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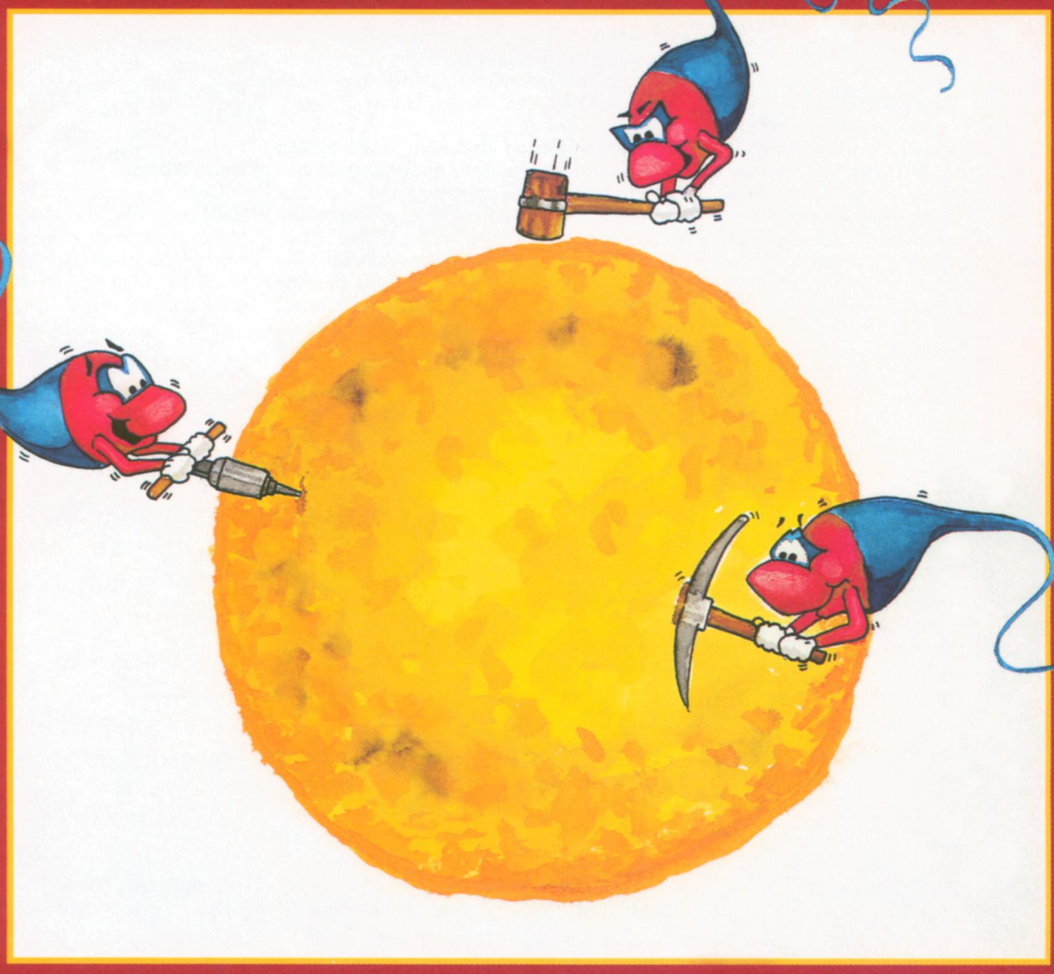

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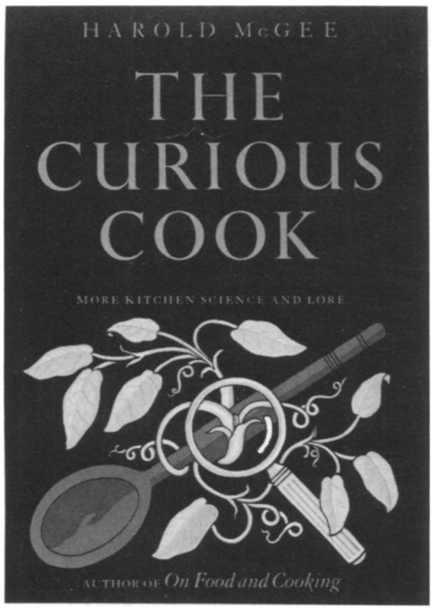
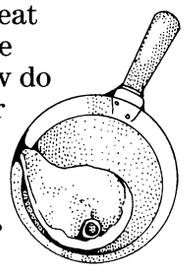


