

Chapter 1 : Cook's Thesaurus

The Cook's Thesaurus is a cooking encyclopedia that covers thousands of ingredients and kitchen tools. Entries include pictures, descriptions, synonyms, pronunciations, and suggested substitutions. Entries include pictures, descriptions, synonyms, pronunciations, and suggested substitutions.

James Cook The English explorer, navigator, and cartographer James Cook is famous for his voyages in the Pacific Ocean and his accurate mapping of it, as well as for his application of scientific methods to exploration. James Cook was born in Yorkshire on Oct. At the age of 18 he found employment with a shipowner in his native village of Whitby and made several voyages to the Baltic Sea. When the Anglo-French war broke out in , he enlisted in the Royal Navy and saw service on the Eagle as an able-bodied seaman. In he also received command of a ship and took it to Canada, where he joined the operations in the St. He performed well enough so that the senior officer of the British fleet put him in command of the flagship. After the war ended in , Cook was given a schooner, Grenville, and was charged with surveying the coasts of Newfoundland, Labrador, and Nova Scotia. For 4 years he sailed up and down these coasts, and when the task was done his findings were of such importance and usefulness that the government had them published. First Voyage Upon his return to England in , Cook found the British Admiralty planning to send a ship to the Pacific Ocean to observe the transit of Venus and also to explore new lands in that area. Cook was picked to command the vessel, and on Aug. On June 3 the transit of Venus was observed, and on July 13 he left the place. Arriving at New Zealand on October 7, Cook set about at once to make an accurate chart of the waters of the two islands; it took him 6 months. He then sailed along the east coast of Australia, which he named New South Wales and for which he claimed possession in the name of the king. In recognition of his achievementsâ€”circumnavigating the globe, charting new waters, and discovering new landâ€”he was promoted from lieutenant to commander. Second Voyage One year later Cook stood ready for a second voyage, this time to verify the report of the existence of a great southern continent. On July 13, , he left Plymouth in the Resolution and, accompanied by another vessel, Adventure, sailed southward along the African coast and around the Cape of Good Hope , crossing the Antarctic Circle in January Finding no great southern continent, he pointed his ship toward New Zealand. Thus Cook completed his second Pacific voyage, once again having made a significant contribution by his mapping and charting and his explorations and discoveries. To those accomplishments Cook added one in nautical medicine, for he had proved that a crew, if properly fed, could make a long voyage without ill effects. He lost only 1 man to disease out of a crew of This feat won him the Copley Gold Medal of the Royal Society and election as a fellow of that distinguished scientific and philosophic association. Advanced to captain in August , he was now given command of a new expedition to the northern Pacific to search for a passage around North America to the Atlantic Ocean. Once again the great seaman sailed in the Resolution, with another vessel, Discovery, leaving Plymouth on July 12, He continued northward along the coast to the Bering Sea and through the Bering Strait to the Arctic , but no northern passage could be found. He turned southward to Hawaii for much-needed repairs, fresh supplies, and sunshine in preparation for a return to northern Pacific waters. But, as fate would have it, Cook did not live to continue the voyage. Where he fell, an obelisk later would be erected but, as one of his biographers noted, his true monument was the map of the Pacific Ocean. A Study of the Great Discoverer Cameron, The Golden Haze: With Captain Cook in the South Pacific More general works are J. Beaglehole, The Exploration of the Pacific ; 3d ed. The Epic Voyages of Discovery, B. An Account of the Invasion of the South Pacific,

The photo cooking course "The Cooks Encyclopedia" comes with recipes. Recipes that were are created, tested, proven and served by some of the best chefs and restaurants on the planet.

