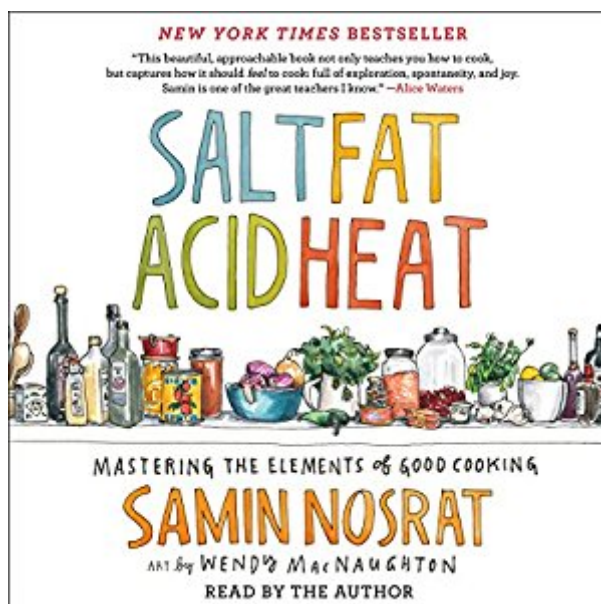


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Salt, Fat, Acid, Heat: Mastering The Elements Of Good Cooking



Synopsis

Samin Nosrat reads "The Four Elements of Good Cooking", part one of her New York Times best seller *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking*. A visionary new master class in cooking that distills decades of professional experience into just four simple elements, from the woman declared "America's next great cooking teacher" by Alice Waters. In the tradition of *The Joy of Cooking* and *How to Cook Everything* comes *Salt, Fat, Acid, Heat*, an ambitious new approach to cooking by a major new culinary voice. Chef and writer Samin Nosrat has taught everyone from professional chefs to middle school kids to author Michael Pollan to cook using her revolutionary yet simple philosophy. Master the use of just four elements - salt, which enhances flavor; fat, which delivers flavor and generates texture; acid, which balances flavor; and heat, which ultimately determines the texture of food - and anything you cook will be delicious. By explaining the hows and whys of good cooking, *Salt, Fat, Acid, Heat* will teach and inspire a new generation of cooks how to confidently make better decisions in the kitchen and cook delicious meals with any ingredients, anywhere, at any time. Echoing Samin's own journey from culinary novice to award-winning chef, *Salt, Fat, Acid, Heat* immediately bridges the gap between home and professional kitchens. With a lighthearted approach to kitchen science, Samin demystifies the four elements of good cooking for everyone.

Book Information

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Customer Reviews

Best text about cooking I've ever read. It's both logical and fun so the lessons will stick. I'd call it

perfectly balanced, like a great meal. After reading the first several pages, I went poking around, only to discover that I was invited back to the beginning (XO). You see, the book is about the "journey, not the destination." It's clever, witty, helpful, intuitive, and altogether a pleasure to read.

I just read this cover to cover and felt compelled to write a review. This is really an essential book to everyone's library. I love to cook and have a beautiful collection of cookbooks, but this one is truly special. Samin is a lovely writer. She exudes warmth and humor in her stories and it flows in such a way that you forget you are reading a combo of a cookbook/science textbook. Samin breaks down the importance of salt, fat, acid and heat. It's not just recipes but what, why and how. She does not talk down to her readers. She is straightforward, enthusiastic and fun. I've always loved the "why" in cooking and baking (like the Cooks Illustrated approach and *The Food Lab: Better Home Cooking Through Science*) - but I love that she narrows it down to four basic elements. I personally like referring to recipes, especially for dishes I don't cook on a weekly basis. But this book and others, like *Ratio: The Simple Codes Behind the Craft of Everyday Cooking* are important because they give you the tools to innovate and recipes become starting points. I wish I had this book 20 years ago when I started seriously cooking. It is like a breath of fresh air and incredibly inspiring. So grateful for this addition to my home library and can't wait to cook dinner tomorrow!

This is a book you'll want to sit down and read....not peruse...but read straight through. Not only are the forward and introduction inspiring, but Part One on SALT had me totally hooked. I knew that salt was important in cooking, but now I understand so much more about what it does to make food taste delicious. So much more than a collection of recipes, it gets to the heart of cooking. Why we want to be better cooks AND how to do that. I love the fold out on p. 193 "what should I cook" that advises to go back and read the book through before you practice...a brilliant observation that the book is about "the journey, not the destination" as are so many things we pursue and experience. Samin is a wonderful storyteller and Wendy's illustrations add another layer to this important book. You'll keep this book on your bedside table first...then move it to your kitchen as a reference you'll use for years to come. Don't let this one get away!

This is an amazing resource and is destined to be a new classic. The way Samin Nosrat has structured the book is so valuable. The writing is casual, yet clear. I also MUST mention the illustrations by Wendy MacNaughton. As a visual person, who loves a creative and informative diagram that breaks down a ton of information into a small space, all I can say is, "Wow!" The

watercolor drawings bring the personality of the piece to life, with a one-of-a-kind energy.

I am a very experienced home cook and found the explanation of various cooking techniques to be excellent. The recipes are equally terrific. It is the only "cookbook" I have read cover to cover.

I have been cooking wrong for 30 years! This has been the biggest eye opener since I discovered pre-heating the oven actually makes the food taste better ;D My family comes back for thirds!!

Wonderful book and a must for anyone who wants to elevate their cooking. Read it cover to cover-started to try out the principles and everything I cook started to taste better

I have been cooking for years and think this book has improved my cooking more than any other.

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