

# Book The Science Of Good Cooking

## America's Test Kitchen

*The Science of Good Cooking* Cook's Illustrated, Guy Crosby, Ph.D, 2012-10-01 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.

**Keys to Good Cooking** Harold McGee, 2013-02-19 A requisite countertop companion for all home chefs, *Keys to Good Cooking* distills the modern scientific understanding of cooking and translates it into immediately useful information. The book provides simple statements of fact and advice, along with brief explanations that help cooks understand why, and apply that understanding to other situations. Not a cookbook, *Keys to Good Cooking* is, simply put, a book about how to cook well. A work of astounding scholarship and originality, this is a concise and authoritative guide designed to help home cooks navigate the ever-expanding universe of recipes and ingredients and appliances, and arrive at the promised land of a satisfying dish.

*The Science of Good Cooking* Cook's Illustrated, 2012-10-01 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.

Cook's Science Cook's Illustrated, Guy Crosby, Ph.D, 2016-10-04 In Cook's Science, the all-new companion to the New York Times-bestselling The Science of Good Cooking, America's Test Kitchen deep dives into the surprising science behind 50 of our favorite ingredients--and uses that science to make them taste their best. From the editors of Cook's Illustrated, and the best-selling The Science of Good Cooking, comes an all-new companion book highlighting 50 of our favorite ingredients and the (sometimes surprising) science behind them: Cook's Science. Each chapter explains the science behind one of the 50 ingredients in a short, informative essay--topics ranging from pork shoulder to apples to quinoa to dark chocolate--before moving onto an original (and sometimes quirky) experiment, performed in our test kitchen and designed to show how the science works. The book includes 50 dynamic, full-page color illustrations, giving in-depth looks at individual ingredients, family trees of ingredients, and cooking techniques like sous vide, dehydrating, and fermentation. The 400+ foolproof recipes included take the science into the kitchen, and range from crispy fried chicken wings to meaty-tasting vegetarian chili, coconut layer cake to strawberry rhubarb pie.

**Cook, Taste, Learn** Guy Crosby, 2019-12-10 Cooking food is one of the activities that makes humanity unique. It's not just about what tastes good: advances in cooking technology have been a constant part of our progress, from the ability to control fire to the emergence of agriculture to modern science's understanding of what happens at a molecular level when we apply heat to food. Mastering new ways of feeding ourselves has resulted in leaps in longevity and explosions in population—and the potential of cooking science is still largely untapped. In Cook, Taste, Learn, the food scientist and best-selling author Guy Crosby offers a lively tour of the history and science behind the art of cooking, with a focus on achieving a healthy daily diet. He traces the evolution of cooking from its earliest origins, recounting the innovations that have unraveled the mysteries of health and taste. Crosby explains why both home cooks and professional chefs should learn how to apply cooking science, arguing that we can improve the nutritional quality and gastronomic delight of everyday eating. Science-driven changes in the way we cook can help reduce the risk of developing chronic diseases and enhance our quality of life. The book features accessible explanations of complex topics as well as a selection of recipes that illustrate scientific principles. Cook, Taste, Learn reveals the possibilities for transforming cooking from a craft into the perfect blend of art and science.

The Complete Cook's Country TV Show Cookbook Season 9 Cook's Country, 2016 Recipes from all nine seasons of the TV show Cook's country are captured into one colorful volume to teach you foolproof methods for making great American meals.

**The Complete Cook's Country TV Show Cookbook** America's Test Kitchen, 2025-08-05 Take your taste buds on a road

trip as Cook's Country uncovers 740+ recipes and stories (including 60 new!) from across the country. All 18 seasons of the hit TV show are collected in one streamlined, kitchen-friendly volume. Join Julia Collin-Davison, Bridget Lancaster, Toni Tipton-Martin, and the whole Cook's Country cast as they cook, taste, and test their way through dozens of new dishes. Join them in making refreshed classics such as Chicken Cordon Bleu, takeout favorites such as American-Style Egg Rolls with Plum Sauce, international sweets such as Pasteis De Nata (Portuguese Egg Tarts), and more. Plus, with their guidance you can be sure you're stocking your kitchen with only the best ingredients and equipment. Highlights include: 52 new recipes from 26 new episodes, plus 8 new bonus recipes Full-page On the Road features in Lake Delton, Wisconsin; Portsmouth, New Hampshire; Brunswick, Georgia; and more Exciting updates on down-home favorites such as Grilled Lamb Burgers, Bean Bourguignon, Cast Iron Potato Kugel, and Double Chocolate Banana Bread Rigorously-tested product guide, with new and updated recommendations for equipment and ingredients such as vegan egg substitutes, cold-brew coffee makers, and ceramic nonstick skillets Cook's Country thoroughly tests and perfects every recipe—so you can be sure you're getting the best that American cooking has to offer.