Land Relief and drainage Each island is the top of one or more volcanoes , but only on the largest islands do the plugs and craters of now-extinct volcanoes still dominate the skyline; the highest of these rises to 2, feet metres at Te Manga, on Rarotonga, an island only 4 miles 6 km wide. Many of the other islands of the southern group Aitutaki , Atiu , Mangaia , Manuae , Mauke , Mitiaro , Palmerston , and Takutea show various combinations of atoll and high-island formation. In the northern group Manihiki , Nassau , Penrhyn , Pukapuka , Rakahanga , and Suvarrow , all except Nassau are atolls, narrow and low-lying sandbanks resting on circular reefs around lagoons rich in marine life. There are small freshwater lakes on the high islands of Mangaia, Atiu, and Mitiaro; saltwater lagoons inside all the atolls; and fringing lagoons between most islands and their outer reefs. The rain that falls on the atolls permeates the island coral and is naturally stored in a lens-shaped layer above the heavier salt water. The islanders must rely on wells and rainwater storage tanks to conserve their limited sources of water. **Soils** Soils on the low-lying atolls are very limited in depth and quality. Most of the high island of Rarotonga is ruggedly mountainous, with narrow valleys having small but fertile pockets of soil. The coast consists of makatea, or upraised coral reef , of limited fertility. Between the mountains and the coast, however, is a ring of fertile volcanic soil. On the other high islands, much of the area is likewise taken up by eroded central slopes encircled by makatea, but again there are areas of fertile soil between. The problem of erosion has been greatly accentuated by the planting of pineapples and other export crops on soils that, in the long term, are too fragile for plantation farming. **Climate** All the islands lie within the tropics, though the southernmost just barely so. Because the Cook Islands are small, mid-ocean islands swept by the southeast trade winds , temperatures are generally moderate. Seasons are not clearly differentiated. The English terms summer, winter, spring, and autumn are used, but Cook Islanders also recognize the traditional local patterns of prevailing winds, rainfall, and temperature. Precipitation, though erratic over the years, tends to be uniform across the various islands. It averages about 80 inches 2, mm on Rarotonga, though with considerable difference between the windward and leeward sides of the central mountains; precipitation is slightly lower on Aitutaki and slightly higher on Penrhyn. A spectacular climatic hazard is the occurrence of tropical cyclones locally called typhoons , which strike with destructive force between December and March about once or twice every 10 years. Less spectacular but at times equally destructive of agriculture are droughts, to which the northern group of islands is more vulnerable than the southern. **Plant and animal life** Only a limited range of plant life thrives in the north, with coconuts and pandanus being predominant. On the fertile areas of the southern islands, a wide range of tropical fruits and vegetables flourishes. Indigenous species include taro, yams, bananas, breadfruit, and sweet potatoes. Introduced species—in many cases grown for export—include citrus fruits, tomatoes, pineapples, papayas, beans, and zucchini. Those are still the main fauna, though a few goats, horses, and other animals have also been introduced. Some native birds became extinct in the 19th century after Europeans introduced cats. The kakerori, or Rarotongan flycatcher, an attractive tiny bird unique to Rarotonga, had been reduced by the early s to about 30 breeding pairs. By the early 21st century, however, efforts by a small group of conservationists and landowners had succeeded in increasing the kakerori population to a viable level again. In the government announced plans to create a protected marine park encompassing the area around the southern islands, with an area of more than , square miles 1., square km. **People** **Ethnic groups and languages** With the exception of the inhabitants of isolated Pukapuka , who are of predominantly Samoan and Tongan descent, almost all Cook Islanders have mixed Polynesian ancestry. Inter-marriage with European, Chinese, and African settlers was common in the early 19th century. There are two main indigenous Polynesian languages , one for the island of Pukapuka and the other with dialectal variations for all other islands. The latter, known as Cook Islands Maori, is an official language, as is English. **Religion** Christian denominations account for nearly all religious affiliation. **Settlement patterns** Most Cook Islanders live in villages, though some people on Rarotonga

