

## *What Einstein Told His Cook Kitchen Science Explained By Robert L Wolke*

Why do we knead bread? What is the connection between cheese and the Milky Way overhead? What can I do if I need buttermilk but don't have any on hand? Can potatoes be poisonous? Which American city was named for the onion? The answer to these and hundreds of additional questions are found in the pages of the book, *Fun Food Facts*. Every page of this book will fascinate you with trivia and food facts that will inform and educate. *Fun Food Facts* is a book that grew out of Mike's love of cooking and food. Having read many books on the subject, he began keeping notes of interesting food facts. He started sharing these notes with friends and co-workers and received an enthusiastic response and requests for more. As the facts began to pile up, Mike decided to make an effort to publish them -- The result of this effort rests in your hands. *Fun Food Facts: A book for people who eat!*

The key to confident cooking lies not in learning to follow intricate recipes but rather in mastering a select handful of truly appealing yet straightforward dishes that invite experimentation and improvisation to reflect the seasons and the cook's own palate. In *Salt to Taste*, Chef Marco Canora presents a tempting repertoire of 100 soulful recipes that embody this philosophy perfectly: food that is comforting and familiar but with a depth of flavor and timeless appeal that mark the dishes as true essentials of the contemporary table. Each meticulously written recipe offers insightful lessons drawn both from memories of his mother's cooking and his years as one of New York's most respected chefs, guiding the way to a delicious dish every time. Extensive chef's notes suggest ways to streamline the process and enhance the savory results, marrying the precision of the professional kitchen with the warmth of home cooking. Those looking to elevate their cooking from merely good to truly spectacular will find much here to inspire them, while those in need of culinary coaching will learn that creating greatness is within reach. With a little forethought, care, practice, and observation, any cook can quickly gain the confidence to "salt to taste."

**CULTURAL STUDIES.** In the tradition of "Fast Food Nation" and "The Omnivore's Dilemma" comes an "indispensable," (New York "Newsday") fascinating, and cutting-edge look at the scary truth about what really goes into our food. If a piece of individually wrapped cheese can retain its shape, color, and texture for years, what does it say about the food we eat and feed to our children? Former "New York Times" business reporter and mother Melanie Warner decided to explore that question when she observed the phenomenon of the indestructible cheese. She began an investigative journey that took her to research labs, university food science departments, and factories around the country. What she discovered provides a rare, eye-opening--and sometimes disturbing--account of what we're really eating.

Whether you know it or not, you become a chemist any time you step into a kitchen. As you cook, you oversee intricate chemical transformations that would test even the most hardened of professional chemists. Focussing on how and why we cook different dishes the way we do, this book introduces basic chemistry through everyday foods and meal preparations. Through its unique meal-by-meal organisation, the book playfully explores the chemistry that turns our food into meals. Topics covered range from roasting coffee beans to scrambling eggs and gluten development in breads. The book features many experiments that you can try in your own kitchen, such as exploring the melting properties of cheese, retaining flavour when cooking and pairing wines with foods. Through molecular chemistry, biology, neuroscience, physics and agriculture, the author discusses various aspects of cooking and food preparation. This is a fascinating read for anyone interested in the science behind cooking.

Swindled

Eight Flavors

And Other Stories of Intriguing Kitchen Science

The Key to Confident, Delicious Cooking

The Kitchen as Laboratory

Chemistry in Your Kitchen

A History of Food

*From New York Times bestselling author Sam Kean comes incredible stories of science, history, finance, mythology, the arts, medicine, and more, as told by the Periodic Table. Why did Gandhi hate iodine (I, 53)? How did radium (Ra, 88) nearly ruin Marie Curie's reputation? And why is gallium (Ga, 31) the go-to element for laboratory pranksters?\** *The Periodic Table is a crowning scientific achievement, but it's also a treasure trove of adventure, betrayal, and obsession. These fascinating tales follow every element on the table as they play out their parts in human history, and in the lives of the (frequently) mad scientists who discovered them. THE DISAPPEARING SPOON masterfully fuses science with the classic lore of invention, investigation, and discovery--from the Big Bang through the end of time. \*Though solid at room temperature, gallium is a moldable metal that melts at 84 degrees Fahrenheit. A classic science prank is to mold gallium spoons, serve them with tea, and watch guests recoil as their utensils disappear.*

