

Sunday, April 06, 2008

REFERENCES ON COOKING

Since there are so many books on cooking, the following were very well received and reviewed. They were very carefully selected after much research at that time.

Naturally, times change and there may be other better sources even for free on the internet by doing a Google search.

But these sources should at least get you started quickly and efficiently in the right direction.

Unfortunately, much of the practical information in understandable terms to the lay person is scattered about many different books and other references.

Hopefully, this document will help save you considerable amount of time weeding thru all of the information that is out there.

I have read most of them in the aspects I am involved in and have found them to be very useful in many ways.

Basically, it is a learning experience to devise how you want to do it for the results you desire. Much trial and error is involved, but these references can help to minimize any unnecessary work and get you to your goal more quickly and more decisively.

For those who are not aware, the ISBN book number is an easy way to search for books on many sites. Therefore, I have not included all of the other information on books that more formal references might include.

Today, even just searching by author and / or title can usually get you what you need [e.g. on www.amazon.com]

GENERAL

On Food and Cooking – The Science and Love of the Kitchen, by Harold McGee, 2004, ISBN-13-978-0-684-80001-1 – generally recognized as the best book on the science involved with cooking – you do not have to be scientifically oriented to understand it since he writes so well – **a must have if you are serious** – but not required to be a good cook since you can learn on your own by trial and error but that takes time and you may not know why things work or do not work – his books tells you! – over 800 pages

The New American Cook Book, by Lily Haxworth????? – sorry I do not have more of a reference – the copy I have is from my deceased Mother-in-Law, who became a superb cook – she paid \$1.98 in the 1940's for the book and it made her a cook when she could not even boil water when she was first married – it is well worn – **very complete on almost everything on practical cooking** – about 900 pages! - found a few copies on Amazon used books several years ago – even a few revised in late 1940's

CLAY-POT COOKING

The Clay-Pot of Cooking in An Ancient Pot, by Georgia MacLeod Sales and Grover Sales, 1981, ISBN-0689-70547-6 – page xxii convinces his wife it works by trying corn beef – usually has to be boiled for hours – here 2 hours in pot and very tender and tasty – I have confirmed this – probably the best book – brief introduction and lots of recipes – it is simple, so a brief introduction is appropriate – you can easily develop your own recipes

Cooking in Clay, by Joanna White, 1995, ISBN-1-55867-118-8 - brief introduction and lots of recipes

Smart Clay Pot Cookery, by Carol Heding Munson, 2000 - ISBN- 0-08069-7099-5 - brief introduction and lots of recipes – but lots of extras – glossary, equivalents, herbs / spices, culinary math, abbreviations, etc.

For your information –

Note that I got the **Fox Run Terra Cotta Bakers clay pots** at very reasonable prices [less than \$50] at a small store for kitchen supplies in the Allentown, PA Farmers Market. They are not as popular as in the past so you may have to search for them a bit. On the internet there are several, some by famous brands, but they are usually higher in price - \$100 and above. Then will they survive shipping?

However, I am still using the original one I got over 5 years ago and it is just fine. I got a spare and a larger one for a turkey. The original one can fit a loaf of bread in it and usually about 5 to 6 pounds of various meats, including a frozen duck, chicken and goose. They all came out fine.

It is important to use **several oven meat thermometers** to make sure the proper temperature is reached before you stop cooking the meat. I usually use 3 dispersed evenly across the piece of meat that is being cooked.

BREADMAKING

The Bread Bible, by Rose Levy Beranbaum, 2003, ISBN – 0-393-05794-1, probably the best book besides the one below by King Arthur – she even has a PBS TV show, but our local station only showed a few episodes before it was not continued – very complete – **a must have if you are serious** – over 600 pages

The All-Purpose Baking Cookbook, 2003, by P. J. Hamel, Brinna Sands, Toni Apgar and The Bakers at King Arthur Flour, ISBN 0-88150-581-1 – **a must have if you are serious** – also includes other baked goods – cookies, cakes, pies, etc. – no bibliography – over 600 pages

– check out their web site and the products they provide – may be a little bit more expensive, but there is always high quality and **actually well tested in their kitchens** – www.bakerscatalogue.com - they constantly get new products in that they test and offer on their web site and catalog, if they are worthwhile – if you bake anything, this site and catalog will be invaluable – they offer baking courses at their Vermont site and also around the nation periodically.

Their selection and quality flours are **superb**, but shipping raises the price a great deal [can double cost of 5 pounds of flour] – I have found some ordinary grocery store chains, especially if they are in more affluent areas, handle the King Arthur line of flours so you can save on shipping by buying locally.

The Bread Baker's Apprentice, by Peter Reinhart, 2001, ISBN 1-58008-268-8, one of his many books on breadmaking – excellent – another must have if you are serious – incredible color pictures on what the best breads should really look like!

