



# Molecular Cooking at Home

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## How to perfect 20 molecular cooking techniques in your home kitchen

Molecular Cooking, or Bistronomy, or Molecular Cuisine, or Avant Garde Cuisine, or even Cocina de Vanguardia all mean the same thing—playing with food science to bring flavour, texture, and taste to recipes in new ways. Chefs from leading restaurants around the world such as Ferran Adrià, Thomas Keller, Heston Blumenthal and many more have all pushed the boundaries of traditional cooking techniques in search of brilliant new dishes.

Until now, the kitchen as laboratory has been reserved for high-end chefs, but more home cooks are adapting methods and using common tools to recreate the foams, fizz, and fantastic flavour combinations of Michelin-starred restaurants in their own kitchens.

This book teaches the experienced home cook how to practise all of the most common techniques used in molecular cooking. From synthesizing flavours together to using dry ice to create a visual impact at presentation, there are countless ways to enhance your cooking skills.

Includes:

- Step-by-step photography to help you recreate advanced cooking techniques in your own kitchen
- Guide to using professional equipment the right way, or replicating the effect if you don't have the kit
- 20 techniques to learn, each accompanied by recipes to wow your dinner guests



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