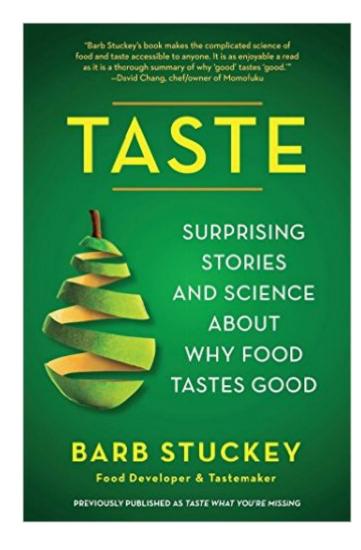
The book was found

Taste: Surprising Stories And Science About Why Food Tastes Good





Synopsis

Whether itâ TMs a grilled cheese sandwich with tomato soup or a salted caramel coated in dark chocolate, you know when food tastes good. Now hereâ TMs the amazing story behind why you love some foods and canâ TMt tolerate others. Whether itâ TMs a salted caramel or pizza topped with tomatoes and cheese, you know when food tastes good. Now, Barb Stuckey, a seasoned food developer to whom food companies turn for help in creating delicious new products, reveals the amazing story behind why you love some foods and not others. Through fascinating stories, youâ TMII learn how our five senses work together to form flavor perception and how the experience of food changes for people who have lost their sense of smell or taste. Youâ TMII learn why kids (and some adults) turn up their noses at Brussels sprouts, how salt makes grapefruit sweet, and why you drink your coffee black while your spouse loads it with cream and sugar. Eye-opening experiments allow you to discover your unique â œtaster typeâ • and to learn why you react instinctively to certain foods. Youâ TMII improve your ability to discern flavors and devise taste combinations in your own kitchen for delectable results. What Harold McGee did for the science of cooking Barb Stuckey does for the science of eating in Tasteâ "a calorie-free way to get more pleasure from every bite.

Book Information

Paperback: 368 pages Publisher: Atria Books; Reprint edition (March 26, 2013) Language: English ISBN-10: 1439190747 ISBN-13: 978-1439190746 Product Dimensions: 5.5 x 1 x 8.4 inches Shipping Weight: 9.9 ounces (View shipping rates and policies) Average Customer Review: 4.3 out of 5 stars Â See all reviews (41 customer reviews) Best Sellers Rank: #529,755 in Books (See Top 100 in Books) #98 in Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Wine Tasting #243 in Books > Cookbooks, Food & Wine > Professional Cooking #635 in Books > Reference > Encyclopedias & Subject Guides > Cooking

Customer Reviews

MY THOUGHTSLOVED ITBarb Stuckey is a professional food developer and has studied the science behind why certain foods taste better than others and how some foods can enhance or detract for their taste as well. I had a friend in grade school that used to drink orange juice promptly

after brushing his teeth which made him vomit. He did this any time he wanted to stay home from school. Although this is an extreme example, Barb Stuckey explains exactly why orange juice tastes terrible after brushing your teeth. I found this whole book fascinating and full of really cool scientific facts about why some food tastes good and appealing while others completely miss the mark. She also emphasizes that our mouth and tongue only provide 20 percent of the experience of taste and that the other senses also come into play, especially smell. There are formulas throughout the book that go into great detail about how foods and spices combine to make the sum greater than the parts. Stuckey also provides experiments for you to try at home and help develop your own taste so you can actually learn how to increase your own potential taste. I never knew there was such science behind food development since on the surface we only tend to look at the packaging. I really enjoyed this whole read and the information included will have you thinking about this for years to come.

Foodie, author, food developer, and Executive Vice President of Mattson, an independent developer of foods and beverages, Barb Stuckey tackles the issues of taste. She covers how the senses work, the basic tastes and how the senses and tastes work together. She weaves an entertaining story by combining anecdotes from her personal and professional experience with well-honed research and shows how much of what we know about taste is wrong. Her work should appeal to anyone interested in making or eating food.

