



Heston Blumenthal at Home

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Until now, home cooking has remained radically out of touch with the technological developments that characterize the rest of modern life. This is the book to prove that science can dramatically improve the way we eat. Having spent years refining his analytical and imaginative approach at the Fat Duck restaurant, Heston Blumenthal is uniquely qualified to bring the benefits of science to the domestic kitchen. Both time-saving and energy-efficient, his methods unlock the alchemical potential of flavor and taste.

The first part of the book maps the new techniques in fifteen sections, including: taste and flavor; stocks and infusing; brining, curing, marinating, and macerating; and sections on proper care of meat, fish, pasta, and many other dishes. In the second part, there are 150 specially chosen recipes. Here, at last, is the secret to irrefutably perfect fish and chips, as well as a few more unconventional dishes such as salmon with licorice, and crab lasagna.

Heston at Home is an ingeniously designed book for cooks who want to know how food works, and who are excited about adopting an unconventional approach that will revolutionize the experience of cooking at home.

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