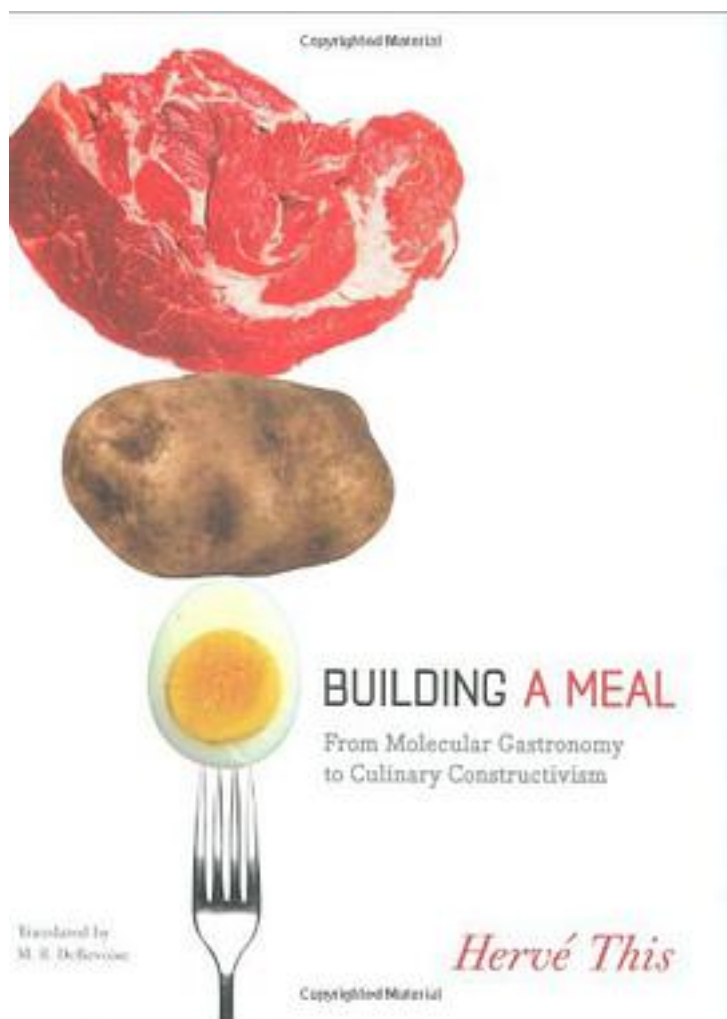


# Building a Meal



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著者:Hervé This

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An internationally renowned chemist, popular television personality, and bestselling

author, Hervé This heads the first laboratory devoted to molecular gastronomy—the scientific exploration of cooking and eating. By the testing recipes that have guided cooks for centuries, and the various dictums and maxims on which they depend, Hervé This unites the head with the hand in order to defend and transform culinary practice. With this new book, Hervé This's scientific project enters an exciting new phase. Considering the preparation of six bistro favorites—hard-boiled egg with mayonnaise, simple consommé, leg of lamb with green beans, steak with French fries, lemon meringue pie, and chocolate mousse—he isolates the exact chemical properties that tickle our senses and stimulate our appetites. More important, he connects the mind and the stomach, identifying methods of culinary construction that appeal to our memories, intelligence, and creativity. By showing that the creation of a meal is as satisfying as its consumption, Herve This recalibrates the balance between food and our imaginations. The result is a revolutionary perspective that will tempt even the most casual cooks to greater flights of experimentation.

作者介绍:

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## 标签

gastronomy

Food

Culinary

Constructivism

## 评论

分子料理之父所写，要分清MOLECULAR GASTRONOMY和分子料理是两个不同的概念，而作者只承认前者，认为后者是将食物充分解构却没有重构起来的早该过去的潮流，下一步他的梦想是culinary constructivism，将一盘食物做成能够相辅相成的整体。技术狂艺术家

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