Barb Stuckey is a pedagogue and her explanation of the physiology of taste is luminous. This book should be required reading for every aspiring chef. The taste exercises are great family fun. But more importantly the organization of the book around the five taste receptors, geometrically represented as a star is very helpful for the composition of flavors in a dish.

I have a B.S. degree in Food Science from UC Davis and worked in the food manufacturing industry for 12 years (R&D, QA, market research). I don't work in the industry any more, but still enjoy following trends and cooking. I have never read or heard about the interesting topics that Barb Stuckey covers before. The book includes information about how different people taste in different ways. It seems to explain why my husband, who can smell the most subtle odors, is so picky. It even includes exercises that the reader can do to experience different flavor sensations in order to reinforce information she describes. This is one of the most interesting books I've ever read. Barb Stuckey's Taste What You're Missing is not written for home cooks, not even for the most serious foodies unless they are equally serious about the pure science behind foods and tastes. This excellent text book is for food scientists, food professionals and those with vocation in the food industry. The author is a professional food developer, a food scientist yet her writing is easy and delightful and a pleasure to read. Nevertheless, this is a significant text book and as such, it is not a bed-time reading. To relieve the dryness often inherent in scientific texts, Stuckey divided each of the four major sections into small chapters and within each chapter the subheadings are short to help easy reading. In addition, Stuckey brightens the text with many, many stories and occasional illustrations related to her subject. Tables borrowed from scientific literature are scattered throughout; some are easier to understand than others, particularly to a non-scientist. Many good sidebars called Sensory Snack further lighten the text. Several exercises anyone can perform end most of the chapters. This hefty volume concludes with twenty-page notes and references and a very good index. (As reviewed for Sacramento/San Francisco Book Review.)

Explains so much. If you're not a cook and not a foodie and can't tell if more salt is needed or something else; and if you wish you could take more pleasure out of food; ; and if you feel you have a palate made from synthetic leather, read this book. Barb will bring you through the science and the process of activating your senses to make you a more sure and knowledgeable taster. Minus one point because the tables in the kindle version are truncated.

I wasn't sure where this book was going when I started it. But it quickly panned out to being mostly interesting collections of facts (or assertions) roughly grouped by taste sensation. I learned a lot about how taste works, a lot about the rivalry between the author and her boyfriend (by the end of the book they were using fMRI scans to compare brain sizes), and the fascinating world of "food science". There are exercises at the end of each chapter, but I didn't try a single one. The author repeats herself a lot, and I'm not sure if is trying to make sure we remember the point, or if she is just repeating herself. I definitely think it has changed my way of thinking about cooking, even though it isn't really a book about cooking. BTW, as a spoiler, the fMRI technician lied to her boyfriend about whose brain was bigger.

Download to continue reading...

Taste: Surprising Stories and Science about Why Food Tastes Good Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Looneyspoons Collection: Good Food, Good Health, Good Fun! 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food

RecipesCaribbean Food Recipes, Food Processor Recipes,) Ouija Board Stories: Chilling True Horror Stories Of Ouija Boards Gone Wrong (Ouija Board Stories, Ghost Stories, True Horror Stories, Ouija Board Nightmares, Haunted Places Book 1) Taste of Home Diabetes Family Friendly Cookbook: Eat What You Love and Feel Great! (Taste of Home Books) Portuguese Cookbook: 25 Delicious Portuguese Recipes to Get the Taste of Portugal - Enjoy the Authentic Taste of Portuguese Dishes Great Tastes Made Simple: Extraordinary Food and Wine Pairing for Every Palate The Food and Cooking of Colombia & Venezuela: Traditions, ingredients, tastes, techniques, 65 classic recipes The Food and Cooking of Brazil: Traditions, Ingredients, Tastes, Techniques, 65 Classic Recipes Freedom Feminism: Its Surprising History and Why It Matters Today (Values and Capitalism) Summary Eat Dirt: by Dr. Josh Axe: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It Who Really Cares the surprising truth about compassionate conservatism America's Charity Divide who gives who doesn't and why it matters hardback Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) The Moral Economy: Why Good Incentives Are No Substitute for Good Citizens (Castle Lectures Series) Good or God?: Why Good Without God Isn't Enough Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good

<u>Dmca</u>