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## Book Reviews

### The science of cooking

Peter Barham, Springer, Berlin, ISBN 3-540-67466-7  
 (£19.95)

Cooking is an everyday activity of importance to everyone—whether they cook food for themselves, or have it cooked for them. Good cooking is appreciated and everyone is able to distinguish between good and bad taste. However the science of cooking and the chemical reactions which go on during cooking are only known incompletely and by relatively few.

Understanding the science of cooking helps to create new and exciting recipes which give human delight and are necessary for food technology course tasks. Why certain recipes work, and perhaps more importantly why others others fail, is down to physics and chemistry including a fair amount of carbohydrate chemistry. In this context *The Science of Cooking* offers help in unravelling the mysteries of the ‘art’ of good cooking. An intelligent reading of the text will also lead to better

understanding of the functionality of carbohydrates in food processing.

This is a well presented text book, suitable for students studying Food Technology at Higher Tier GCSE through to degree level and beyond. It is a well laid out book in chapters which range from the chemical and physical changes that occur in cooking foods, to the science behind many recipes. Things that can go wrong and suggestions as how to correct the problems are useful, as are the ideas for some food experiments, which could be carried out in the school Food Technology class room.

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