*Bad food has a history. Swindled tells it. Through a fascinating mixture of cultural and scientific history, food politics, and culinary detective work, Bee Wilson uncovers the many ways swindlers have cheapened, falsified, and even poisoned our food throughout history. In the hands of people and corporations who have prized profits above the health of consumers, food and drink have been tampered with in often horrifying ways--padded, diluted, contaminated, substituted, mislabeled, misnamed, or otherwise faked. Swindled gives a panoramic view of this history, from the leaded wine of the ancient Romans to today's food frauds--such as fake organics and the scandal of Chinese babies being fed bogus milk powder. Wilson pays special attention to nineteenth- and twentieth-century America and England and their roles in developing both industrial-scale food adulteration and the scientific ability to combat it. As Swindled reveals, modern science has both helped and hindered food fraudsters--increasing the sophistication of scams but also the means to detect them. The big breakthrough came in Victorian England*

when a scientist first put food under the microscope and found that much of what was sold as "genuine coffee" was anything but--and that you couldn't buy pure mustard in all of London. Arguing that industrialization, laissez-faire politics, and globalization have all hurt the quality of food, but also that food swindlers have always been helped by consumer ignorance, *Swindled* ultimately calls for both governments and individuals to be more vigilant. In fact, Wilson suggests, one of our best protections is simply to reeducate ourselves about the joys of food and cooking.

Funny, outrageous, passionate, and unrelenting, *Vogue's* food writer, Jeffrey Steingarten, will stop at nothing, as he makes clear in these forty delectable pieces. Whether he is in search of a foolproof formula for sourdough bread (made from wild yeast, of course) or the most sublime French fries (the secret: cooking them in horse fat) or the perfect piecrust (Fannie Farmer--that is, Marion Cunningham--comes to the rescue), he will go to any length to find the answer. At the drop of an apron he hops a plane to Japan to taste Wagyu, the hand-massaged beef, or to Palermo to scale Mount Etna to uncover the origins of ice cream. The love of choucroute takes him to Alsace, the scent of truffles to the Piedmont, the sizzle of ribs on the grill to Memphis to judge a barbecue contest, and both the unassuming and the haute cuisines of Paris demand his frequent assessment. Inevitably these pleasurable pursuits take their toll. So we endure with him a week at a fat farm and commiserate over low-fat products and dreary diet cookbooks to bring down the scales. But salvation is at hand when the French Paradox (how can they eat so richly and live so long?) is unearthed, and a "miraculous" new fat substitute, Olestra, is unveiled, allowing a plump gourmand to have his fill of fat without getting fatter. Here is the man who ate everything and lived to tell about it. And we, his readers, are hereby invited to the feast in this delightful book.

Presents the first cookbook that shows how simple it is to select and combine ingredients with unami, another basic taste like sweet, salty, sour, Cook to Bang

Salt

Food

The Science of Booze

The Brisket Chronicles

Near a Thousand Tables

What Einstein Told His Barber

A creator of the award-winning Orangette blog presents a memoir about the life lessons she learned in the kitchens of her youth, in a recipe-complemented account that describes experiences of loss and love while enjoying her father's French toast, her husband's pickles and her chocolate wedding cakes. Reprint.

A professional food developer featured by Malcolm Gladwell in a *New Yorker* "perfect cookie" article offers insight into the psychology and physiology of taste while providing engaging anecdotes and cooking exercises for enhancing the flavor experience. 40,000 first printing.

Bringing the instruments and experimental techniques of the laboratory into the kitchen, Herve This 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*, This's first work to appear in English, 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. He goes on to discuss the physiology of flavor and explores how the brain perceives tastes, how chewing affects food, and how the tongue reacts to various stimuli. Examining the molecular properties of bread, ham, foie gras, and champagne, the book analyzes what happens as they are baked, cured, cooked, and chilled.

Answers questions such as "How can cricket chirps tell us the temperature?" "Is a rare steak really bloody?" and "Why won't oil and water mix?"

The Sequel: Further Adventures in Kitchen Science

What Einstein Told His Cook 2: The Sequel: Further Adventures in Kitchen Science

The Secret Danger of Everyday Things

A Homemade Life

Exploring the Science of Flavor

The Fifth Taste

Reflections on the Science of Food and Cooking

Presents scientific answers to a series of miscellaneous questions, covering such topics as "Why are bubbles round," "Why are the Earth, Sun, and Moon all spinning," and "How you can tell the temperature by listening to a cricket."