particularly live on their farms. The largest settlement is Avarua. The former indigenous houses of thatch and timber have been almost totally replaced by homes of cement and timber with iron roofs. Demographic trends Life expectancy at birth is above 70 years for males and about 75 years for females. Today more than twice as many persons of Cook Islands ancestry live in New Zealand than in the islands themselves. The main nonindigenous population is of European origin by way of New Zealand. There is considerable internal migration from the smaller islands to Rarotonga, the most populous island, where there is generally full employment. Economy Agriculture and fishing Agricultural production consists primarily of small farming, either for domestic consumption or for shipment to New Zealand. Cassava, sweet potatoes, and other roots and tubers are the principal crops. Most commercial fishing is done by Taiwanese, South Korean, and Japanese vessels operating out of American Samoa, but there is widespread fishing for domestic consumption. Several species of tuna make up the primary catch. Exploratory mining operations began there in Imported fuels are utilized for energy production, though there is some use of solar and wind power. Manufacturing and trade The small industrial sector includes clothing and shoe manufacturing and food processing, mainly for export to New Zealand. Cultured pearls and fish are by far the major exports. Machinery of various kinds, minerals and fuels, and food and live animals are significant imports. Services, finance, and taxation The service sector dominates the economy, with tourism the largest single contributor. The second largest economic sector is international finance, as the Cook Islands are a major offshore tax haven. Government plays a significant part in the economy and is the largest employer. Taxes are moderate, foreign investment is encouraged, and foreign aid—largely from New Zealand—makes a significant contribution to the economy. The New Zealand dollar is the monetary unit of the Cook Islands. Transportation Each island has a network of roads; a paved road encircles Rarotonga and is served by public buses. Regular service by small aircraft connects all the larger islands. There are ports at Rarotonga Avatiu, Penrhyn, Mangaia, and Aitutaki, but shipping schedules can be erratic. There is an international airport on Rarotonga. Government and society Constitutional framework The Cook Islands is a self-governing state. Although New Zealand is nominally responsible for defense and for external affairs, the Cook Islands has nevertheless independently established diplomatic relations and entered into international treaties. The formal head of state is the British monarch, represented by an appointed delegate to the islands; the government of New Zealand also appoints a representative, known as the high commissioner. Parliamentary elections, with universal adult suffrage, are held every four years. The constitution, adopted in 1978, has been amended several times. A council of hereditary leaders, the House of Ariki High Chiefs, advises the government on traditional matters of landownership, custom, and the like. Health and welfare Free medical services are available from government-owned hospitals or dispensaries on each island. Dental treatment is also free for schoolchildren. Diseases more commonly found in developed countries—diabetes, cardiovascular disorders, cirrhosis of the liver—are becoming more widespread. Education Education is free in government schools and compulsory between ages 5 and 15; some church schools operate in addition to those run by the government. Higher education is provided by a national teachers college and a nursing school, through apprenticeship programs, and through an extension centre of the University of the South Pacific at Avarua. Many overseas scholarships are provided by the government and by overseas donors. The vast majority of the people are literate. Cultural life The government plays an active role in cultural life, particularly in the sponsorship of song and dance festivals for which the islands are renowned. A small library and museum in Avarua provide additional cultural attractions. Owing to tourism and intensive interaction with neighbouring industrialized nations, much international generally Western culture has been incorporated into daily life. Nevertheless, traditional ceremonies, such as that celebrating the first haircut of the favourite son in a family, are as vibrant as ever. Christian tradition, some of it a legacy of the English Victorian era, is strongly manifest, and modern American-derived evangelistic services and rituals are common. The major national holiday is Constitution Day, which usually gives rise to a day celebration. Radio programming is available in English and Maori. Much of the television programming comes from New Zealand. The only daily newspaper, formerly government-owned, was privatized in 1997; other newspapers are published weekly or fortnightly. History Polynesians, mainly from the area now known as French Polynesia, were the only inhabitants of the Cook Islands until the 19th century. With only minor exceptions, each island

was autonomous , and within each of the larger islands there were several competing ethnic communities. Spanish explorers visited several islands in the northern group in the late s and early s but did not stay. James Cook was the first European to call at most of the islands in the southern group, in , , and English and Tahitian missionaries of the London Missionary Society began arriving in and were the first foreigners to settle. A number of important ariki chiefs were converted to Christianity early on. The missionaries established a theological college on Rarotonga and exerted a strong influence on the form of government that evolved in each of the islands over the next half century. Fear of a French takeover, such as that which had occurred in nearby Tahiti and some of the other Society Islands , prompted some chiefs to petition the United Kingdom to declare a protectorate over the Cook Islands. The British government eventually complied in , and a single federal parliament was established. This was the first time that these scattered islands had come under a united government. New Zealand was keen to annex the Cook Islands, but the United Kingdom would not agree to this except on certain conditions, one of which was that the request for annexation must come from the Cook Islands. With some persuasion from New Zealand, chiefs of the largest islands petitioned for annexation, which was undertaken in After the federal parliament was allowed to lapse, and no direct representation at the national level occurred again until , when a Legislative Council was organized. In its powers were extended and its name changed to the Legislative Assembly a constitutional amendment changed the name again, to Parliament. In the Cook Islands moved to self-government but retained a relationship of free association with New Zealand. In the second half of the 20th century, the Cook Islands, with the help of New Zealand, worked on improving infrastructure and social conditions and developing the economy, including tourism. The change in status in brought greater autonomy , and the Cook Islands began developing relationships with the countries of the region.

