Intro

1) The author talks about being in the library and finding books that answer questions that they never though to ask like why do eggs solidify when cooked and why do fruits turn brown when we cut them. I never really considered these questions either and kind of accepted them as simple fact. Even when I signed up to take this class I didn't even really consider food sciences to include why food reacts the way it does to these things. (P 1)

2) The author also talks about how after he released the book a lot of young chefs appreciated it since many of them didn't know why the meals were prepared the way they are. This kind of surprises me since I figured an integral part of cooking would be the why, but the more that I think about it the less important it seems. If someone is cooking a meal than they really just need the directions, knowing why the directions are the way that they are is unimportant. Its kind of like in math when the professor will show a proof to get the point across, memorizing the formula will give you the right answer, but understanding the proof will explain why the right answer makes sense. Similarly with cooking the new chefs only need the right answer or meal in this case, and as they develop new meals and dishes understanding the why will become more important. (P 2)

3) All foods in the world come from basically 4 molecules: water, carbohydrates, fats, and proteins. I find this really interesting because with just 4 molecules there are so many different types of food, not even just considering flavor but texture and smell. The same 4 types of molecules gets you cotton candy and pizza, which surprises me. (P 792-793)

Of Interest

1) Most of our taste comes from the smell, if someone had a stuffy nose, it would be hard to tell the difference between a pear and an apple. I knew that smell was an important part of taste, but I didn't realize it played that big a role. It makes me wonder if having a strong sense of smell means that you have a strong sense of taste as well, and vice versa. (P 387)

2) The egg is very nutritious to humans since it is a little package meant for chicks with everything they need to grow, but only when cooked. When its raw, it can actually cause animals to lose weight. This interests me because when people work out, they sometimes eat a raw egg for the nutrition, so it has to have some positives over a cooked egg as well. Otherwise people are eating raw eggs for no reason. (P 78)