In this lighthearted and informative book, Harold McGee, author of *On Food and Cooking*, applies a scrupulous scientific method to his entertaining pursuit of culinary enlightenment. In the first of three sections, he experiments with traditional kitchen practices and the biochemical nature of various common foods, investigating the hows and whys of preparing jerusalem artichokes, guacamole, mayonnaise, persimmons and much more. In the second section, he addresses current dietary controversies surrounding heart disease, cancer and Alzheimer's disease, dispelling many time-honored myths and presenting a balanced outlook on diet and health.

McGee's final chapters cover historical attempts to understand cooking and eating as well as recent biological and chemical findings that offer a glimpse into the mysterious nature of gastronomical enjoyment. Packed with literary and historical anecdotes, this collection of browsable kitchen lore is bound to interest both active and armchair chefs.

Why do lettuce, avocados and basil leaves turn brown? And how can you retain the green in salads, guacamole and pesto?

Does searing meat really seal in the juices? And how do you keep tender meats from becoming tough by the end of a braise?



North Point Press, 1990, 339 pages, 6¼" x 9¼", hardcover, $19.95

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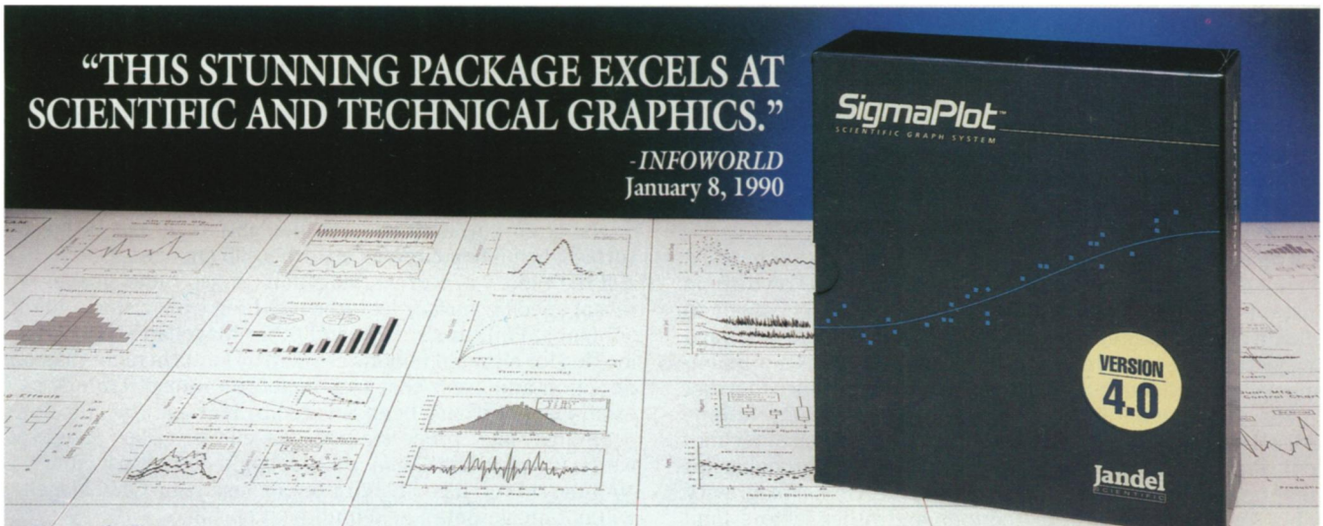

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