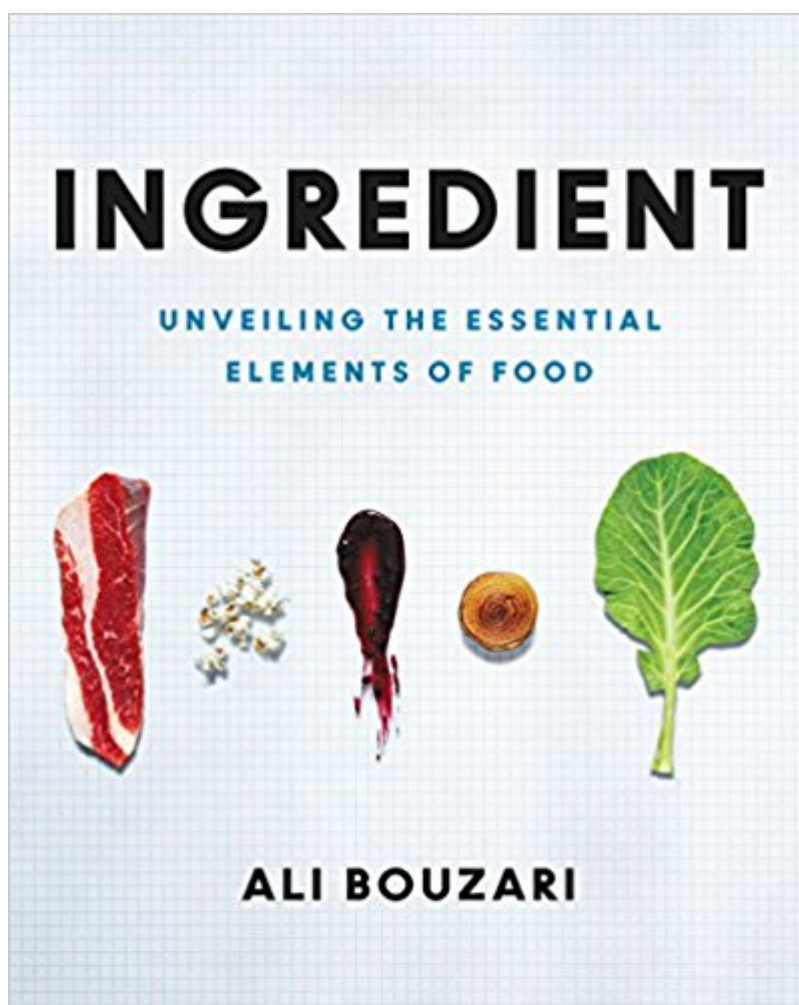


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# Ingredient: Unveiling The Essential Elements Of Food



## Synopsis

In this entertaining, informative guide, one of the leading experts in culinary science—a chef, consultant, and scientist who has worked with some of the biggest names in the industry, from Thomas Keller to Daniel Humm—paints a portrait of each of the fundamental building blocks of food, giving all cooks a way to visualize and respond to what's really happening in the pan. There are ingredients, and then there are Ingredients. An ingredient is a tomato, a tortilla, or some tarragon. An Ingredient (with a capital "I") is a fundamental building block or recurring theme that works behind the scenes in everything we cook. There are millions of ingredients, but only eight Ingredients: Water, Sugars, Carbs, Lipids, Proteins, Minerals, Gases, and Heat. Each Ingredient has its own personality, a set of things it does or doesn't do. Ever been blown away by a wonderfully fragrant dish? From soup and mashed potatoes to French toast and barbecue, lipids act like glue to stick aromas to your food. Is a batter too thin or sauce not clinging correctly? The best bets for thickening any liquid are carbs and proteins, which we can find anywhere from a bag of flour to a roasted garlic clove or a piece of braised meat. This book teaches you the personalities of the Ingredients, where to find them, and how to put them to work. Ingredient isn't a book of recipes, nor is it a definitive treatise on the science of the kitchen. It's an illustrated guide to visualizing and controlling food's invisible moving parts, regardless of your skill level or how you like to cook. Through this lively, engaging, and accessible guide, renowned culinary scientist Ali Bouzari shifts our focus from secret ingredients to the secrets of Ingredients.

