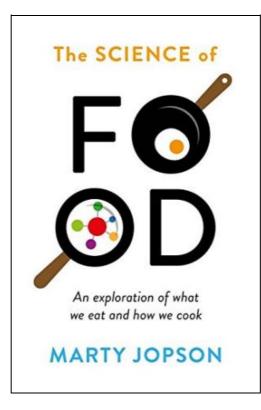
# The Science of Food: An Exploration of What We Eat and How We Cook (Hardback)



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# Reviews

Very beneficial to all type of folks. I could comprehended every thing using this created e pdf. I found out this book from my i and dad suggested this book to find out. (Ms. Madaline Nienow)

# THE SCIENCE OF FOOD: AN EXPLORATION OF WHAT WE EAT AND HOW WE COOK (HARDBACK)



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Michael O Mara Books Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. In this fascinating and easily digestible book, The One Show s resident scientist Marty Jopson takes us on a mouth-watering tour of the twenty-first century kitchen and the everyday food miracles that we all take for granted. Ever wondered what modified starch is and why it s in so much of the food we buy? What do instant mash and freeze-dried coffee have in common? What s the real truth behind the five-second rule? And as the world population grows and the pressure on agriculture to produce more cost-effective and sustainable products increases, what could the future hold for both farmers and consumers? From mindboggling microbiology to ingenious food processing techniques and gadgets, The Science of Food takes a look at the details that matter when it comes to what we eat and how we cook, and lays bare the science behind how it all works. By understanding the chemistry, physics and biology of the food we cook, buy and prepare, we can all become better consumers and happier cooks!

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