Tired of dates that leave you with nothing but a \$150 dinner tab, a doggy bag, and blue balls? Enter *Cook to Bang*, a guide to wining, dining, and sixty-nining for cooks who don't know their asparagus from their elbows. It offers a history of *Cook to Bang* seduction throughout the ages, tips for setting the bait, the best menu for each "sexual profile," methods for creating a sexy-time vibe, and a game plan for how to make your move. Born from the popular Web site, *Cook to Bang* is an everyman's guide to cooking your way into your date's bed.

Grill master Steven Raichlen shares more than 60 foolproof, mouthwatering recipes for preparing the tastiest, most versatile, and most beloved cut of meat in the world—outside on the grill, as well as in the kitchen. Take brisket to the next level: 'Cue it, grill it, smoke it, braise it, cure it, boil it—even bake it into chocolate chip cookies. Texas barbecued brisket is just the beginning: There's also Jamaican Jerk Brisket and Korean Grilled Brisket to savor. Old School Pastrami and Kung Pao Pastrami, a perfect Passover Brisket with Dried Fruits and Sweet Wine, even ground brisket—Jakes Double Brisket Cheeseburgers. In dozens of unbeatable tips, Raichlen shows you just how to handle, prep, and store your meat for maximum tenderness and flavor. Plus plenty more recipes that are pure comfort food, perfect for

using up leftovers: Brisket Hash, Brisket Baked Beans, Bacon-Grilled Brisket Bites—or for real mind-blowing pleasure, Kettle Corn with Burnt Ends. And side dishes that are the perfect brisket accents, including slaws, salads, and sauces.

What Einstein Told His Cook: Kitchen Science Explained W. W. Norton & Company

Molecular Gastronomy

Salt to Taste

A World History

How We Learn to Eat

How to Unlock Flavor in 50 of our Favorite Ingredients

Fun Food Facts

What Einstein Told His Cook 2

"Foodies rejoice! Malcolm Gladwell's favorite food inventor offers a guide to the senses with advice on how to develop your palate and better enjoy the pleasures of eating. Featured by Malcolm Gladwell in a New Yorker magazine article about the quest to develop the perfect cookie, Barb Stuckey is the food developer that famed foodies--such as Michael Pollan--turn to when they need to understand the psychology and physiology of taste. In Taste What You're Missing, Stuckey shares her professional knowledge in an engaging style that's one part Mary Roach, two parts Oliver Sacks, and a dash of Anthony Bourdain for spice. Taste What You're Missing serves up stories: seared, sauced, and garnished with humor and insight into our complicated experiences with food. First explaining the building blocks of taste perception on a physical level, Stuckey walks readers through the five basic tastes: sweet, sour, bitter, salt, and umami. She explains the critical importance of smell and how the other senses--touch, hearing, and sight--come into play when we enthusiastically dive into a plate of food. She provides eye-opening and delicious anecdotes and exercises that readers can perform to learn, for example, their unique "taster type," or the subtle differences between sour, bitter, tannic, and astringent. Armed with this new knowledge, readers can improve their ability to discern flavors, detect ingredients, and devise new taste combinations in their own kitchens. Keeping in mind that the only thing foodies like better than eating food is talking about food, Taste What You're Missing gives such curious eaters, Food Network watchers, kitchen tinkerers, and armchair Top Chefs understanding and language that will impress their friends and families with insider knowledge about everything they eat"--

"Wolke is Martha Stewart with a PhD." —American Scientist "Wolke, longtime professor of chemistry and author of the Washington Post column Food 101, turns his hand to a Cecil Adams style compendium of questions and answers on food chemistry. Is there really a difference between supermarket and sea salt How is sugar made? Should cooks avoid aluminum pans? Interspersed throughout Wolke's accessible and humorous answers to these and other mysteries are recipes demonstrating scientific principles. There is gravy that avoids lumps and grease; Portuguese Poached Meringue that demonstrates cream of tartar at work; and juicy Salt-Seared Burgers.... With its zest for the truth, this book will help cooks learn how to make more intelligent choices." —Publishers Weekly When you're cooking, you're a chemist! Every time you follow or modify a recipe, you are experimenting with acids and bases, emulsions and suspensions, gels and foams. In your kitchen you denature proteins, crystallize compounds, react enzymes with substrates, and nurture desired microbial life while suppressing harmful bacteria and fungi. And unlike in a laboratory, you can eat your experiments to verify your hypotheses. In Culinary Reactions, author Simon Quellen Field turns measuring cups, stovetop burners, and mixing bowls into graduated cylinders, Bunsen burners, and beakers. How does altering the ratio of flour, sugar, yeast, salt, butter, and water affect how high bread rises? Why is whipped cream made with nitrous oxide rather than the more common carbon dioxide? And why does Hollandaise sauce call for "clarified" butter? This easy-to-follow primer even includes recipes to demonstrate the concepts being discussed, including: & Whipped Creamsicle Topping—a foam & Cherry Dream Cheese—a protein gel & Lemonade with Chameleon Eggs—an acid indicator