The America's Test Kitchen Cooking School Cookbook America's Test Kitchen, 2013-10-15 A landmark book from the test kitchen that has been teaching America how to cook for 20 years. We launched the America's Test Kitchen Cooking School two years ago to teach home cooks how to cook the test kitchen way, and since then thousands of students have taken our interactive video-based online courses. The America's Test Kitchen Cooking School Cookbook shares the same goal as our online school and brings all our best practices—along with 600 all-time favorite recipes—into one place so that you can become a better, more confident cook. There is no better way to learn than seeing an expert in action, so we've included over 2,500 color photos that bring you into the test kitchen so you can see how to prepare recipes step-by-step. The book starts off with an exhaustive 46-page Cooking Basics chapter that covers everything from what equipment you need (and how to care for it) to test-kitchen tricks for how to make food taste better. Then we move on to cover all the major cooking and baking categories, from meat, poultry, and pasta to breads, cakes, and pies. Illustrated Core Techniques, like how to whip egg whites, roast a chicken, or bake flawless pie dough, focus on the building block recipes everyone should know. Recipe Tutorials that each feature 20-35 color photos then walk readers through recipes that are either more complicated or simply benefit from the visual clues of step photography, like Extra-Crunchy Fried Chicken, Sticky Buns with Pecans, and Deep-Dish Apple Pie. Every chapter ends with a library of the test kitchen's all-time favorite recipes, such as Pan-Seared Steaks with Red Wine Pan Sauce, Meatballs and Marinara, Best Vegetarian Chili, Memphis-Style Barbecued Ribs, and New York-Style Cheesecake—more than 600 in total—that will allow home cooks to expand their repertoire. The America's Test Kitchen Cooking School Cookbook is a how-to-cook book that also explains why recipes succeed or fail, which makes it the ideal book for anyone looking to cook better.

*The Outdoor Cook* America's Test Kitchen, 2023-04-04 Your comprehensive guide to outdoor cooking with 150 recipes to make the whole meal outdoors, including snacks, sides, breads, and desserts Go beyond burgers and basic proteins to become your best outdoor cooking self. Whether you use a gas or charcoal grill, flat-top griddle, open-fire setup, smoker, or pizza oven, you can revel in the outdoor cooking lifestyle. By learning to harness fire and smoke the ATK way, you'll even be able to convert many of these recipes between different cooking methods. In-depth information covers fire setups and heat levels; reviews of outdoor cooking equipment including grills, griddles, planchas, rotisseries, pizza ovens, and smokers; and all the invaluable tips ATK has learned from more than 25 years of outdoor cooking experience. Whether you need fast, creative weeknight dinners or you're gathering friends around the fire pit for Charred Guacamole and Grilled Peach Sangria or you're seeking a weekend adventure smoking a whole chicken or simmering open-fire paella for a crowd, you'll find recipes for every meal component: Snacks and Small Plates: Smoked Loaded Nachos, Grilled Oysters with Soy-Citrus Sauce, Watermelon with Grilled Queso de Freir, Serrano, and Pepitas Both Hands Needed: Grilled Smokehouse Barbecue Burgers, Smoked Salmon Tacos, Philly-Style Cheesesteaks Weeknight Dinners: Stir-Fried Szechuan-Style Eggplant, Grilled Garam Masala Chicken, Tomatoes, and Naan Weekend Gatherings: Kansas City-Style Barbecue Ribs, New England Clambake, Diner-Style Breakfast Over an Open Fire: Fireside Chili, Chicken Souvlaki, Paella for a Crowd Grilled Breads: Thin-Crust Grilled Pizza, Rosemary Focaccia, No-Knead Dutch Oven Bread Desserts: Glazed Rotisserie Pineapple with Salted Rum Butterscotch Sauce, Cherry Spoon Cake

