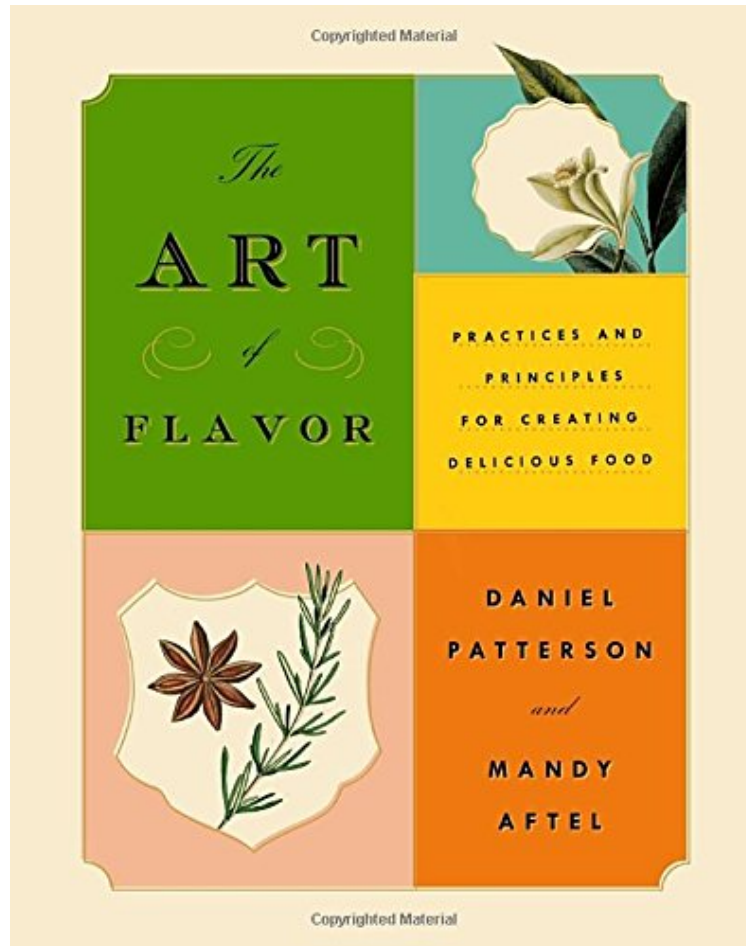


(Library ebook) The Art of Flavor: Practices and Principles for Creating Delicious Food

# The Art of Flavor: Practices and Principles for Creating Delicious Food

*Daniel Patterson, Mandy Aftel*  
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#4236 in Books 2017-08-01 2017-08-01 Original language: English 9.63 x .98 x 7.631, #File Name: 1594634300288 pages | File size: 34.Mb

**Daniel Patterson, Mandy Aftel : The Art of Flavor: Practices and Principles for Creating Delicious Food** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Flavor: Practices and Principles for Creating Delicious Food:

0 of 0 people found the following review helpful. A Must-Read for Serious Cooks By C. Gollnick A very approachable discussion of how flavors in foods form in foods using an analogy to how aromas form in perfumes. This book focuses especially on the use of herbs, spices, and citrus, with good information on vinegar and edible flowers as well. 20 of 20 people found the following review helpful. This book is special By Blake M This is like no cookbook I have ever seen. It deals with cooking on a much deeper level than just a collection of recipes. To put it simply, it will help you gain a better understanding of the "why" we do or use such things (techniques, ingredients, etc.). I would HIGHLY recommend this book to anyone that wants to really learn how to navigate their way through a dish. 0 of 0 people found

the following review helpful. Prepare your palate for an education! By Charles Delcambre Outstanding book by two authors to really get you into flavor. From history onto relating the art of flavor to the dials on an old, classic stereo, this book really draws you in and demonstrates what builds flavor from the ground up! Bravo!!

