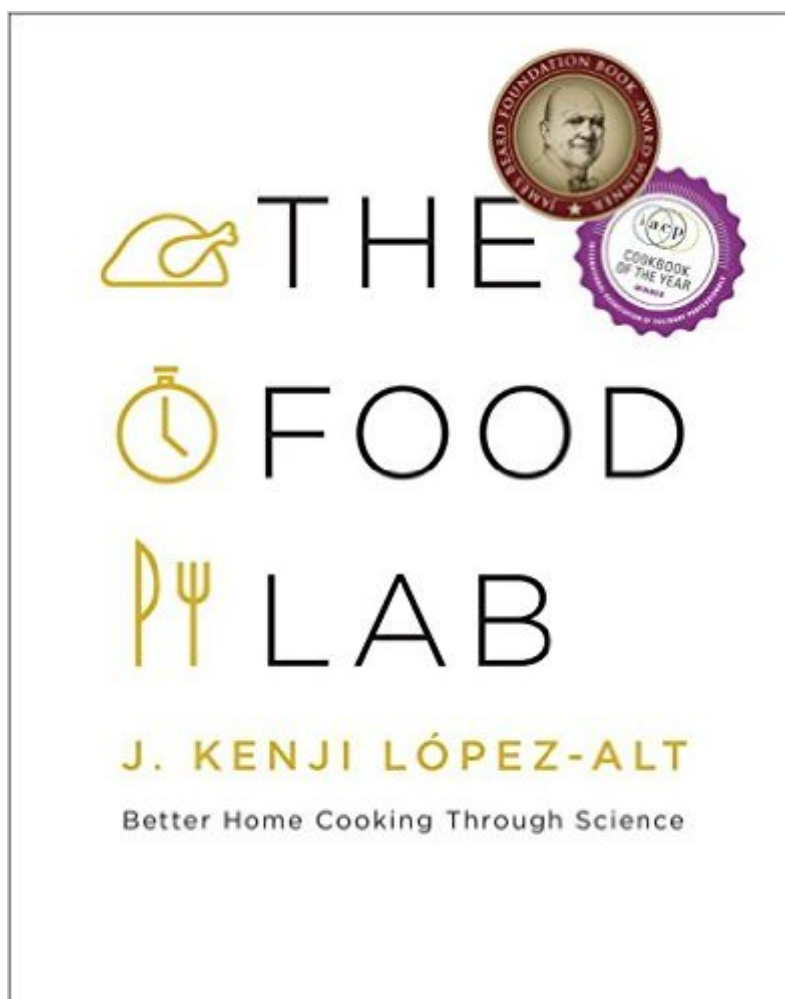


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# The Food Lab: Better Home Cooking Through Science



## Synopsis

The New York Times bestselling winner of the 2016 James Beard Award for General Cooking and the IACP Cookbook of the Year Award. A grand tour of the science of cooking explored through popular American dishes, illustrated in full color. 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. Over 1000 color photographs

## Book Information

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## Customer Reviews

I have been waiting for this book to come out and it exceeds my expectations! "The Food Lab" by Lopez-Alt is a dense collection of science based tips, explanations, techniques, and recipes for the home cook. This is a must have reference and cookbook for home cooking enthusiasts. I really like

the way this book has been laid out:- The introduction is a modest overview of the author and his background followed by some really helpful information on equipment (such as an explanation on techniques for holding knives, how heat transfers through metal for consideration in what type of pan to use, essential equipment to have in your kitchen, and how to store and organize your fridge and pantry).- Recipes in subsequent chapters are divided by meal type. Technique tips and explanations are dispersed through the recipes in every chapter. \* The breakfast chapter is lengthy and starts with explaining eggs - their composition and properties related to how they change when they cook, whether brown eggs are healthier than white eggs, how to hard or soft boil an egg,... and much more. There is a great range of recipes including numerous egg dishes, bacon, pancakes, biscuits, and hot chocolate. \* Soups and Stews has an in depth explanation of stock followed by recipes including black bean soup, tomato soup with grilled cheese, chicken, and dumplings, chili, and French onion soup. \* Meat recipes characterized by how to "Fast Cook" in 30 minutes or less for a variety of steak, pork chops, chicken, and fish recipes. \* Cooked Vegetables has a great range of side dishes such as Brussels sprouts, Mexican street corn salad, roasted cauliflower, mashed potatoes, glazed carrots, and quite a few more recipes.

I've been reading Kenji's column since it started, and have learned so much and made so many of his recipes. So, I know they work. I know his recipes are excellent and that he's someone you can trust implicitly to have a great version of a dish. And this book is great, and beautiful, full of photos, his great sense of humor, and excellent instructions. The thing is, I was slightly disappointed that it is very much more of an all-American, sort of new, scientific, Joy of Cooking. Some of my favorite articles from Serious Eats involve Kenji's Asian, Mexican, and vegetarian/vegan recipes. Now he did include some of his vegan work, and his wonderful chile verde is in here, but there are no stir-fries, no tacos, and his absolutely stellar kale salad with crispy chickpeas was passed in favor of two others which are excellent, but really, that salad is AMAZING. Or his black bean burger, which is the absolute best black bean burger on the planet. But whatever, that's not the point. I was just hoping to see more of that type of food, whereas this book is targeted towards beginners (not to say that experienced cooks can't get value out of this book, because it's full of great info) or more specifically, towards people who haven't been reading his column all this time. Having said all that, I have to review the book on its own merits and how could I possibly give such a stellar tome anything but 5 stars?! There is no fault to be found with the information provided or how engaging it is to read. Even the quality of the book, with lovely binding meant to last and meant to make the book truly a workhorse that doesn't just look pretty sitting on a coffee table is worth commending!!

just have to wait for future books to cover the things I miss from this book.

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