*Cook for Your Gut Health* America's Test Kitchen, 2021-04-06 A creative, flavorful collection of more than 100 low-FODMAP and gut health-supporting recipes with the vibrant vegetables, hearty grains, and optimal fiber you need. Cook your way to a happy gut! Developed with nutritionist and dietitian Alicia A. Romano, this gut health cookbook delivers 100+ healthy recipes and an in-depth education on the science of the mind gut connection. Whether you're trying to calm occasional gastrointestinal symptoms, or you suffer from IBS, acid reflux, or GERD, you'll be pleased to find: • A focus on the best ingredients: This physician-backed way of eating for the gut emphasizes hearty, high-fiber, and low-lactose ingredients, while also including low-FODMAP recipes (those that eliminate certain hard-to-digest carbohydrates). • Customization: Get dairy or gluten free options for each recipe, plus ideas for eliminating high-FODMAP ingredients from the few recipes that have them. • Clever cooking solutions: Onions and garlic are foundational ingredients but can bother those with gut health issues. Discover useful but delicious substitutes! There's good reason to eat with your gut in mind. A healthy gut optimizes digestion. The gut microbiome helps us absorb nutrients and plays a role in supporting our immunity and emotional health. You'll cook with flavor, flair, and ease to a happy gut!

**The Complete Cook's Country TV Show Cookbook Season 12** America's Test Kitchen, 2019-08-27 Not your average best-of-American-home-cooking cookbook. A new season of great recipes from the hit TV show Cook's Country. Take a recipe

road trip across America with Cook's Country at the wheel and cook along with the TV show. Discover recipes that are foolproof recreations of classic and regional favorites--from small towns to big cities. Season 12 recipes include American classics like Cast Iron Baked Chicken and Grilled Bacon Burgers with Caramelized Onion as well as newly re-created recipes for Monroe County-Style Pork Chops and Drop Meatballs. And revel in 3 chapters of desserts, including Goopy Butter Cake Bars and Blueberry Jam Cake. In addition to more than 450 recipes for great American food, you'll get information on the origins and inspiration behind many of the dishes. A comprehensive shopping guide lists all of the winning products featured on the TV show.

*Table Talk*, 1909

*Vegan Cooking for Two* America's Test Kitchen, 2022-10-18 The most comprehensive guide to easy, quick, and delicious small-batch plant-based cooking No more throwing out past-its-prime produce, doing on-the-fly math to scale down recipes designed to serve a crowd, or guessing at substitutions for nonvegan ingredients. Now you can skip straight to perfectly portioned, all-vegan custardy French toast, katsu sandwiches with the crispiest pan-fried tofu, spicy sesame noodles, velvety vegetable chowder, gooey fig streusel bars, and more. 220+ vegan recipes for breakfast, dessert, and everything in between. 140+ recipes are ready in 45 minutes or less, and over half of recipes require 10 or fewer ingredients. Dramatically reduce kitchen waste with smart shopping and food storage tips. The Use It Up chart helps you find recipes that use up pesky leftovers. Embrace vegan cheese, butter, egg, and more store-bought products for ultimate convenience. We tell you which products to buy for the best results. All out of sweet potatoes? Substitute squash. Then level up with a crispy tempeh topping. 300+ Kitchen Improv suggestions make each recipe flexible and customizable. Failproof baked vegan treats. Scaled-down banana muffins and chocolate-ginger scones emerge from the oven (or toaster oven) perfectly risen every time.

*Kitchen Hacks* America's Test Kitchen, 2015-11-10 Innovative solutions to everyday cooking challenges from our team of test kitchen MacGyvers—the test cooks at Cook's Illustrated magazine A kitchen hack is an unusual, easier, and/or better way of performing a task that often saves money and time or improves the quality of the outcome. In this wacky but eminently useful collection of kitchen hacks, you will learn how to outsmart tricky tasks and face down kitchen challenges (big and small) with innovative and clever ideas from Quick Tips, the most popular feature in Cook's Illustrated magazine (900,000 circulation). Kitchen Hacks is a beautifully designed guidebook to hacking your kitchen . . . and beyond!

