



ON FOOD AND COOKING

A unique blend of culinary lore and scientific explanation about food, written by Harold McGee.

For the first course feast on ten chapters about food—

from milk to chocolate, meat in the human to the development enness to hangovers—and explode the fantasy

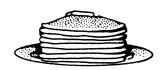
storage to spoilage, plants as foods to diet, the trouble with additives of sauces, through drunkthat explain the facts of food myths.

The second course offers two chapters devoted to nutrition, digestion and sensation—including food fads in the United States, hunger and thirst, taste and smell.

Enjoy a third course highlighted by water, fat, protein and carbohydrates—the building blocks of all foods—including how cooking and preparation affect these components and why certain utensils

can leave you with egg whites that wilt

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or pancakes that puddle.

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