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See Article History James Cook, born October 27, , Marton-in-Cleveland, Yorkshire , Englandâ€”died February 14, , Kealakekua Bay, Hawaii , British naval captain, navigator, and explorer who sailed the seaways and coasts of Canada , â€”67 and conducted three expeditions to the Pacific Ocean â€”71, â€”75, â€”79 , ranging from the Antarctic ice fields to the Bering Strait and from the coasts of North America to Australia and New Zealand. Early life James Cook was the son of a farmhand migrant from Scotland. While Cook was still a child, his father became the foreman on a farm in a neighbouring village. His early teens were spent on the farm where his father worked, but a brief apprenticeship in a general store in a coastal village north of Whitby brought him into contact with ships and the sea. At the age of 18, in , he was apprenticed to a well-known Quaker shipowner, John Walker of Whitby, and at 21 was rated able seaman in the Walker collier-barksâ€”stout, seaworthy, slow and tonners mainly in the North Sea trade. When the ships were laid up for refitting done by the apprentices and crews at Whitby during the worst months of winter, Cook lived ashore and studied mathematics by night. The Whitby barks, constantly working North Sea waters off a dangerous and ill-marked lee shore, offered Cook splendid practical training: Promoted to mate in , Cook was offered command of a bark three years later, after eight years at sea. Advancement of this nature opened up a career that would have satisfied most working seamen, but instead Cook volunteered as able seaman in the Royal Navy. The navy, he was sure, offered a more interesting career for the competent professional seaman, and greater opportunity than in the North Sea barks. Tall, of striking appearance, Cook almost immediately caught the attention of his superiors, and with excellent power of command, he was marked for rapid advancement. His charting and marking of the more difficult reaches of the St. Lawrence River contributed to the success of Maj. Based at Halifax during the winters, he mastered surveying with the plane table. Between and , after the war had ended, he commanded the schooner Grenville while surveying the coasts of Newfoundland , sailing most of the year and working on his charts at his base in England during the winters. In he observed an eclipse of the Sun and sent the details to the Royal Society in Londonâ€”an unusual activity for a noncommissioned officer , for Cook still rated only as master. Voyages and discoveries In the Royal Society , in conjunction with the Admiralty , was organizing the first scientific expedition to the Pacific, and the rather obscure year-old James Cook was appointed commander of the expedition. Hurriedly commissioned as lieutenant, he was given a homely looking but extremely sturdy Whitby coal-hauling bark renamed HMS Endeavour , then four years old, of just tons and less than 98 feet 30 metres long. That done, on June 3, , he was to find the southern continent , the so-called Terra Australis, which philosophers argued must exist to balance the landmasses of the Northern Hemisphere. The leader of the scientists was the rich and able Joseph Banks , aged 26, who was assisted by Daniel Solander, a Swedish botanist, as well as astronomers Cook rating as one and artists. Cook carried an early nautical almanac and brass sextants but no chronometer on the first voyage. Dixon Library, State Library of New South Wales, Sydney a Striking south and southwest from Tahiti, where his predecessors had sailed west and west-northwest with the favouring trade winds, Cook found and charted all of New Zealand , a difficult job that took six months. After that, instead of turning before the west winds for the homeward run around Cape Horn , he crossed the Tasman Sea westward and, on April 19, , came upon the southeast coast of Australia. Once the bark touched on a coral spur by night, but it withstood the impact and was refloated. After the Endeavour was grounded on the nearby Queensland coast and repaired, Cook sailed it back to England. He stopped briefly at Batavia modern Jakarta for supplies, and, although the crew had been remarkably healthy until then, 30 died of fever and dysentery contracted while on land. None of the crew, however, died of scurvy a dietary disease, caused by a lack of ascorbic acid , that notoriously decimated the crews of ships on lengthy voyages in the 18th century. The health in which he maintained his sailors in consequence made his name a naval byword. The success of the expedition of Joseph Banks and his scientists which established the useful principle of sending scientists on naval voyagesâ€”e. Huxley in the Rattlesnake, and J. Hooker with Sir James Ross to the Ross Sea in the Antarctic stimulated

interest not only in the discovery of new lands but in the new knowledge in many other scientific subjects. The wealth of scientifically collected material from the Endeavour voyage was unique. Cook was now sent out with two ships to make the first circumnavigation of and penetration into the Antarctic. He showed that a real Terra Australis existed only in the landmasses of Australia, New Zealand, and whatever land might remain frozen beyond the ice rim of Antarctica. And, once again, not one of his crew died of scurvy. Back in England, he was promoted to captain at last, elected a fellow of the Royal Society, and awarded one of its highest honours, the gold Copley Medal, for a paper that he prepared on his work against scurvy. Webber was an artist who sailed with James Cook on his third voyage to the Pacific. Although the passages had long been sought in vain from Europe, it was thought that the search from the North Pacific might be successful. The man to undertake the search obviously was Cook, and in July he went off again on the Resolution, with another Whitby ship, the Discovery. In a brief fracas with Hawaiians over the stealing of a cutter, Cook was slain on the beach at Kealakekua by the Polynesians. Although Cook had married Elizabeth Batts in 1770, when he was 34 years old, he was at sea for more than half of their married life. The couple had six children, three of whom died in infancy. The three surviving sons, two of whom entered the navy, had all died by 1780. Cook had set new standards of thoroughness in discovery and seamanship, in navigation, cartography, and the care of men at sea, in relations with indigenous peoples both friendly and hostile, and in the application of science at sea. And he had peacefully changed the map of the world more than any other single man in history.

