

# On Cooking A Textbook Of Culinary Fundamentals

## 5th Edition

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*Sarah R. Labensky Sarah R. Labensky Christine Stamm-Griffin*

attractively designed and extensively illustrated with color photographs line drawings charts and sidebars this contemporary introduction to cooking and food preparation focuses on information that is relevant to today's aspiring chef comprehensive and well written it emphasizes an understanding of cooking fundamentals explores the preparation of fresh ingredients and provides information on other relevant topics such as food history and food science this introduction to cooking outlines professionalism food safety and sanitation nutrition recipes and menus tools and equipment knife skills kitchen staples dairy products principles of meat fish and vegetable cookery garde manger baking and presentation for chefs restaurant managers and others in the food service industry

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