

# Contents

Preface xi

Acknowledgments xv

## 1 Some Basic Chemistry 1

Matter 1

Salt, Sodium Chloride, NaCl 15

Recipe Analysis: Lemon Salad Dressing #1 18

Recipe Analysis: Orange Granita, Adapted from Amanda Hesser 19

## 2 Measurements in Cooking 23

Mass, Weight, Volume, Density 23

Measuring in the Kitchen 24

Tools and Methods 26

Recipe Analysis: Pound Cake, from Viola Williams Thomason 27

Recipe Analysis: Biscuits, Adapted from the White Lily Foods Company and Edna Lewis 28

## 3 Heat and Temperature 33

Heat and Thermodynamics 33

Temperature: How Do We Measure the Heat Energy at Any One Place? 35

Energy and Calories: How Do We Measure the Amount of Heat in Matter? 36

Heat Capacity and Heats of Phase Changes: How Much Heat Do We Need to Add to Change the Temperature? 37

Heat Transfer: How Does Heat Flow from One Substance to Another? 39

Thermal Expansion: How Much Do Substances Expand When They Get Hotter? 45

Heat and Food: What Does Heat Do to Food? 46

Recipe Analysis: Roasted Asparagus 48

Recipe Analysis: Steamed Asparagus 49

- 4 Water, the Miracle Molecule** 55  
The Water Molecule and the Hydrogen Bond 55  
Hydrophilicity and Hydrophobicity 59  
Pressure 60  
The Phase Diagram of Water 61  
Solutions 66  
Water Purity 69  
Cooking and Water 69  
Recipe Analysis: Dried Pasta, from Lidia Matticchio Bastianich 71  
Recipe Analysis: Whole Artichokes by Pressure Cooker 72
- 5 Acids and Bases** 77  
Acids 77  
Bases 81  
pH for Measuring Acidity and Basicity 82  
The Reaction between Acids and Bases: Neutralization 86  
Acids and Bases in Food 86  
Recipe Analysis: Sweet and Sour Pork, from Sylvia Tsai 88  
Recipe Analysis: Polenta 89
- 6 Just Enough Organic Chemistry** 93  
Five Classes of Organic Compounds 94  
Four Reactions of Organic Compounds 102  
Recipe Analysis: Pears Poached in Wine, Adapted from Mitchell Davis 104  
Recipe Analysis: Chicken with Tomatoes, Adapted from Jamie Oliver 105
- 7 Fats and Oils** 109  
Saturated and Unsaturated Fats and Oils 111  
Hydrogenation and Trans Fatty Acids 113  
Rancidity and Reactions 114  
Melting and Smoking Points 115  
Solubility and Density 116  
Heat Transfer and Heat Capacities 116  
Recipe Analysis: Orange and Olive Oil Cake, Adapted from Danai Kindeli 117  
Recipe Analysis: Indian Butter Chicken, Adapted from Allrecipes 118
- 8 Carbohydrates** 125  
Monosaccharides and Disaccharides: Simple Sugars 127  
Polysaccharides: Starches and Fibers 133  
Carbohydrates in Plants 137  
The Structure of Plant Cells 138  
Cooking Plants 142  
Recipe Analysis: Caramel Sauce in the Microwave, Adapted from Shirley Corriher, Andrew Janjigian, and Dan Souza 147

- Recipe Analysis: Collard Greens, Adapted from Louise Childress Thomason 148
- 9 Proteins 155**
- Amino Acids and Protein Structure 156
  - Protein Denaturation and Coagulation 159
  - Enzymes 160
  - Animal Proteins 161
  - Plant Proteins 169
  - Cooking Proteins 173
  - Recipe Analysis: Scrambled Eggs 175
  - Recipe Analysis: Pound Cake, from Gail Blasingame Locke 176
- 10 More Chemical Reactions Plus Fermentation 183**
- Oxidation–Reduction or “Redox” Reactions 184
  - Maillard Browning or Nonenzymatic Browning 185
  - Fermentation: Yeast Fermentation and Bacterial Fermentation 186
  - Recipe Analysis: Caramelized Onions 189
  - Recipe Analysis: Whole Wheat Bread, from King Arthur Baking Company 190
- 11 Colloidal Dispersions 195**
- Colloidal Dispersions in General 195
  - Solids Dispersed into Liquids or Solids: Sols and Suspensions 197
  - Liquids Dispersed into Solids: Gels 198
  - Liquids or Solids Dispersed into Liquids or Solids: Micelles and Emulsions 200
  - Gases Dispersed into Liquids or Solids: Liquid Foams and Solid Foams 204
  - Thickeners for Sauces and Gravies 204
  - Effects of Salt and Sugar on Colloidal Dispersions in Water 205
  - Recipe Analysis: Lemon Salad Dressing #2 206
  - Recipe Analysis: Banana Pudding, from *Joy of Cooking* 206
- 12 Diffusion and Osmosis 211**
- Diffusion 211
  - Osmosis 216
  - Diffusion and Osmosis in Cooking 216
  - Recipe Analysis: Oven-Fried Chicken, Adapted from Judy Hesser 220
  - Recipe Analysis: Honeyed Pork Loin, Adapted from Diana Henry 221
- 13 Nutrition 225**
- Digestion 225
  - Nutrition 227
  - Recipe Analysis: Roasted Sweet Potatoes 247
  - Recipe Analysis: Pan-Fried Rib-Eye Steak 248

**14 Food and the Senses** 259

Flavor 259

Herbs and Spices 267

Food Additives 268

Recipe Analysis: Penne alla Vodka 269

Recipe Analysis: Fruit Cobbler, from Louise Childress Thomason 270

Final Thoughts 275

Index 277