## Book Information

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## Customer Reviews

Ingredient is a book I wish I had as a young cook, one of those resources that I believe will help not only a new generation of chefs for years to come but also any home cooks who picks it up. This is a remarkable book. • (Daniel Humm) • Ingredient is a highly elevated cheat sheet for any avid cook or food geek. Essential for any serious kitchen...a direct and fascinating guide to the science of food. • (Padma Lakshmi) • I've read a lot of books about food, but I've never seen one like Ingredient...Engaging and eminently useful. You can't turn more than two pages without discovering something new or being reminded of a concept that is the key to solving a kitchen problem you've been having. • (J. Kenji Lopez-Alt, managing culinary director of Serious Eats and author of The Food Lab) • [A] charming new primer on the science of food and cooking . . . Bouzari's animated style vividly dramatizes processes that may be familiar to us, but whose inner logics remain obscure. • (PopSci) • Awesome, nerdy science...Reading Ingredient will make you smarter, and after reading it, you'll cook smarter. And that makes everything taste better. • (Powell's)

An entertaining, informative guide to what's really happening when you cook from one of the leading experts in culinary science There are ingredients, and then there are Ingredients. An ingredient is a tomato, a tortilla, or some tarragon. An Ingredient (with a capital I) is a fundamental building block that works behind the scenes in everything we cook. There are millions of ingredients, but only eight Ingredients: water, sugars, carbohydrates, lipids, proteins, minerals, gases, and heat. Each Ingredient has its own personality, a set of things it does or doesn't do. Ever been blown away by a wonderfully fragrant dish? From soup and mashed potatoes to French toast and barbecue, lipids act like glue to stick aromas to your food. Is a batter too thin or sauce not clinging correctly? The best bets for thickening any liquid are carbs and proteins, which we can find anywhere from a bag of flour to a roasted garlic clove or a piece of braised meat. This book teaches you the personalities of the Ingredients, where to find them, and how to put them to work. Ingredient isn't a book of recipes, nor is it a definitive treatise on the science of the kitchen. It's an illustrated guide to visualizing and controlling food's invisible moving parts, regardless of your skill level or how you like to cook. In this guide, Ali Bouzari shifts our focus from secret ingredients to the secrets of Ingredients.

Lovely to look at and fun to read! This is a wonderful book for those of us who enjoy cooking and eating as a hobby rather than as a profession. Bouzari makes science of cooking entertaining and

accessible. Bouzari's lively prose and anthropomorphizing make the processes he explains easy to understand and remember. I plan to give this book to all my favorite foodie science geek friends.

Ingredient delivers on its promise to give the reader x-ray vision into the basic chemistry of food. The complex concepts presented are made easier to understand and visualize with Ali Bouzari's liberal use of metaphors. The wonderfully eccentric (and detailed) illustrations by Jeff Delierre and photographs by National Geographic Explorer Jason Jaacks also aid in envisioning these chemical interactions. The tone is also light and informal, as the intent of the content is made to be presented in "humanspeak". This allows the reader to easily develop a basic level of understanding of the "behind the scenes" of food, no matter what the scientific background the reader possesses. There are numerous other books on the market that delve deeper and describe in more details the physics of food that, in order to understand, require a degree in science and a tolerance to dry content. Ingredient is not one of them. Bouzari is not new to the food writing scene. He has written numerous articles on food chemistry in ChemistryWorld and Popular Science with the same style. Read them if you're still wondering how Ingredient is presented then buy the book because simply, it's great. Popular Science "The delicious taste of struggle" [...] Scientific American "How good cooks keep green veggies from going brown" [...]

This book completely changed the way I look at and think about food. It opened my eyes to a world just below the surface that I did not know existed, uncovering the science of flavor. You truly know nothing about cooking and flavor combinations if you don't have this as your foundation. Should be required reading for any cook, amateur or otherwise, and if you don't consider yourself a cook due to feeling overwhelmed try this book and it just may simplify the entire concept for you. Thank god someone wrote this down in a way that can so easily be consumed.

A very fun book for anyone that is interested in food, especially the cooking of food... I consider myself a reasonably good cook and i have a through background in science, but reading this book i learned a lot about both, that will inform all my cooking in the future... It is especially useful for cooks, or aspiring cooks, that don't have a science background and are not interested in getting one...for them, it is an essential read!

Ingredient isn't like anything I've ever read before. Its clever illustrations and beautiful photographs complement Bouzari's intriguing explanation of the science of cooking. Ingredient isn't a cookbook,

and it doesn't have a single recipe. Rather, it's a fascinating, up-close look at the basic types of foods that make up every culinary creation, and how they interact with each other either to cause mischief or make masterpieces. Bouzari's unique, snappy writing style turns what could be a dry, academic treatise into a truly delightful read. Professional chefs, home cooks, even intellectually curious people who can't scramble an egg, will all love this book!

Great insights into techniques for substituting different ingredients into food blends to achieve superior textures, flavors, smells, and achieve the desired binding properties of those components.

Ali manages to take the mystery out of cooking by explaining the fundamental properties of every food. This is the book that will bring your cooking to the next level. You can use what you learn from this book to really be creative or save a dish that seems to be going sideways.

Packed with great information, as someone with product development experience but not formal training, I found this book very helpful in picking up my confidence as I continue on the path to successful product launches!

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