*Cooking with Plant-Based Meat* America's Test Kitchen, 2022-03-29 This must-have guide to cooking with today's new plant-based meats includes all the satisfying, sustainable recipes you actually want to eat. Available everywhere from grocery stores to fast food chains, today's meat alternatives like Impossible Burger and Beyond Meat impressively replicate the taste and texture of meat. Now, the recipe experts at America's Test Kitchen show how to cook successfully with these modern meat mimickers—producing juicy, savory, meaty flavor—and transform them into a broad array of mouthwatering dishes that

make sustainable meat-free eating feel luxurious. We've tested our way through the plethora of meat alternatives so we could guide you to the tastiest and most reliable. Learn how to use them in 75 exciting dishes, including: Snacks and apps: Meaty Loaded Nacho Dip, Jamaican Meat Patties, and Pan-Fried Dumplings. Burgers and tacos galore: Grilled Smokehouse Barbecue Burgers, Double Smashie Burgers, Chorizo and Potato Tacos, and Crispy Fried Tacos with Almonds and Raisins. Saucy pasta favorites: One-Pot Stroganoff, Weeknight Tagliatelle with Bolognese Sauce, Meatballs and Marinara, and Lion's Head Meatballs. Fast and easy dinners: Quinoa Bowls with Meatballs, Green Beans, and Garlic Dressing; Meat-and-Bean Burritos; and Stuffed Zucchini with Spiced Meat and Dried Apricots. Ever wondered how can you tell when plant-based meat has reached ideal doneness, or how to cope with sticking? You'll find the answers here to these questions and many more. And you'll discover cooking techniques that will keep you inspired long-term.

The How Can It Be Gluten Free Cookbook Volume 2 America's Test Kitchen, 2015-10-13 Our all-new collection of gluten-free recipes features a new whole-grain flour blend, more than 50 dairy-free recipes, and nutritionals for every recipe. Building on the best-selling success of *The How Can It Be Gluten- Free Cookbook*, we've gone back into the test kitchen to expand our repertoire of revolutionary gluten-free recipes, including developing a whole-grain flour blend that brings earthy flavor to a variety of baked goods such as sandwich bread, waffles, rustic walnut-cherry boule, chai spice bread, sesame crackers, and a free-form rustic tart dough used to make a stunning pear and cranberry tart. Throughout there are recipes that use the test kitchen's all-purpose flour blend, such as bagels, hamburger rolls, brioche, baguettes, and easy-to-make pan pizzas, as well as sweet treats like yeasted doughnuts, blondies, lemon layer cake, and Dutch apple pie. Also new to this book are nutritionals for every recipe and dairy-free versions of more than half the baked goods based on extensive testing done with alternative milks and yogurt and vegan cream cheese and butter. Innovative techniques and discoveries are explained throughout: a simple oven proofing method that helps gluten-free breads rise taller and more consistently, foil collars that ensure hamburger buns that are the right size, and a double-batter-ing and double-frying method for fried fish with a crispy gluten-free coating. From breakfast foods, grains, and comfort foods to a whole range of baked goods, this new volume delivers groundbreaking recipes plus information on the best gluten-free breads and pastas on the market today and an essential resource section that is a road map for cooking and baking without gluten.

*The Complete Cook's Country TV Show Cookbook Includes Season 14 Recipes* America's Test Kitchen, 2021-08-24 Hit the road with top-rated Cook's Country TV and devour another year of great American recipes. Discover new recipes from across the U.S. and cook them along with the cast of the hit TV show Cook's Country. The homegrown recipes cover both classic and regional favorites from small-town America to the big city. Season 14 recipe highlights include exciting twists on classic favorites such as Bacon-Wrapped Pork Roast with Peach Sauce, Italian Meatloaf, and Ground Beef Stroganoff as well as down-home favorites Iowa Skinnies, Texas Potato Pancakes, and Strawberry Cheesecake Bars. This cookbook has it all, from

deep-dish pizza, grilled favorites, cheese biscuits, and muffins to plenty of desserts, cakes, cookies, pies, and more. In addition to more than 500 foolproof recipes, there is information on the backstory and inspiration behind many of the dishes. Did you know that the creator of popcorn chicken sold his method of preparation to KFC for \$33 million? The must-have comprehensive shopping guide lists all of the winning products featured on the TV show, including fresh garlic substitutes, 12-inch nonstick skillet, and electric deep fryers.