Chapter 4 : The Cook's Encyclopedia of Baking by Carole Clements

This luxurious series is a unique library of knowledge for every kitchen. Providing exciting new taste combinations as well as classic recipes, each volume is illustrated with beautiful photographs that serve as an invaluable visual reference guide to the individual ingredients.

History[edit] Homo erectus may have begun cooking food as early as , years ago. Phylogenetic analysis suggests that human ancestors may have invented cooking as far back as 1. Anthropologists think that widespread cooking fires began about , years ago, when hearths started appearing. The movement of foods across the Atlantic, from the New World, such as potatoes , tomatoes , maize , yams , beans , bell pepper , chili pepper , vanilla , pumpkin , cassava , avocado , peanut , pecan , cashew , pineapple , blueberry , sunflower , chocolate , gourds , and squash , had a profound effect on Old World cooking. The movement of foods across the Atlantic, from the Old World, such as cattle , sheep , pigs , wheat , oats , barley , rice , apples , pears , peas , chickpeas , green beans , mustard , and carrots , similarly changed New World cooking. In the nineteenth-century "Age of Nationalism " cuisine became a defining symbol of national identity. The Industrial Revolution brought mass-production, mass-marketing and standardization of food. Factories processed, preserved, canned, and packaged a wide variety of foods, and processed cereals quickly became a defining feature of the American breakfast. Along with changes in food, starting early in the 20th century, governments have issued nutrition guidelines, leading to the food pyramid [12] introduced in Sweden in Updated in the s, these guides gave shopping suggestions for different-sized families along with a Depression Era revision which included four cost levels. In , the "Essentials of an Adequate Diet" brought recommendations which cut the number of groups that American school children would learn about down to four. In , a guide called "Food" addressed the link between too much of certain foods and chronic diseases, but added "fats, oils, and sweets" to the four basic food groups. This section does not cite any sources. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. March Learn how and when to remove this template message Most ingredients in cooking are derived from living organisms. Vegetables, fruits, grains and nuts as well as herbs and spices come from plants, while meat, eggs, and dairy products come from animals. Mushrooms and the yeast used in baking are kinds of fungi. Cooks also use water and minerals such as salt. Cooks can also use wine or spirits. Naturally occurring ingredients contain various amounts of molecules called proteins , carbohydrates and fats. They also contain water and minerals. Cooking involves a manipulation of the chemical properties of these molecules. Carbohydrate Carbohydrates include the common sugar, sucrose table sugar , a disaccharide , and such simple sugars as glucose made by enzymatic splitting of sucrose and fructose from fruit , and starches from sources such as cereal flour, rice, arrowroot and potato. The interaction of heat and carbohydrate is complex. Long-chain sugars such as starch tend to break down into simpler sugars when cooked, while simple sugars can form syrups. If sugars are heated so that all water of crystallisation is driven off, then caramelization starts, with the sugar undergoing thermal decomposition with the formation of carbon , and other breakdown products producing caramel. Similarly, the heating of sugars and proteins elicits the Maillard reaction , a basic flavor-enhancing technique. An emulsion of starch with fat or water can, when gently heated, provide thickening to the dish being cooked. In European cooking, a mixture of butter and flour called a roux is used to thicken liquids to make stews or sauces. In Asian cooking, a similar effect is obtained from a mixture of rice or corn starch and water. These techniques rely on the properties of starches to create simpler mucilaginous saccharides during cooking, which causes the familiar thickening of sauces. This thickening will break down, however, under additional heat. Fat Doughnuts frying in oil Types of fat include vegetable oils , animal products such as butter and lard , as well as fats from grains, including corn and flax oils. Fats are used in a number of ways in cooking and baking. To prepare stir fries , grilled cheese or pancakes , the pan or griddle is often coated with fat or oil. Fats are also used as an ingredient in baked goods such as cookies, cakes and pies. Fats are used to add flavor to food e. Protein nutrient Edible animal material, including muscle , offal , milk, eggs and egg whites , contains substantial amounts of protein. Almost all vegetable matter in particular

