



# How to Read a French Fry: And Other Stories of Intriguing Kitchen Science

*Russ Parsons*

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## **How to Read a French Fry: And Other Stories of Intriguing Kitchen Science** Russ Parsons

In a book widely hailed for its entertaining prose and provocative research, the award-winning Los Angeles Times food journalist Russ Parsons examines the science behind ordinary cooking processes. Along the way he dispenses hundreds of tips and the reasons behind them, from why you should always begin cooking beans in cold water, to why you should salt meat before sautéing it, to why it's a waste of time to cook a Vidalia onion. Filled with sharp-witted observations ("Frying has become synonymous with minimum-wage labor, yet hardly anyone will try it at home"), intriguing food trivia (fruit deprived of water just before harvest has superior flavor to fruit that is irrigated up to the last moment), and recipes (from Oven-Steamed Salmon with Cucumber Salad to Ultimate Strawberry Shortcake), How to Read a French Fry contains all the ingredients you need to become a better cook.

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