*Foolproof Preserving and Canning* America's Test Kitchen, 2016-04-26 Every home cook's essential step-by-step guide to canning and preserving 100 can't-fail sweet and savory recipes, from tried-and-true classics to modern updates. The experts at America's Test Kitchen show you how to easily (and safely) make homemade everything—from fruity jams with beautiful summer berries to piquant pickles from raw vegetables of all kinds—with detailed tutorials, troubleshooting tips, equipment information, instruction on doubling batches, and insight into the science behind canning (How much salt should you use? What's the perfect preserving temperature?). No matter what season it is, which jars you have, or how much time you have, this book has something for everyone, beginner or expert. Sweet Jams & Jellies: Once you've turned out flawless favorites like Raspberry & Strawberry, try your hand at Blueberry Earl Grey Jam. Savory Jams & Chutneys: Start with classics like Caramelized Onion Jam and then make a delicious Apple Shallot Chutney to pair with a favorite dish. Vegetable Pickles: Simply cooked in a vinegar brine or long-fermented, every pickle is perfectly crisp. Fruit in Syrup: Enjoy jewel-like fruit, from bite-size to whole, in a syrup made of the perfect ratio of water to sugar. Tomatoes: Intensify their flavor through roasting or lock in summer sweetness with fresh tomato sauce. Canning Books Are Hot More and more people are canning and preserving at home for the satisfaction of transforming raw height-of-season produce into jewel-like jars of jams, jellies, and condiments, or umami-packed pickles. Step-by-Step Instruction This is the first canning and preserving book from ATK; we take the mystery and fear away and provide detailed and illustrated instructions for every recipe. Timelines for Every Recipe It's helpful to have snapshot of the commitment involved in making the recipe—and when they're ready to eat. Lots of Options for Both Beginner and Experienced Canners There is a lot of interest in handcrafting small batches of fruits and vegetables. The emphasis in this book is on small batch canning (2- or 4-jar yields) with double-it options for all the 4 jar recipes. Beautiful Package Completely illustrated with step photos of the recipes in progress and an easy-to follow design.

**The Complete Cooking for Two Cookbook, Gift Edition** America's Test Kitchen, 2017-11-28 A New York Times Bestseller--more than 400,000 copies sold The perfect for-two cookbook for newlyweds, college graduates, and empty nesters Learn the ins and outs of successful small-scale cooking from the experts at America's Test Kitchen. This groundbreaking resource was the first to re-engineer recipes to serve just two. We put our expertise to work to scale down 650 of our best recipes including the trickiest dishes, from soups and stews to stir-fries and meatloaf, even cakes and pies. We did the math to take the guesswork out of cooking for two so you can be sure that anything you want to make--whether it's lasagna or a

batch of fudgy brownies or a fluffly yellow cake--will come out perfectly every time. The extensive introduction includes clever shopping strategies to reduce waste, smart storage tricks that help extend the freshness of key ingredients, and our picks for the most useful kitchen equipment for any two-person household.

**Multicooker Perfection** America's Test Kitchen, 2018-04-17 Praised by Wired.com and featured by Chicago Tribune, Booklist, Epicurious, Booklist, and Eat This, Not That! Multicookers such as the GoWISE USA and Instant Pot Duo are hugely popular; however, most recipes are unreliable or are designed to work in only one model of multicooker--and most often, they use only the pressure-cook setting. Enter Multicooker Perfection, a collection of foolproof recipes tested and developed to work in any multicooker and conform to your schedule. Make each recipe fast using the pressure-cook setting or let dinner cook while you're out by preparing it slow on the slow-cook setting. These crowd-pleasing recipes are perfectly suited for cooking at the touch of a button, from soups and stews like Easy Beef and Barley Soup and Chipotle Pork and Hominy Stew; to weeknight-friendly meals like Braised Chicken Breasts with Tomatoes and Capers, Ziti with Sausage Ragu, and Thai Braised Eggplant; to company-worthy dishes like Tamarind Braised Beef Short Ribs and Osso Buco with Sweet and Spicy Peperonata. Plus, you'll find a chapter of unexpected recipes like Boston Brown Bread, Buffalo Chicken Wings, and even a perfectly creamy Cheesecake. Make cooking easier and better with this must-have cookbook for any multicooker owner.

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Book The Science Of Good Cooking**

In a global inundated with screens and the cacophony of instantaneous conversation, the profound power and psychological resonance of verbal artistry usually fade into obscurity, eclipsed by the regular onslaught of noise and distractions. However, located within the musical pages of **Book The Science Of Good Cooking**, a interesting perform of fictional elegance that impulses with fresh thoughts, lies an remarkable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this magical opus instructions visitors on a mental odyssey, delicately revealing the latent possible and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is key styles, dissect their interesting writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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