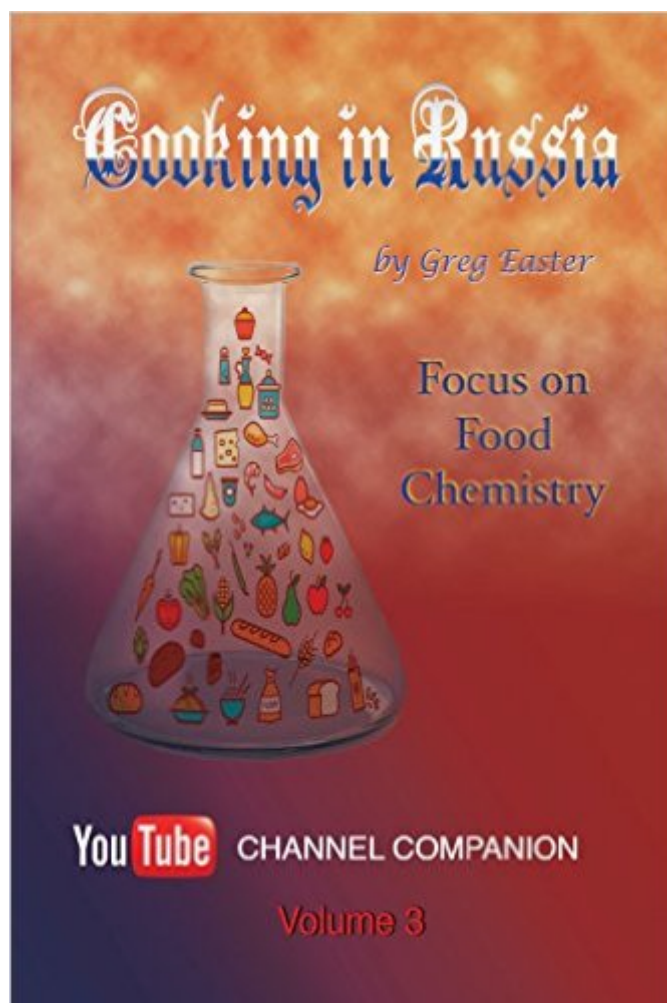


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# Cooking In Russia - Volume 3: Focus On Food Chemistry



## Synopsis

In this third installment the author expounds on the principles of organic chemistry as it relates to food science, interwoven with more than 50 detailed recipes, most of which have accompanying online videos. This unusual book fills a niche that is sorely missing in the literature. Namely, how specific flavors are produced by chemical reactions during cooking and how those reactions can be manipulated to improve results. There are diagrams, tables and explanations covering over 25 different topics. If you have ever wondered about such things as what the exact differences are between types of onions, or what bay leaves actually do at the chemical level, or what makes foods a certain color and what that color indicates, or why fresh tomatoes are sometimes combined with pureed tomatoes in sauces, or the science of how flambeing changes the flavor profile of a dish, or why stocks have to be simmered at a specific temperature for optimum results, and many other such questions, here are the scientifically accurate answers presented in clear language. The text is also sprinkled with tidbits of food history and a humorous take on life in restaurant kitchens. Perhaps even more valuable for chefs and serious cooks, the author introduces a never before seen method for producing your own tertiary flavorings, which are those psychologically tantalizing additives that are the trade secrets of commercial food manufacturers. Only instead of using bottles of chemicals, here this is accomplished using only natural foods, ordinary kitchen equipment and a brilliant novel technique. There is also an extensive glossary of terms relating to beers and wines at the back of the book. If you are an aspiring chef, you absolutely need this book. Understanding food chemistry has never been more important than in this age of molecular gastronomy. This isn't just dry theory. You will be able to make use of these methods in any commercial or home kitchen immediately."

## Book Information

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## Customer Reviews

There is a question that has bedeviled home cooks for ages: Why does restaurant food taste so much better than what I make at home? Is it the ingredients? Years of TV cooking shows have left us with the idea that restaurants have access to a quality of fish, meat, & veg that are just not available to mere mortals. But, nowadays, supermarkets carry a pretty good selection of fresh foods, and farmer's markets and home gardens make fresh seasonal produce easily available to the home cook. And the truly exaotic stuff, like pickled tomatoes and the Khmeli Suneli spice blend Chef Easter used in the Russian variation on Ukrainian Tsatsebeli sauce, can be easily obtained via .Is it the equipment? Are home cooks handicapped because they don't have hand-forged, high-carbon steel knives, C-VAP ovens or a stove capable of volcanic heat output? Well, the favorite knife of the professional cooks at America's Test Kitchen is a stamped steel Victorinox. And pretty much anyone can improve the performance of an oven using an oven thermometer to map the hot spots and determine what the temperature of the oven actually is inside versus what the temperature controls says it should be. So if it's not the ingredients, and not the equipment, what is it that separates the professional from the amateur? I would say 3 things: Knowledge, Technique, and Time. When Greg Easter announced that the third volume of his "Cooking In Russia" series would focus on food chemistry, I thought "Great!" Even though I'm only a home cook, I have enjoyed experimenting with Modernist Cuisine kitchen chemistry techniques using chemicals like Agar Agar for gelling, calcium lactate and sodium alginate for Spherification, and Sodium Citrate for smoothing out a cheese sauce.

If you are a home cook who spends time searching Food Network looking to see what Sandra Lee made in 30 minutes, then this series is probably not for you. However, if you consider yourself a serious home cook who thought Alton Brown's Good Eats was revolutionary television, have a desire to learn what professionals know about making food taste great, and are weary of online cooking videos with high production values but suspect cooking techniques, then this series is for you. Chef Greg Easter makes improvements with each new volume of his Cooking in Russia YouTube Video Companion series, and Volume 3 is no exception. The books are designed to accompany the YouTube video series by providing printed ingredient lists and additional material not included in the videos. Volume 3 also includes the full recipe for each video. In some cases, the

book provides advanced additions to a recipe not included in the YouTube video. Chef Easter, well aware of his fans' desire to expand their knowledge of what it takes to make food taste great, steps up his game and goes full monty on explaining how food really works. The Chef's scientist side comes out and he provides information on ingredients that one might find in a food science lab. This is detailed information that some may find more appropriate for a textbook, but the Chef's rationale is clear – that knowing how food works is important if you want to know what to make food taste great. I found the book to be full of information that was new to me. Chef Easter's extensive knowledge of world cuisines clearly presents itself because you just never know from what region he will pull a recipe from next as he continually adds to his video series.

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