

1. Record Nr.	UNINA9910148629703321
Autore	Schroeder Keith
Titolo	Cooking Light Mad Delicious : The Science of Making Healthy Food Taste Amazing
Pubbl/distr/stampa	Birmingham : , : TI Inc. Books, , 2016 ©2016
ISBN	0-8487-4992-8
Descrizione fisica	1 online resource (506 pages)
Disciplina	641.5
Soggetti	Nutrition Cooking (Natural foods) Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction -- Mental mise en place: how to get your kitchen and mind ready for cooking -- Hands on: master basic kitchen skills - Sauces & dressings: how to create sauces with fresh flavors and great texture -- Hot liquids: use steam for sides and main dishes that wow -- Harnessing steam: all about poaching, simmering, and boiling -- Pan cooking: sauteing, frying, braising, and more -- In the over: how to roast anything: nuts, veggies, meat, and fruit -- Playing with fire: recipes for the grill and the grill pan.
Sommario/riassunto	Mad Delicious takes the kitchen science genre to the next level: It's not just about chemistry and molecules. Schroeder teaches home cooks about the nature of ingredients, how to maximize texture and flavor with clever cooking techniques (try steaming beef-then soaking it in wine sauce for the most tender steak ever!), smooth moves in the kitchen for better work flow, and how all the sciences-geography, meteorology, chemistry, physics, botany, biology, even human sociology and anthropology-can help home cooks master the science of light cooking.