legumes and seeds also includes proteins, although generally in smaller amounts. Mushrooms have high protein content. Any of these may be sources of essential amino acids. When proteins are heated they become denatured unfolded and change texture. In many cases, this causes the structure of the material to become softer or more friable – meat becomes cooked and is more friable and less flexible. In some cases, proteins can form more rigid structures, such as the coagulation of albumen in egg whites. The formation of a relatively rigid but flexible matrix from egg white provides an important component in baking cakes, and also underpins many desserts based on meringue. Water is often used to cook foods such as noodles. Water Cooking often involves water, frequently present in other liquids, which is both added in order to immerse the substances being cooked typically water, stock or wine , and released from the foods themselves. A favorite method of adding flavor to dishes is to save the liquid for use in other recipes. Liquids are so important to cooking that the name of the cooking method used is often based on how the liquid is combined with the food, as in steaming , simmering , boiling , braising , and blanching. Heating liquid in an open container results in rapidly increased evaporation , which concentrates the remaining flavor and ingredients – this is a critical component of both stewing and sauce making. Vitamins and minerals[edit] Main articles: Vitamin and Mineral nutrient Vitamins and minerals are required for normal metabolism but which the body cannot manufacture itself and which must therefore come from external sources. Vitamins come from several sources including fresh fruit and vegetables Vitamin C , carrots, liver Vitamin A , cereal bran, bread, liver B vitamins , fish liver oil Vitamin D and fresh green vegetables Vitamin K. Many minerals are also essential in small quantities including iron, calcium , magnesium , sodium chloride and sulfur ; and in very small quantities copper, zinc and selenium. The micronutrients, minerals, and vitamins [13] in fruit and vegetables may be destroyed or eluted by cooking. Vitamin C is especially prone to oxidation during cooking and may be completely destroyed by protracted cooking. March See also: List of cooking techniques There are very many methods of cooking, most of which have been known since antiquity. These include baking, roasting, frying, grilling, barbecuing, smoking, boiling, steaming and braising. A more recent innovation is microwaving. Various methods use differing levels of heat and moisture and vary in cooking time. The method chosen greatly affects the end result because some foods are more appropriate to some methods than others. Some major hot cooking techniques include: A cook sautees onions and green peppers in a skillet.

Chapter 5 : Cook s Encyclopaedia - Ingredients and Processes (gnv64) - The Pirate Bay

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Recipes that were are created, tested, proven and served by some of the best chefs and restaurants on the planet. This is not one of those shovelware apps that find recipes for tomato soup off of the internet. This is the real thing. If you love and are serious about cooking "The Cooks Encyclopedia" will be fun, entertaining and invaluable. And "The Cooks Encyclopedia" is a tremendous learning tool. Each recipe features step by step demos which show you everything you need to know to successfully learn and create three star dishes or conversely something as simple as a correctly made omelet. Dishes that you will be proud to serve and that your family and guests will love to eat. There are over 20 dressings and cold sauces like tomato pesto with black olives, dill mustard, aioli, a real down home barbecue. How about a soy vinaigrette with cilantro? There are 18 recipes and 4 special preparations. And soups are always a hit. A real Andalusian gazpacho, fancy and delicious lobster bisque, a classic Italian minestrone, asparagus soup with mint, potato soup, tomato soup And then the sweet stuff: Bavarian creme, vanilla souffle, apple donuts, a classic New York cheese cake These days we are all concerned with eating healthy. I like to cook with vegetable proteins like tempeh, seitan and tofu. My kids love vegetarian goulash, miso soup and tofu with coconut curry and thai basil. Imagine to be able to take all of this with you to the market. So I was going to make asparagus with shaved Parmesan cheese and hazelnuts. But what they do have are really lovely zucchini and eggplants. There are 8 different recipes and one preparation. You decide on your recipes and "The Cooks Encyclopedia" makes up your shopping list for you. And before you know it In addition to recipes, complete visual demos and the virtual personal shopper there is a glossary with cooking terms and tables for both well known and exotic ingredients.

Chapter 6 : Cooking - Wikipedia

Arranged alphabetically from abalone to zampona, the majority of entries in this cook's encyclopaedia deal with ingredients and processes used in cooking. All of the common processes from bottling, brewing, brining, curing, smoking and vacuuming are described, and although this is not a recipe book.

