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Ali Bouzari

There are ingredients, and then there are Ingredients. An ingredient is a tomato, a tortilla, or some tarragon. An Ingredient (with a capital “I”) is a fundamental building block or recurring theme that works behind the scenes in everything we cook. There are millions of ingredients, but only eight Ingredients: Water, Sugars, Carbs, Lipids, Proteins, Minerals, Gases, and Heat.

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An Ingredient is what those things are made of. There are millions of ingredients, but only eight Ingredients: Waters, Sugars, Carbs, Lipids, Proteins, Minerals, Gases and Heat. Ingredient isn't a book of recipes - instead, it's about learning to see beneath the surface of food, exposing the moving parts that cause every failure and every triumph in every kitchen.

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Ingredient: Unveiling the Essential Elements of Food In this entertaining, informative guide, one of the leading experts in culinary science—a chef, consultant, and scientist who has worked with some of the biggest names in the industry, from Thomas Keller to Daniel Humm—paints a portrait of each of the fundamental building blocks of food, giving all cooks a way to visualize and respond to

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Ingredient Unveiling The Essential Elements

Ali has been featured on Forbes' and Zagat's 30 Under 30 lists, as a contributor to Popular Science, Eater, and WIRED, and as a guest expert on NPR, TEDx, and Iron Chef America. His book, Ingredient: Unveiling the Essential Elements of Food, won the 2017 IACP award for Best Reference Book. Ali also writes a monthly column, Housemade, for the San Francisco Chronicle, diving into the behind-the-scenes brilliance of restaurant dishes.

INGREDIENT — Ali Bouzari

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Proteins, Minerals, Gases, and Heat.

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There are ingredients, and then there are Ingredients. An ingredient is what we're used to thinking about in the kitchen – things like tomatoes, tofu or thyme. An Ingredient is what those things are made of. There are millions of ingredients, but only eight Ingredients: Waters, Sugars, Carbs, Lipids

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