From the award-winning and bestselling author of Cod comes the dramatic, human story of a simple substance, an element almost as vital as water, that has created fortunes, provoked revolutions, directed economies and enlivened our recipes. Salt is common, easy to obtain and inexpensive. It is the stuff of kitchens and cooking. Yet trade routes were established, alliances built and empires secured – all for something that filled the oceans, bubbled up from springs, formed crusts in lake beds, and thickly veined a large part of the Earth's rock fairly close to the surface. From pre-history until just a century ago – when the mysteries of salt were revealed by modern chemistry and geology – no one knew that salt was virtually everywhere. Accordingly, it was one of the most sought-after commodities in human history. Even today, salt is a major industry. Canada, Kurlansky tells us, is the world's sixth largest salt producer, with salt works in Ontario playing a major role in satisfying the Americans' insatiable demand. As he did in his highly acclaimed Cod, Mark Kurlansky once again illuminates the big picture by focusing on one seemingly modest detail. In the process, the world is revealed as never before.

And Other True Tales of Madness, Love, and the History of the World from the Periodic Table of the Elements

Pandora's Lunchbox

Bad Science

The Untold Story of American Cuisine

The Man Who Ate Everything

Scientific Answers to Everyday Questions

Kitchen Myths

Chock-full of exercises and strategies, this book will allow clients to deepen the key principles of interpersonal neurobiology that Bonnie Badenoch wrote about in her earlier book. Topics include spotting implicit patterns, observing the bond with kindness, expanding our coherent narratives, coming to terms with the passage of time, and weaving brain talk into personal understanding. Have you ever wondered why onions make us cry? Do you believe bananas contain more calories as they ripen and get sweeter? This sequel to the best-selling What Einstein Told His Cook continues Robert L. Wolke's investigations into the science behind our foods. In response to ongoing questions from readers of his nationally syndicated Washington Post column, "Food 101," Wolke debunks misconceptions with reliable, commonsense logic. And for

exceptionally inquisitive cooks and scientists, he offers "Sidebar Science" features, which dig more deeply into the chemical processes that underlie food and cooking. Above all, What Einstein Kept Under His Hat provides indispensable information that will make readers better shoppers, cooks, and eaters.

A kitchen is no different from most science laboratories and cookery may properly be regarded as an experimental science. Food preparation and cookery involve many processes which are well described by the physical sciences. Understanding the chemistry and physics of cooking should lead to improvements in performance in the kitchen. For those of us who wish to know why certain recipes work and perhaps more importantly why others fail, appreciating the underlying physical processes will inevitably help in unravelling the mysteries of the "art" of good cooking. Strong praise from the reviewers - "Will be stimulating for amateur cooks with an interest in following recipes and understanding how they work. They will find anecdotes and, sprinkled throughout the book, scientific points of information... The book is a pleasant read and is an invitation to become better acquainted with the science of cooking." - NATURE "This year, at last, we have a book which shows how a practical understanding of physics and chemistry can improve culinary performance... [Barham] first explains, in a lucid non-textbooky way, the principles behind taste, flavour and the main methods of food preparation, and then gives fool-proof basic recipes for dishes from roast leg of lamb to chocolate soufflé." - FINANCIAL TIMES WEEKEND "This book is full of interesting and relevant facts that clarify the techniques of cooking that lead to the texture, taste and aroma of good cuisine. As a physicist the author introduces the importance of models in preparing food, and their modification as a result of testing (tasting)."- THE PHYSICIST "Focuses quite specifically on the physics and food chemistry of practical domestic cooking in terms of real recipes... Each chapter starts with an overview of the scientific issues relevant to that food group, e.g. toughness of meat, thickening of sauces, collapse of sponge cakes and soufflés. This is followed by actual recipes, with the purpose behind each ingredient and technique explained, and each recipe followed by a table describing some common problems, causes and solutions. Each chapter then ends with suggested experiments to illustrate some of the scientific principles exploited in the chapter." - FOOD & DRINK NEWSLETTER

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.

