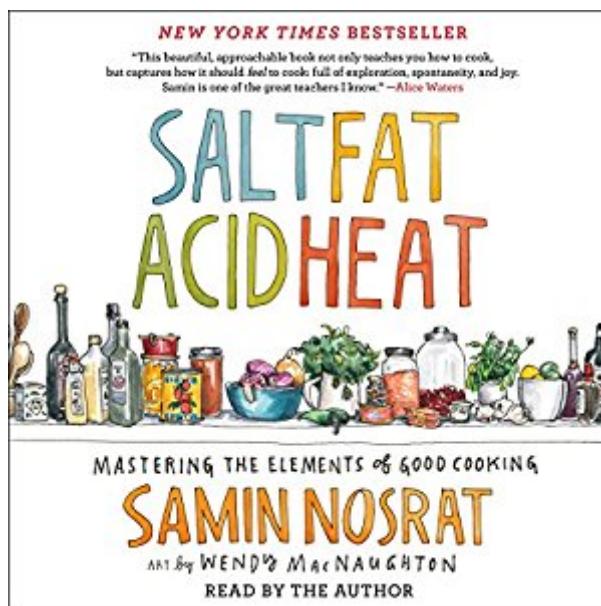


The book was found

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

Audible Audio Edition

Listening Length: 5 hoursÃÂ Â andÃÂ Â 56 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Simon & Schuster Audio

Audible.com Release Date: August 22, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B073V76RHG

Best Sellers Rank: #10 inÃÂ Â Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #28 inÃÂ Â Books > Reference > Encyclopedias & Subject Guides > Cooking #28 inÃÂ Â Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference

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 books 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.

[Download to continue reading...](#)

Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking LSD: The Truth About Acid: The Ultimate Beginner's Guide to Lysergic Acid Diethylamide And Its Full Effects (LSD, Acid, Psychotherapy, Lucid Dreaming, Psychedelics) Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Epsom Salt: The Magic Mineral For - Weight Loss, Eczema, Psoriasis, Gout & Much More! (Yeast Infection, Enema, Acne, Dead Sea Salt, Sea Salt, Magnesium, Natural Hair Care) Salt Lake City, Utah: Including its History, The Utah Museum of Fine Arts, The Salt Lake Temple, The Bonneville Salt Flats, and More Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) Natural Alternatives to Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers: What to Use to Relieve Acid Reflux, Heartburn, and Gastric Ailments Passing The Acid Test: Natural cures and Remedies for Acid Reflux Disease

Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) Reflux: Finally free: Stop heartburn and excessive acid in less than a week with these 3(+1) natural methods along with a tasty diet. (Acid Reflux) Clinical Physiology of Acid-Base and Electrolyte Disorders (Clinical Physiology of Acid Base & Electrolyte Disorders) Salt Block Grilling: 70 Recipes for Outdoor Cooking with Himalayan Salt Blocks (Bitterman's) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks (Bitterman's) Escape to Hope Ranch: A Montana Heat Novel (Montana Heat Series, Book 2) Montana Heat: Escape to You: A Montana Heat Novel

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)