

Contents

Preface **VII**

Acknowledgments **XI**

- 1 The real thing? - The chemistry and psychology of an apple pie **15**
- 2 Boiling an egg from the inside out **23**
- 3 In the beginning there was an egg **35**
- 4 Mussels on acid **45**
- 5 Sausage engineering **53**
- 6 Mustard, fiercely yours **65**
- 7 The potatoes that refused to become tender **75**
- 8 Gravlax and a pinch of salt chemistry **87**
- 9 The art of heating **97**
- 10 Cold skillet - juicy fish **109**
- 11 Tempering the meat before cooking, ...or maybe not **119**
- 12 Cooking pits - prehistoric cooking meets science **127**
- 13 White wine in cooking should always be dry, right? **141**
- 14 Taking stock of broth **149**
- 15 Salt shapes the pasta **159**
- 16 You can see it, hear it, taste it, and feel it - what is it?
It is the taste of food! **167**
- 17 Can you cut down on the salt without affecting the taste? **177**
- 18 Physics takes the cake **189**
- 19 The great Norwegian porridge feud **199**
- 20 The inevitable dishes **213**

Glossary **219**

Bibliography **233**

Index **241**