



Taste: Surprising Stories and Science About Why Food Tastes Good

Barb Stuckey

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Whether it's a grilled cheese sandwich with tomato soup, maple-cured bacon sizzling hot from the pan, or a salted caramel coated in dark chocolate, you know when food tastes good to you. But you may not know the amazing story behind *why* you love some foods and can't tolerate others. Now, in *Taste What You're Missing*, the first book that demystifies the science of taste, you'll learn how your individual biology, genetics, and brain create a personal experience of everything you taste—and how you can make the most of it.

A seasoned food developer to whom food companies turn for help in creating delicious new products, Barb Stuckey reveals that much of what we think we know about how taste works is wrong. And the truth is much more fascinating—for instance, your tongue is *not* divided into quadrants for sweet, sour, salt, and bitter and only a fraction of what you taste happens in your mouth. As Stuckey explains how our five senses work together to form “flavor perceptions,” she tells intriguing stories about people who have lost the sense of smell or taste and the unexpected ways their experience of food changes as a result. You'll learn why kids (and some adults) turn up their noses at Brussels sprouts and broccoli, how salt makes grapefruit sweet, and why you drink your coffee black while your spouse loads it with cream and sugar.

Stuckey also provides eye-opening experiments in which you can discover your unique “taster type” and learn why you react instinctively to certain foods, in particular why your response to bitterness is unique. You'll find ways to improve your ability to discern flavors, detect ingredients, and devise taste combinations in your own kitchen for delectable results.

Taste What You're Missing gives curious eaters, Food Network watchers, kitchen tinkerers, and armchair Top Chefs the understanding and language to impress friends and families with insider knowledge about everything edible. What Harold McGee did for the science of cooking Barb Stuckey does for the science of taste in *Taste What You're Missing*, a calorie-free way to get more pleasure from every bite.

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Robert Dougherty:

Reading can called head hangout, why? Because when you are reading a book specially book entitled Taste: Surprising Stories and Science About Why Food Tastes Good your head will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely can be your mind friends. Imaging each word written in a book then become one web form conclusion and explanation in which maybe you never get ahead of. The Taste: Surprising Stories and Science About Why Food Tastes Good giving you a different experience more than blown away the mind but also giving you useful data for your better life on this era. So now let us show you the relaxing pattern this is your body and mind is going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

Raul Miller:

In this era globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher in which print many kinds of book. The actual book that recommended for your requirements is Taste: Surprising Stories and Science About Why Food Tastes Good this reserve consist a lot of the information of the condition of this world now. This book was represented how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. Often the writer made some exploration when he makes this book. Honestly, that is why this book ideal all of you.

Carmen Dana:

What is your hobby? Have you heard in which question when you got college students? We believe that that concern was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person just like reading or as looking at become their hobby. You need to know that reading is very important as well as book as to be the matter. Book is important thing to

incorporate your knowledge, except your current teacher or lecturer. You discover good news or update about something by book. A substantial number of sorts of books that can you decide to try be your object. One of them is Taste: Surprising Stories and Science About Why Food Tastes Good.

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