Cooking often means the transformation of raw food by the use of heat. When interpreted more widely to include everything involved in the preparation of meals, cooking is even more extraordinarily time-consuming and far-reaching. Cooking is so universal that it has even been proposed as the distinguishing trait of *Homo sapiens*. In a journal entry for 15 August, social observer James Boswell noted that other species possessed the abilities of toolmaking and rationality, but "no beast is a cook," and his definition of humans as the "cooking animal" was the subject of much discussion and amusement at dinner tables. Increasing the attractiveness of food and altering its nutritional properties, cooking has served fundamental social and cultural purposes. Cooking made possible the agrarian mode of production, based on food storage. Authorities are far from agreed on the basic cooking techniques, and words are used carelessly, such as "roasting" when "baking" is, in fact, meant. The central purpose of cooking has hardly been discussed, let alone settled. Here cooking will be examined in the context of its narrow definition as heating. Then other techniques, which include cutting, grinding, mixing, drying, fermenting, and attractive presentation, will be discussed. The Use of Heat When Jean- Anthelme Brillat-Savarin assumed in *The Physiology of Taste* that the savory results of roasting derived from a juice in meat called "osmazome," his thinking was not all that unusual in the early nineteenth century. Later work has found instead that the pleasing taste results from a complicated set of changes produced through caramelization and the so-called Maillard browning reactions. Nonetheless, as Harold McGee argues in *The Curious Cook*, "Whatever it is about a roast that inspires such devotion deserves a name, and in the absence of a better one, osmazome serves admirably" p. Roasting, baking, broiling, grilling, and frying reach the relatively high temperatures necessary for browning to be achieved sufficiently quickly. Nevertheless, all heating methods alter the aroma, appearance, and texture of foods. Furthermore, heat can turn some otherwise poisonous or inedible substances into food, and change other nutritional properties, not always for the better. The glowing coals radiate at relatively high temperatures to roast a joint on the spit. When food is placed on a gridiron immediately over the radiant source, this is grilling. Broiling is similarly intense but from above. Energy is transferred to the food through conduction in the separate techniques of boiling, steaming, and frying. Gentle boiling poaching or simmering also relies on the circulation of heat through convection. Practical methods combine all modes of energy transfer. In baking, the walls of the oven radiate heat, hot air moves through convection, and energy transfers through conduction. Nothing could seem more direct than roasting, until processes internal to the cooked article are considered, such as conduction of heat from the surface inward and steaming within the cavity of a fowl. Cooking methods employ different mediums, most basically water, oil, or air. Food is boiled, poached, and steamed with water. Food is either deep-fried immersed in hot oil or shallow-fried on a layer of oil in a pan. Baking employs heated air. Again, practical methods combine mediums. An obvious example is braising, which expressly relies on frying and then, after adding liquid and closing the lid, poaching and steaming in the same container. The promotion of the "economy" stove by British Count Rumford Benjamin Thompson added to the confusion at the beginning of the nineteenth century, because he claimed to roast a joint in a "closed" oven, which both improved efficiency and kept flue gases separate. However, since oven temperatures were much lower than those emanating from open coals, his "roast dinner" was a misnomer. An equivalent twentieth-century misconception resulted with the microwave oven, which employs an entirely different science—the stimulated vibration of water molecules so that food heats up internally—so that the device is not really an "oven. By then finding places for another three broiled, fried, and braised, he again assumed a total of six methods. He omitted baking, however, and added smoking, although this sort of drying and light tarring might be better listed under preservation methods. Stirfrying deserves its own place of recognition, and so do infusion as in preparing tea, steam extraction as in espresso coffee, and pressure-cooking. And yet another

complication in this attempt at categorization is the fact that rice largely "cooks" by absorption. In the end, any list of cooking methods remains merely indicative and conveys only broad principles. The Cooking Fire Basic cooking by heating relies on various heat sources. Some basic features can be demonstrated by discussing just four: Although not necessarily the oldest method, the open roasting fire is primordially simple, with meat and other foods skewered on vertical sticks or rotated horizontally on a spit. Roasting was first used by hunters, has often been called the Homeric method since its use is cited frequently in the ancient stories of Homer, and has held a particular appeal for the British in recent centuries. Historically even more important than the spit is the stewing pot. Pots have typically been made of clay but variations have included rock depressions heated by hot stones, leather pouches, and, increasingly, metal containers. The pot was associated with the emergence of a settled society where it was used for both storage and the slow cooking generally required by storable crops. Dedicated clay ovens are nearly as old as pots, dating from at least seven thousand years ago. These "vertical" ovens are most familiar to English speakers as tandoor ovens from the Hindustani. Many similar words used in and around the Middle East derive from the ancient Persian, Arabic, and Hebrew *tannur*. The classic version is a clay barrel containing the fire, entered from the top; it is characteristically used for flatbread placed briefly on the wall inside, so that one side browns through conduction and the other through radiation. The brazier is another simple pot of burning dung or charcoal, on which appropriate containers are placed so that food is broiled, fried, stewed, or baked. Relatively efficient, it has been used when fuel is scarce and so has remained extraordinarily widespread—as common in ancient Athens as it has remained throughout Asia. An enlarged brazier with two or more apertures for heat is the range, fueled by wood, coal, gas, or electricity. Most major English language dictionaries agree on the definition of the verb "cook" as "to prepare food by heating it," and the basic techniques and devices described here are commonly accepted. However, cooking plainly employs many other techniques. The development of artificial refrigeration in the nineteenth century only increased the importance of the removal of heat in certain preparations, such as freezing ice cream. Preparing mayonnaise, for instance, also involves combining oil and eggs entirely without heat. Other important techniques will now be discussed under their broad outcomes, mainly shared by heating. For example, heat enhances pleasures, not merely taste but also texture by, among other methods, obtaining various concentrations of sugar syrup for soft fudges, firmer caramels, toffee, and spun sugar. Heating contributes less noticeably to an additional, presumably underlying task, food distribution. Making Food Attractive Cooks have become immensely skilled at enhancing the sensory appeal of food. Adding sugar, salt, and acid such as vinegar has a marked effect on flavor, although this might often be a side effect of some other desired outcome, such as preservation. Nonetheless, improved attractiveness has been the basic reason for many other simple additions, such as pepper, ginger, caraway seeds, mint, mustard, nutmeg, and vanilla. Spices typically modify aroma and taste, and sometimes they also impart a charming color, as with saffron. The English concept of "curry" does not do justice to the full range of spices ground and blended into much Indian cooking. Subtly flavored sauces—the peak of grand French cooking—are classically based on stocks, made by simmering bones to extract gelatin especially veal because younger bones are rich in gelatin-producing collagen. A brown stock flavored with red wine and shallots then becomes a bordelaise sauce, and so on. Other sauces are prepared by emulsification, in which oil is so finely dispersed in another liquid that it remains suspended. For instance, mayonnaise is oil dispersed in egg yolks. Flavored with garlic, mayonnaise becomes aioli. The improvement in the organoleptic appeal of food—and sophisticated cooking involves much tasting and visual adjustment—has been viewed as the essential purpose of cooking by ascetics and hedonists alike. Vegetarians have historically said that good cooking is necessary to disguise meat so that eaters might overcome their disgust. Likewise, the ancient philosopher Plato condemned cooking as the seduction of palates away from higher pursuits. Some groups, for instance, even embrace the poisonous reaction of chili. Elaborate French sauces are the unspoken language of opulence and "good taste," haggis indicates Scottishness, red meat exhibits maleness, and the avoidance of pork suggests religious commitment. Along these lines, cookbook writer Elisabeth Rozin has talked of cooking being responsible for distinct "flavor principles," so that flavoring with soy sauce, garlic, brown sugar, sesame seeds, and chili, for example, identifies food as Korean. The Hungarian flavor principle is paprika, lard, and onions. In this way, cooking adds little national flags, so to speak. Such a system might even

