



## On Cooking - With CD (Canadian)

*Sarah R. Labensky*

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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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