The scientist in the kitchen tells us more about what makes our foods tick. This sequel to the best-selling What Einstein Told His Cook continues Bob Wolke's investigations into the science behind our foods--from the farm or factory to the market, and through the kitchen to the table. In response to ongoing questions from the readers of his nationally syndicated Washington Post column, "Food 101," Wolke continues to debunk misconceptions with reliable, commonsense answers. He has also added a new feature for curious cooks and budding scientists, "Sidebar Science," which details the chemical processes that underlie food and cooking. In the same plain language that made the first book a hit with both techies and foodies, Wolke combines the authority, clarity, and wit of a renowned research scientist, writer, and teacher. All those who cook, or for that matter go to the market and eat, will become wiser consumers, better cooks, and happier gastronomes for understanding their food.

Cooking with Umami

The Science of Cooking

The Everyday Chemistry of Cooking

Culinary Reactions

How Processed Food Took Over the American Meal

How to Barbecue, Braise, Smoke, and Cure the World's Most Epic Cut of Meat

Apron Anxiety

**A world-leading materials scientist presents an engrossing collection of stories that explain the science and history of materials, from the plastic in our appliances to the elastic in our underpants, revealing the miracles of engineering that seep into our everyday lives. 25,000 first printing.**

**Have you ever wondered how one day the media can assert that alcohol is bad for us and the next unashamedly run a story touting the benefits of daily alcohol consumption? Or how a drug that is pulled off the market for causing heart attacks ever got approved in the first place? How can average readers, who aren't medical doctors or Ph.D.s in biochemistry, tell what they should be paying attention to and what's, well, just more bullshit? Ben Goldacre has made a point of exposing quack doctors and nutritionists, bogus credentialing programs, and biased scientific studies. He has also taken the media to task for its willingness to throw facts and proof out the window. But he's not here just to tell you what's wrong. Goldacre is here to teach you how to evaluate placebo effects, double-blind studies, and sample sizes, so that you can recognize bad science when you see it. You're about to feel a whole lot better.**

**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.**

**Explores the science underlying such cooking techniques as frying, roasting, baking, and chopping; and provides tips and recipes utilizing the author's unique cooking principles.**

**More Scientific Answers to Everyday Questions**

**What Einstein Didn't Know**

**Taste What You're Missing**

**First Bite**

## Proof

### **The Lay Cook's Guide to Getting Laid Stories and Recipes from My Kitchen Table**

Three months into a whirlwind romance with a celebrity chef, free spirit Alyssa Shelasky said good-bye to her life in New York and followed her heart to Washington, D.C. But she found that between her inability to settle into her new surroundings and her boyfriend-turned-fiancé's insane hours, she was overwhelmingly lonely. Plus, she was a kitchen-phobe surrounded by foodies and unable to make toast without a pep talk or boil water without instructions. So she decided it was time to conquer the kitchen.

Surveys the history of changing tastes in food and fine dining - what was available for people to eat, and how it was prepared and served - from prehistory to the present day. Since earliest times food has encompassed so much more than just what we eat - whole societies can be revealed and analysed by their cuisines. In this wide-ranging book, leading historians from Europe and America piece together from a myriad sources the culinary accomplishments of diverse civilizations, past and present, and the pleasures of dining. Ten chapters cover the food and taste of the hunter-gatherers and first farmers of Prehistory; the rich Mediterranean cultures of Ancient Greece and Rome; the development of gastronomy in Imperial China; Medieval Islamic cuisine; European food in the Middle Ages; the decisive changes in food fashions after the Renaissance; the effect of the Industrial Revolution on what people ate; the rise to dominance of French cuisine in the 19th and 20th centuries; the evolution of the restaurant; the contemporary situation where everything from slow to fast food vies for our attention. Throughout, the entertaining story of worldwide food traditions provides the ideal backdrop to today's roaming the globe for great gastronomic experiences.