have a sound nutritional basis in that, as omnivores, humans rely on cultural markers for safe, balanced, or otherwise appropriate foods. Predigestion Nutritionally, cooking is a kind of predigestion. Although cooking can reduce the nutritional value of raw foods, it may also make otherwise inedible foods accessible by releasing the nutritive parts of some foods and rendering others safe. Techniques include removing protective shells from seeds and nuts, physically softening or chemically tenderizing what would otherwise be unchewable, making certain nutrients more readily digestible, leaching out harmful compounds or inactivating them, and destroying troublesome bacteria. Traditional cooks have gained impressively precise and presumably hard-won knowledge of how to handle local species, such as the detoxification of older strains of manioc or cassava. Even in the industrialized world, cooks know to peel potatoes that are turning green. Through nutritional improvements, cooking has widened the spectrum of available foods, thereby increasing human adaptability to habitats. Just as significantly, cooking has enabled different modes of production. In his *Geist der Kochkunst*, Karl Friedrich von Rumohr recognized nearly two centuries ago that the development of human settlements and agriculture approximately ten thousand years earlier had relied on cereals not readily eaten in their original state. The same qualities that keep staples through the year tend to demand that they be processed, as when wheat is laboriously milled and then parched, boiled, or baked. This ensured the necessity of another nutritional achievement of cooking, the provision of balanced meals. The typical cuisine of agrarian societies has two building blocks: The main stored agricultural product, such as wheat, corn, and potatoes, is bland, starchy and nutritionally incomplete. The staple is enlivened and supplemented by an appropriate sauce made from a little meat fished, hunted, or taken from the herd, an animal byproduct such as cheese, or a legume or vegetable. The ancient Athenians, for example, based their meals on the *sitos* of barleycake and wheaten bread or perhaps lentil soup. The *opsion* then provided extra proteins, vitamins, and interest, in the form of a salad of bitter herbs, cheese, eggs, fish fresh, salted, or dried, or, less frequently, meat. Eventually, the desirable *opsion* was fish. A gourmand was called an *opsophagos*, a topping-or sauce-eater. Polenta con funghi cornmeal with mushrooms exhibits a remarkably balanced nutrient density, as do the combinations involved in southern Italian pizza, Swiss raclette, Anglo-Indian kedgeree, North African couscous, Chilean empanadas, and so on. Storage Settled society was made possible by stored food, which typically was not just cooked to be made edible, but often was also preserved in the first place. Preservation methods include drying, chilling, sugaring, salting, pickling, fermenting, and storing in sealed containers often under fats and oils. They slow down deterioration by such means as removing moisture, altering acidity, and closing off oxygen.

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