



Chicago Section IFT the First Section



New Book by 'Curious Cook' Harold McGee

As many of you remember, Harold was our guest speaker in April 2010. He eluded then that he is working on a new book to be released later this year. If you are interested, take a look at Harold's latest "creation". More information can be found at his website www.curiouscook.com

From the Publisher:

The answers to many kitchen conundrums in one easy-to-use volume, from the author of the acclaimed culinary bible On Food and Cooking.

From our foremost expert on the science of cooking, Harold McGee, Keys to Good Cooking is a concise and authoritative guide designed to help home cooks navigate the ever-expanding universe of ingredients, recipes, food safety, and appliances, and arrive at the promised land of a satisfying dish.

A work of astounding scholarship and originality, Keys to Good Cooking directly addresses the cook at work in the kitchen and in need of quick and reliable guidance. Cookbooks past and present frequently contradict one another about the best ways to prepare foods and many contain erroneous information and advice.

Keys to Good Cooking distills the modern scientific understanding of cooking and translates it into immediately useful information. Looking at ingredients from the mundane to the exotic, McGee takes you from market to table, teaching, for example, how to spot the most delectable asparagus (choose thick spears); how to best prepare the vegetable (peel, don't snap, the fibrous ends); broiling is one effective cooking method for asparagus and other flat-lying vegetables; and how to present it (coat with butter or oil after cooking to avoid a wrinkled surface). This book will be a requisite countertop resource for all home chefs, as McGee's insights on kitchen safety in particular...reboil refrigerated meat or fish stocks every few days; they're so perishable that they can spoil even in the refrigerator; don't put ice cubes or frozen gel packs on a burn; extreme cold can cause additional skin damage; will save even the most knowledgeable home chefs from culinary disaster.

A companion volume to recipe books, a touchstone that helps cooks spot flawed recipes and make the best of them, Keys to Good Cooking will be of use to cooks of all kinds: to beginners who want to learn the basics, to weekend cooks who want a quick refresher in the basics, and to accomplished cooks who want to rethink a dish from the bottom up. With Keys to Good Cooking, McGee has created an essential guide for food lovers everywhere.