Bread – A Baker's Book of Techniques and Recipes, by Jeffrey Hamelman, 2004, ISBN 0-471-16857-2 – very good book by a commercial baker of over 30 years –

Classic Sourdoughs – A Home Baker's Handbook, by Ed Wood, 2001, ISBN 1-58008-344-7 – eventually you will probably want to try sourdough breads, especially if you like rye breads and traditional sourdough breads of the cowboy and related eras – this is the book – he is a physician and research scientist

How Baking Works – Exploring the Fundamentals of Baking Science, by Paula Figoni, 2004, ISBN 0-471-26856-9 – very good on the components of baking – flours, grains, gluten, sugar, oils / fats, thickening / gels, eggs, milk, leavening agents, etc., in addition to the processes involved. – she is an academic food scientist with 10 years industrial experience.

Technology of Breadmaking, Edited by Stanley P. Cauvain and Linda S. Young, 1999 ISBN 0-7514-0345-8 – a very technical book mostly for commercial bread bakers – very expensive \$100 - \$200 – but excellent – types, processes, ingredients, dough processing, baking / cooling, retarding, baking around the world, specialty products, spoilage / staling, dough formation, flour milling, cereals use, etc.

Regal Breadmaker Guide & Cookbook [for models K67 xx], about 60 pages – excellent, very complete, some recipes and essential information on using their breadmakers – we got this one when my Mother-in-Law died and it is excellent, but modestly priced and many features – King Arthur offers at least 2 models that they have rigorously tested that you may want to consider but they are more expensive - \$100 to \$200 range.

The History of Bread, by Bernard Dupaigne, ISBN-0-8109-3438-8 – coffee table book – beautiful pictures

PIZZA

The Art of Pizza Making – Trade Secrets and Recipes, by Dominick DeAngelis, Ph.D., P.E., 2004 – ISBN – 09632034-0-1 – **this is the best book I found – a must have if you are serious** – it works for me – pizza your way - he actually based the information in his book by experimenting with his friends on how to make the best pizza – it is a small volume < 100 pages in ring binding, but it is packed full of information not found in almost all other pizza books – he even sells in **5 pound bags the high gluten flour** that is best for pizza - may be difficult to find so other information is:

The Creative Pizza Company

PO. Box 1826
Plains, PA 18705
Email: Dominick@creativepizza.com
WWW,creativepizza.com

Pizza Any Way You Slice It, by Charles and Michelle Scicolone, 1998, ISBN
0-7679-0373-0

American Pie: My Search for the Perfect Pizza, by Peter Reinhart, 2003, ISBN –
1-58008-422-2 – he is famous for his bread books – different styles – no references

There is an especially good extensive web site on making pizza particularly
commercially - I will have to dig it out in my files and post it on this site – maybe you will
be able to also eventually find it by a Google search

SPICES

Penzeys Spices is very good – their web site is easy to use and they send a regular
catalog filled with a lot of recipes - www.penzeys.com – **have many good hints and
description of spices and their mixes of spices – very complete and extensive**

There are others you may want to also explore with a Google search since things
change so rapidly.

www.jrwatkins.com

The Spice and Herb Bible – A Cook's Guide, by Ian Hemphill, 2000, - very detailed
descriptions and beautiful pictures – very experienced – a native of Sydney Australia –
www.herbies.com.au – ISBN 0-7788-0042-3

Tastes of Paradise – A Social History of Spices, Stimulants, and Intoxicants, by
Wolfgang Schivelbusch, translated from the German by David Jacobson – 1992, ISBN
0-679-74438-x

Herbs and Spices, by Julia F. Morton, 1976, Golden Press, NY – Western Publishing
Co., Inc., Racine, WI – this series of older very small in size booklets were excellent
with descriptions and pictures – may still be available from out of print services like on
Amazon, etc. – no ISBN number – may have been too early – before ISBN???

Season to Taste, by Jeannette Ferrary and Louise Fiszer, 1988, ISBN 0-671-62132-7 –
lot of recipes and how to use spices & herbs – line drawings no pictures

TEA & COFFEE

Coffee – A Guide to Buying, Brewing & Enjoying, by Kenneth Davids, 1987, ISBN 1-56426-500-5 – a nice general introductory book –

Espresso Ultimate Coffee, by Kenneth Davids, 1993, ISBN 1-56426-557-9 - a nice general introductory book –

The Book of Coffee & Tea – A Guide to the Appreciation of Fine Coffees, Teas, and Herbal Beverages, by Joel, David, & Karl Schapira, 1982, ISBN 0-312-08822-1, - a nice general introductory book –

The Republic of Tea – The Book of Tea and Herbs – Appreciating the Varietals and the Virtues of Fine Tea and Herbs, 1993, ISBN 1-56426-570-6 - a nice general introductory book –

SOURCE OF DRIED EGGS

This source is reasonably priced and offers whole egg, just the whites and just the yokes in sealed mylar bags – their website is – WWW.EGGSTORE.COM – more information can be found in other areas of this website.

Such dried eggs come in handy for a number of cooking applications, especially since they are not perishable like fresh eggs – also in case of an emergency, you have some stable, sealed food to prepare until the emergency is over with –

Breadmaking – add dried and not “wet” eggs – easier to work with and mix in

Handy for adding extra yoke for breads like Polish Paska – the Easter bread

Making French Toast

TO BE CONTINUED!