

CH\CH\INFOTITLE,C,100

INFO,M

- 1 1 diet, lifestyle & health
- 2 1 entertaining
- 3 1 menus
- 7 1 soups
- 7 2 about soup equipment
- 7 3 serving soup
- 7 4 is stock necessary?
- 7 5 about substitutions
- 7 6 storing soup
- 8 1 eggs
- 8 2 composition and nutrition
- 8 3 eggs and cholesterol
- 8 4 about egg quality, handling, and safety
- 8 5 storing eggs
- 8 6 egg grades and size
- 8 7 about egg substitutes
- 8 8 about cooking eggs
- 8 9 separating eggs
- 9 1 hors d'oeuvre
- 10 1 little dishes
- 11 1 sandwiches, burritos & pizzas
- 12 1 salads
- 12 2 about tossed salads
- 12 3 preparing greens for a salad
- 12 4 about dressing salads
- 12 5 about salad bowls
- 12 6 about serving tossed salads
- 12 7 greens
- 13 1 salad dressings
- 13 2 about dressings
- 13 3 about making a vinaigrette
- 13 4 about oil and acid
- 13 5 other ingredients
- 14 1 grains
- 14 2 grains and nutrition
- 14 3 buying and storing grains
- 14 4 cooking grains
- 15 1 beans & tofu
- 15 2 about soaking beans
- 15 3 about cooking beans
- 15 4 about pressure-cooking beans
- 15 5 about microwaving beans
- 15 6 about substituting canned beans
- 15 7 about sprouting beans
- 15 8 about bean varieties
- 16 1 pasta, dumplings & noodles
- 16 2 pasta and nutrition
- 16 3 about dried and fresh pasta

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- 16 4 about cooking pasta
- 16 5 rules for cooking pasta
- 16 6 rules for eating pasta
- 16 7 about sauces for italian pasta
- 16 8 cheese for pasta
- 16 9 about matching pasta shapes and sauces
- 16 10 about pasta in soup
- 16 11 about freezing fresh pasta
- 17 1 vegetables
- 17 2 about buying and keeping fresh vegetables
- 17 3 rules for vegetables
- 17 4 about preparing vegetables
- 18 1 fruits
- 18 2 shopping for fresh fruits
- 18 3 rules for fruit
- 18 4 ideas for fruit substitutions
- 18 5 characteristics of fruits
- 18 6 preparing fruits
- 19 1 stuffing
- 19 2 stuffing baked in a dish
- 19 3 making stuffing ahead
- 19 4 about forcemeat
- 20 1 shellfish
- 20 2 where do shellfish come from?
- 20 3 a note about shellfish safety
- 20 4 shrimp
- 20 5 lobsters
- 21 1 fish
- 21 2 where does fish come from?
- 21 3 maintaining quality at home
- 21 4 how to buy fish
- 21 5 how to clean fish
- 21 6 cutting steaks
- 21 7 filleting
- 21 8 skinning
- 21 9 a note to those who catch their own fish
- 21 10 the fish
- 21 11 how to know when fish is done
- 22 1 poultry
- 22 2 about poultry production
- 22 3 buying poultry
- 22 4 storing and freezing poultry
- 22 5 how to cut up poultry
- 22 6 how to know when chicken and turkey are done
- 22 7 roasting whole poultry
- 22 8 rules for stuffing birds
- 23 1 game
- 23 2 buying game
- 23 3 cooking game

- 23 4 marinating and barding game
- 23 5 about hanging game birds
- 24 1 meat
- 24 2 about meat inspection and grading
- 24 3 about natural and organic meats
- 24 4 about meat cuts and tenderness
- 25 1 yeast breads
- 25 2 rules for yeast breads
- 25 3 about yeast bread equipment
- 25 4 mixing bread dough
- 25 5 straight dough method
- 25 6 sponge or starter method
- 25 7 kneading
- 25 8 rising
- 26 1 quick breads
- 26 2 mixing methods
- 26 3 ideas and substitutions for quick breads
- 26 4 about baking quick breads
- 28 1 cookies
- 28 2 mixing cookies
- 28 3 about ingredients and substitutions
- 28 4 handling dough for rolled and shaped cookies
- 28 5 baking cookies at high altitudes
- 28 6 reduced-fat cookies
- 28 7 decorating cookies
- 28 8 baking cookies
- 28 9 storing cookies
- 28 10 packaging cookies for shipping
- 28 11 packaging cookies for gift giving
- 28 12 christmas cookies as ornaments
- 28 13 especially for christmas
- 29 1 candy
- 29 2 the cold water test
- 30 1 pies & tarts
- 30 2 equipment for pies and tarts
- 31 1 american fruit desserts
- 32 1 puff pastry, strudel & danish pastries
- 32 2 about layered pastry doughs
- 32 3 about making layered doughs
- 32 4 about puff pastry
- 32 5 cutting and docking puff pastry
- 32 6 glazing puff pastry
- 33 1 cakes, tortes & cupcakes
- 33 2 about cake pans
- 33 3 about pan sizes
- 33 4 about pan preparation
- 33 5 about measuring and sifting
- 33 6 about the temperature of ingredients
- 33 7 about mixing

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- 33 8 beating (creaming) the butter and sugar until light
- 33 9 to stir ingredients into a batter
- 33 10 to beat or whip
- 33 11 how to beat egg whites
- 33 12 how to fold egg whites
- 33 13 about oven rack placement
- 33 14 testing cakes for doneness
- 33 15 about storing cakes
- 33 16 about freezing and thawing cakes
- 33 17 about birthday and special cake pan shapes
- 33 18 about quick cakes and gingerbread
- 34 1 frostings, fillings & glazes
- 34 2 about freezing frostings and fillings
- 34 3 how to fill and frost a layer cake
- 34 4 how much frosting and filling
- 34 5 how to coat a cake or torte with chocolate glaze
- 34 6 decorative treatments for cakes
- 36 1 dessert sauces
- 37 1 dry-heat cooking
- 37 2 baking/roasting
- 37 3 browning
- 37 4 broiling
- 37 5 pan broiling/dry skillet cooking
- 37 6 flambÚing
- 0 1 introduction by maria guarnaschelli
- 1 1 foreword by ethan becker

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