We are not born knowing what to eat; as omnivores it is something we each have to figure out for ourselves. From childhood onward, we learn how big a "portion" is and how sweet is too sweet. We learn to enjoy green vegetables -- or not. But how does this education happen? What are the origins of taste? In *First Bite*, award-winning food writer Bee Wilson draws on the latest research from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors: family and culture, memory and gender, hunger and love. Taking the reader on a journey across the globe, Wilson introduces us to people who can only eat foods of a certain color; prisoners of war whose deepest yearning is for Mom's apple pie; a nine year old anosmia sufferer who has no memory of the flavor of her mother's cooking; toddlers who will eat nothing but hotdogs and grilled cheese sandwiches; and researchers and doctors who have pioneered new and effective ways to persuade children to try new vegetables. Wilson examines why the Japanese eat so healthily, whereas the vast majority of teenage boys in Kuwait have a weight problem -- and what these facts can tell Americans about how to eat better. The way we learn to eat holds the key to why food has gone so disastrously wrong for so many people. But Wilson also shows that both adults and children have immense potential for learning new, healthy eating habits. An exploration of the extraordinary and surprising origins of our tastes and eating habits, *First Bite* also shows us how we can change our palates to lead healthier, happier lives.

In *Near a Thousand Tables*, acclaimed food historian Felipe Fernández-Armesto tells the fascinating story of food as cultural as well as culinary history -- a window on the history of mankind. In this "appetizingly provocative" (Los Angeles Times) book, he guides readers through the eight great revolutions in the world history of food: the origins of cooking, which set humankind on a course apart from other species; the ritualization of eating, which brought magic and meaning into people's relationship with what they ate; the inception of herding and the invention of agriculture, perhaps the two greatest revolutions of all; the rise of inequality, which led to the development of haute cuisine; the long-range trade in food which, practically alone, broke down cultural barriers; the ecological exchanges, which revolutionized the global distribution of plants and livestock; and, finally, the industrialization and globalization of mass-produced food. From prehistoric snail "herding" to Roman banquets to Big Macs to genetically modified tomatoes, *Near a Thousand Tables* is a full-course meal of extraordinary narrative, brilliant insight, and fascinating explorations that will satisfy the hungriest of readers.

Exploring the Marvelous Materials That Shape Our Man-Made World

The Disappearing Spoon

Cook's Science

How to Read a French Fry

The Dark History of Food Fraud, from Poisoned Candy to Counterfeit Coffee

Slow Death by Rubber Duck

What Einstein Told His Cook: Kitchen Science Explained

The world of food and cooking is full of falsehoods—things that are commonly believed to be true, but in fact are not. These kitchen myths may come from a TV chef, a cookbook author, or your mom, and many people find it hard to give up long-held beliefs. The author, a retired medical school professor, punctures and deflates dozens of myths, always with an emphasis on sound scientific principles and credible evidence. Illustrated throughout with the author's own photographs, this book is an enjoyable read and will surely improve your culinary skills and knowledge. This title is published by Piedmont Medical Writers LLC and is distributed worldwide by Untreed Reads.

This unique culinary history of America offers a fascinating look at our past and uses long-forgotten recipes to explain how eight flavors changed how we eat. The United States boasts a culturally and ethnically diverse population which makes for a continually changing culinary landscape. But a young historical gastronomist named Sarah Lohman discovered that American food is united by eight flavors: black pepper, vanilla, curry powder, chili powder, soy sauce, garlic, MSG, and Sriracha. In *Eight Flavors*, Lohman sets out to explore how these influential ingredients made their way to the American table. She begins in the archives, searching through

economic, scientific, political, religious, and culinary records. She pores over cookbooks and manuscripts, dating back to the eighteenth century, through modern standards like *How to Cook Everything* by Mark Bittman. Lohman discovers when each of these eight flavors first appear in American kitchens—then she asks why. *Eight Flavors* introduces the explorers, merchants, botanists, farmers, writers, and chefs whose choices came to define the American palate. Lohman takes you on a journey through the past to tell us something about our present, and our future. We meet John Crowninshield a New England merchant who traveled to Sumatra in the 1790s in search of black pepper. And Edmond Albius, a twelve-year-old slave who lived on an island off the coast of Madagascar, who discovered the technique still used to pollinate vanilla orchids today. Weaving together original research, historical recipes, gorgeous illustrations and Lohman's own adventures both in the kitchen and in the field, *Eight Flavors* is a delicious treat—ready to be devoured.

