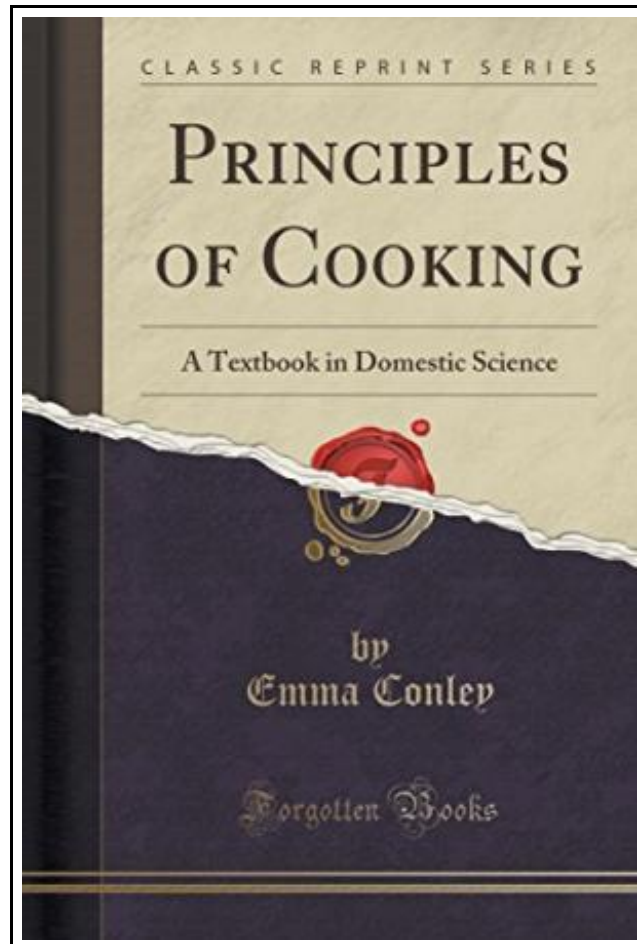


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(Prof. Maya Hand)

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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Principles of Cooking: A Textbook in Domestic Science Principles of Cooking is intended as a textbook in cooking and elementary food study for secondary and vocational schools. It is not merely a cook book. So many good cook books are on the market that there would be no justification for adding another to the list. The cook book, however, merely presents hundreds of recipes showing innumerable ways in which foods may be prepared, without attempting to present the principles underlying all cooking. The principles of cooking are few in number and are easily mastered, if properly presented. Foods may be grouped in less than a dozen classes, and when the principles which apply to each class are learned and practiced, each pupil will know how to prepare a variety of dishes from each food or class of foods. After the principles of cooking are fully understood and applied in practical lessons, there is no educational or practical value in the preparation of isolated recipes or in a sequence of lessons on one class of foods. The object of domestic science work in schools is that a girl may learn how to plan, cook, and serve meals at home, calculate the cost, and purchase foods in the best market at the lowest price. This includes knowing the nutritive value of each food and its place in the diet. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged...



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