



Kochen für Geeks (German Edition)

Jeff Potter

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Bist du ein innovativer Koch, der sich lieber in der Küche kreativ austobt, anstatt nur Rezepte nachzukochen? Interessiert dich, was naturwissenschaftlich während des Kochens genau passiert? Möchtest du kapieren, was ein gutes Rezept ausmacht, um es dann zu verbessern und eigene Gerichte zu kreieren?

Kochen für Geeks ist mehr als ein gewöhnliches Kochbuch: Das Buch lädt dich dazu ein, über das Kochen ganz neu nachzudenken und in deiner Küche innovative Ideen auszuprobieren. Warum schmecken uns Zitronen sauer? Warum backen wir etwas bei 175 °C und etwas anderes bei 190 °C? Und wie schnell ist eine Pizza fertig, wenn wir den Backofen auf 540 °C übertakten?

Der Autor Jeff Potter hat auf all diese Fragen geekige Antworten. Und ebenso geekige Rezepte: vom Süßen (der 30-Sekunden-Schokokuchen) bis zum Herzhaften (Enten-Sugo aus Confit).

Wer beim Kochen experimentieren und lernen möchte, der muss Kochen für Geeks lesen – ganz egal, ob man selbst Geek ist oder nicht..

Auf geht's: Initialisiere deine Küche und kalibriere deine Kochwerkzeuge! Kapiere die chemischen Reaktionen beim Kochen: Was ist ein denaturiertes Protein, was ist die Maillard-Reaktion? Und was passiert chemisch beim Karamellisieren? Experimentiere mit Hydrokolloiden in der Küche. Gewinne Einblicke in das Wissen von Kochprofis, Wissenschaftlern, Lebensmittelchemikern, Foodblogger und Messerexperten. Und und und...

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