A look at the chemicals surrounding us that's "hard-hitting . . . yet also instills hope for a future in which consumers make safer, more informed choices" (*The Washington Post*). Pollution is no longer just about belching smokestacks and ugly sewer pipes—now, it's personal. The most dangerous pollution, it turns out, comes from commonplace items in our homes and workplaces. To prove this point, for one week Rick Smith and Bruce Lourie ingested and inhaled a host of things that surround all of us. Using their own bodies as the reference point to tell the story of pollution in our modern world, they expose the corporate giants who manufacture the toxins, the government officials who let it happen, and the effects on people and families across the globe. This book—the testimony of their experience—also exposes the extent to which we are poisoned every day of our lives, from the simple household dust that is polluting our blood to the toxins in our urine that are created by run-of-the-mill shampoos and toothpaste. Ultimately hopeful, the book empowers readers with some simple ideas for protecting themselves and their families, and changing things for the better. "Undertaking a cheeky experiment in self-contamination, professional Canadian environmentalists Smith and Lourie expose themselves to hazardous everyday substances, then measure the consequences . . . Throughout, the duo weave scientific data and recent political history into an amusing but unnerving narrative, refusing to sugarcoat any of the data while maintaining a welcome sense of humor." —*Publishers Weekly* (starred review)

The follow-up to the #1 New York Times bestseller *Deceptively Delicious* goes beyond purees and kids' foods to make family mealtime more delicious, more wholesome, and simpler than ever. In her bestselling book *Deceptively Delicious*, Jessica Seinfeld inspired millions of parents to improve their kids' eating habits by giving everyday classics a nutritional boost with hidden vegetable purees. Now in *Double Delicious!*, she's turned her attention to the whole family. Here are more of her easy, imaginative recipes that use the power of purees to make everything healthier, from a hearty Turkey Meatloaf to an irresistible Tiramisu. Again, she's raised the bar nutritionally and eliminated unnecessary sugar and fat, boosted fiber and nutrients, and cut way back on sodium to bring us more healthful food with fantastic flavor. (She's even developed a Chocolate Peanut Butter Pie that nutritionist Joy Bauer loves!)

Taste

Surprising Stories and Science about Why Food Tastes Good

My Messy Affairs In and Out of the Kitchen

What Einstein Kept Under His Hat: Secrets of Science in the Kitchen

Chemistry Explained

**Double Delicious!**

What makes ice cubes cloudy? How do shark attacks make airplanes safer? Can a person traveling in a car at the speed of sound still hear the radio? Moreover, would they want to...? Do you often find yourself pondering life's little conundrums? Have you ever wondered why the sky is blue? Or why birds don't get electrocuted when perching on high-voltage power lines? Robert L. Wolke, professor emeritus of chemistry at the University of Pittsburgh and acclaimed author of *What Einstein Didn't Know*, understands the need to...well, understand. Now he provides amusing explanations of such everyday phenomena as gravity (If you're in a falling elevator, will jumping at the last instant save your life?), acoustics (Why does a whip make such a loud cracking noise?), along with amazing facts, belly-up-to-the-bar bets, and mind-blowing revelations—all with his trademark wit and wisdom. If you shoot a bullet into the air, can it kill somebody when it comes down? You can find out about it and more in an astonishing compendium of the proverbial mind-boggling mysteries of the physical world we inhabit. Arranged in a question-and-answer format and grouped by subject for browsing ease, *WHAT EINSTEIN TOLD HIS BARBER* is for anyone who ever pondered such things as why colors fade in sunlight, what happens to the rubber from worn-out tires, what makes red-hot objects glow red, and other scientific curiosities. Perfect for fans of *Newton's Apple*, *Jeopardy!*, and *The Discovery Channel*, *WHAT EINSTEIN TOLD HIS BARBER* also includes a glossary of important scientific buzz words and a comprehensive index. -->

A spirited, history-rich narrative on the art and science of alcohol discusses everything from fermentation and distillation to traditions and the effects of alcohol on the body and brain. 25,000 first printing.

The History of Taste

Good, Simple Food for Busy, Complicated Lives

The Passionate Eater's Guide to Why Good Food Tastes Good

Quacks, Hacks, and Big Pharma Flacks

Stuff Matters