As seen in Food52, Los Angeles Times, and Bloomberg Two masters of composition - a chef and a perfumer - present a revolutionary new approach to creating delicious food. Michelin two-star chef Daniel Patterson and celebrated natural perfumer Mandy Aftel are experts at orchestrating ingredients. Yet in a world awash in cooking shows and food blogs, they noticed, home cooks get little guidance in the art of flavor. In this trailblazing guide, they share the secrets to making the most of your ingredients via an indispensable set of tools and principles: The Four Rules for creating flavor A Flavor Compass that points the way to transformative combinations Locking, burying, and other aspects of cooking alchemy The flavor-heightening effects of cooking methods The Seven Dials that let you fine-tune a dish With more than eighty recipes that demonstrate each concept and put it into practice, The Art of Flavor is food for the imagination that will help cooks at any level to become flavor virtuosos.

A brainy, deep-dive exploration into how flavors and aromas form. Food Wine, Best New Cookbooks from Food Wine Chefs In this wonderful book, Patterson and Aftel demonstrate that cooking well is a personal, exciting process, a flow of choices that starts with an intimate engagement with the ingredients themselves. They make the case that this is the surest way for cooks at any level to develop their discernment and creativity. The Art of Flavor is a valuable reminder that just as the experience of eating delicious food unfolds in an individual's mouth and nose and mind, so too does the making of it. Harold McGee Daniel Patterson and Mandy Aftel have written a sophisticated and totally harmonious guide to understanding flavor and taste. I admire their collaboration in this homage to the senses, as well as their practical approach to cooking with both freedom and restraint." Alice Waters "I learned a lot about my own cooking habits in The Art of Flavor. After many years as a cook, I usually choose, combine, adjust, blend and season ingredients in an impulsive, instinctive way when I cook a dish, relying on some innate knowledge I have absorbed throughout the years I've spent in the kitchen. I have discovered the Cartesian logic behind my practice." Jacques Pepin, chef, cookbook author, and PBS cooking series host "An amazingly thorough and holistic investigation into deliciousness. It serves as a brilliant guide, pushing you to trust your senses and experiment with food, and offers a multitude of recipes to draw upon for inspiration. Ren Redzepi This book will change the way you understand flavor and will give you the tools to be courageous in the kitchen. The Art of Flavor had my head spinning with fascination and inspiration. Sean Brock, author of Heritage [Y]ou can put down the book when you get hungry and cook some pretty spectacular, very flavorful food. Los Angeles Times, 10 Best Cookbooks of 2017" [P]erfumer Mandy Aftel and another Bay Area chef, Daniel Patterson, provide next-level guidance on how to compose dishes by understanding the layering and burying of flavors and fragrances. "Esquire" Patterson and Aftel's book emphasizes intuition, improvisation, and intimate attentiveness... And they also understand that a good recipe is the embodiment of the perspectives and experiences and tastes and, yes, errors and consistent successes of a good cook. Even better, they remind us that a recipe is something to be adapted rather than aped." LitHub The Art of Flavor is a treasure. It is so much more than just another recipe book--not only is it filled with enticing recipes, it is an ode to the understanding of flavor and will empower you to cook with a new freedom, confidence, and enjoyment. Rose Levy Beranbaum, Real Baking With Rose.com "Friendly and accessible... Cooks at every level of experience are likely to find fresh clarity and new insights." Shelf Awareness Patterson and Aftel offer a complexly articulated but original approach to understanding how to cook with a chef's intuition for delicious results. Booklist "From the suppressive power of salt to the best way to cook steaks while preparing multiple other dishes, this zesty book offers some useful tip on every page. A welcome complement to the likes of Brillat-Savarin and Harold McGee and worthy of a place in any cooking enthusiast's library." Kirkus s About the Author Daniel Patterson founded San Francisco's Michelin two-star Coi and several other Bay Area restaurants; most recently, he cofounded the acclaimed revolutionary fast food venture LocoL. His awards include Food Wines Best New Chef and a James Beard Award for Best Chef in the West. Patterson is the author of two previous books, and his essays have appeared in The New York Times, Food Wine, Financial Times, San Francisco Magazine, and Lucky Peach. Mandy Aftel is an internationally known artisan perfumer and award-winning author, most recently of Fragrant: The Secret Life of Scent. She has participated in many exhibitions, panels, and conferences on scent and food, and regularly collaborates with chefs and mixologists. She and her work have been featured in The New York Times, Vogue, Vanity Fair, Gourmet, Bon Appetit, Food Wine, O, The Oprah Magazine, and Elle, on CNN, and in countless blogs. Aftel lives in Berkeley, California.