



What Einstein Told His Cook: Kitchen Science Explained

By Robert L. Wolke

[Download now](#)

[Read Online](#) 

What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke

"Wolke is Martha Stewart with a PhD." ?American Scientist

"Wolke, longtime professor of chemistry and author of the *Washington Post* column Food 101, turns his hand to a Cecil Adams style compendium of questions and answers on food chemistry. Is there really a difference between supermarket and sea salt? How is sugar made? Should cooks avoid aluminum pans? Interspersed throughout Wolke's accessible and humorous answers to these and other mysteries are recipes demonstrating scientific principles. There is gravy that avoids lumps and grease; Portuguese Poached Meringue that demonstrates cream of tartar at work; and juicy Salt-Seared Burgers.... With its zest for the truth, this book will help cooks learn how to make more intelligent choices." ?*Publishers Weekly*

 [Download What Einstein Told His Cook: Kitchen Science Expla ...pdf](#)

 [Read Online What Einstein Told His Cook: Kitchen Science Exp ...pdf](#)

What Einstein Told His Cook: Kitchen Science Explained

By Robert L. Wolke

What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke

"Wolke is Martha Stewart with a PhD." ?American Scientist

"Wolke, longtime professor of chemistry and author of the *Washington Post* column Food 101, turns his hand to a Cecil Adams style compendium of questions and answers on food chemistry. Is there really a difference between supermarket and sea salt? How is sugar made? Should cooks avoid aluminum pans? Interspersed throughout Wolke's accessible and humorous answers to these and other mysteries are recipes demonstrating scientific principles. There is gravy that avoids lumps and grease; Portuguese Poached Meringue that demonstrates cream of tartar at work; and juicy Salt-Seared Burgers.... With its zest for the truth, this book will help cooks learn how to make more intelligent choices." ?*Publishers Weekly*

What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke Bibliography

- Sales Rank: #73316 in Books
- Brand: Wolke, Robert L./ Parrish, Marlene (CON)
- Published on: 2008-08-14
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x 1.00" w x 5.50" l, .65 pounds
- Binding: Paperback
- 368 pages



[Download What Einstein Told His Cook: Kitchen Science Expla ...pdf](#)



[Read Online What Einstein Told His Cook: Kitchen Science Exp ...pdf](#)

Download and Read Free Online What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke

Editorial Review

Amazon.com Review

Why do recipes call for unsalted butter--and salt? What is a microwave, actually? Are smoked foods raw or cooked? Robert L. Wolke's enlightening and entertaining *What Einstein Told His Cook* offers answers to these and 127 other questions about everyday kitchen phenomena. Using humor (dubious puns included), Wolke, a bona fide chemistry professor and syndicated *Washington Post* columnist, has found a way to make his explanations clear and accessible to all: in short, fun. For example, to a query about why cookbooks advise against inserting meat thermometers so that they touch a bone, Wolke says, "I hate warnings without explanations, don't you? Whenever I see an 'open other end' warning on a box, I open the wrong end just to see what will happen. I'm still alive." But he always finally gets down to brass tacks: as most heat transfer in meat is due to its water content, areas around bone remain relatively cool and thus unreliable for gauging overall meat temperature.

Organized into basic categories like "Sweet Talk" (questions involving sugar), "Fire and Ice" (we learn why water boils and freezers burn, among other things), and "Tools and Technology" (the best kind of frying pan, for example), the book also provides illustrative recipes like Black Raspberry Coffee Cake (to demonstrate how metrics work in recipes) and Bob's Mahogany Game Hens (showing what brining can do). With technical illustrations, tips, and more, the book offers abundant evidence that learning the whys and hows of cooking can help us enjoy the culinary process almost as much as its results. --Arthur Boehm

From Publishers Weekly

Wolke, longtime professor of chemistry and author of the *Washington Post* column Food 101, turns his hand to a Cecil Adams style compendium of questions and answers on food chemistry. Is there really a difference between supermarket and sea salt? How is sugar made? Should cooks avoid aluminum pans? Interspersed throughout Wolke's accessible and humorous answers to these and other mysteries are recipes demonstrating scientific principles. There is gravy that avoids lumps and grease; Portuguese Poached Meringue that demonstrates cream of tartar at work; and juicy Salt-Seared Burgers. Wolke is good at demystifying advertisers' half-truths, showing, for example, that sea salt is not necessarily better than regular salt for those watching sodium intake. While the book isn't encyclopedic, Wolke's topics run the gamut: one chapter tackles Those Mysterious Microwaves; elsewhere readers learn about the burning of alcohol and are privy to a rant on the U.S. measuring system. Sometimes the tone is hokey (The green color [in potatoes] is Mother Nature's Mr. Yuk sticker, warning us of poison) and parenthetical Techspeak explanations may seem condescending to those who remember high school science. However, Wolke tells it like it is. What does clarifying butter do, chemically? Answer: gets rid of everything but that delicious, artery-clogging, highly saturated butterfat. With its zest for the truth, this book will help cooks learn how to make more intelligent choices.

Copyright 2002 Cahners Business Information, Inc.

From [Booklist](#)

Those who follow Wolke's "Food 101" newspaper column know him for his thorough scientific answers to questions about everyday food science. *What Einstein Told His Cook* is a compilation of these popular columns. Wolke covers such basic questions as how cookware conducts heat, how water filters do their job, and how coffee is decaffeinated. He sets up controlled experiments to test how to extract maximum juice from citrus fruits. He addresses controversies such as the irradiation of foods. Recipes supplement and illustrate the scientific principles. Wolke writes about these serious topics with a good sense of humor that

doesn't belittle the seriousness of his purpose. *Mark Knoblauch*
Copyright © American Library Association. All rights reserved

Users Review

From reader reviews:

Dick McAlister:

Do you among people who can't read satisfying if the sentence chained inside the straightway, hold on guys this kind of aren't like that. This What Einstein Told His Cook: Kitchen Science Explained book is readable simply by you who hate those straight word style. You will find the data here are arrange for enjoyable reading experience without leaving possibly decrease the knowledge that want to supply to you. The writer connected with What Einstein Told His Cook: Kitchen Science Explained content conveys the thought easily to understand by many people. The printed and e-book are not different in the written content but it just different available as it. So , do you nevertheless thinking What Einstein Told His Cook: Kitchen Science Explained is not loveable to be your top record reading book?

Christopher Thompson:

Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the book untitled What Einstein Told His Cook: Kitchen Science Explained can be good book to read. May be it could be best activity to you.

James Donofrio:

Are you kind of hectic person, only have 10 or 15 minute in your day time to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your limited time to read it because all of this time you only find reserve that need more time to be go through. What Einstein Told His Cook: Kitchen Science Explained can be your answer given it can be read by anyone who have those short time problems.

Jennifer Joseph:

You can spend your free time to see this book this book. This What Einstein Told His Cook: Kitchen Science Explained is simple to deliver you can read it in the recreation area, in the beach, train along with soon. If you did not include much space to bring the particular printed book, you can buy often the e-book. It is make you simpler to read it. You can save the particular book in your smart phone. Thus there are a lot of benefits that you will get when one buys this book.

Download and Read Online What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke #0GFSJL9RDCY

Read What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke for online ebook

What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke books to read online.

Online What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke ebook PDF download

What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke Doc

What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke Mobipocket

What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke EPub

0GFSJL9RDCY: What Einstein Told His Cook: Kitchen Science Explained By Robert L. Wolke