

## Food Cooking: From Cookbooks to the Culinary Arts (Paperback)



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## FOOD COOKING: FROM COOKBOOKS TO THE CULINARY ARTS (PAPERBACK)



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Most food has its origin in plants. Some food is obtained directly from plants; but even animals that are used as food sources are raised by feeding them food derived from plants. Cereal grain is a staple food that provides more food energy worldwide than any other type of crop. Corn (maize), wheat, and rice - in all of their varieties - account for 87 of all grain production worldwide. Most of the grain that is produced worldwide is fed to livestock. Some foods not from animal or plant sources include various edible fungi, especially mushrooms. Fungi and ambient bacteria are used in the preparation of fermented and pickled foods like leavened bread, alcoholic drinks, cheese, pickles, kombucha, and yogurt. Another example is blue-green algae such as Spirulina. Inorganic substances such as salt, baking soda and cream of tartar are used to preserve or chemically alter an ingredient. Cooking or cookery is the art, technology and craft of preparing food for consumption with or without the use of heat. Cooking techniques and ingredients vary widely across the world, from grilling food over an open fire to using electric stoves, to baking in various types of ovens, reflecting unique environmental, economic, and cultural traditions and trends. The ways or types of cooking also depend on the skill and type of training an individual cook has. Cooking is done both by people in their own dwellings and by professional cooks and chefs in restaurants and other food establishments. Cooking can also occur through chemical reactions without the presence of heat, such as in ceviche, a traditional South American dish where fish is cooked with the acids in lemon or lime juice. Preparing food...



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