



## Cooked: A Natural History of Transformation (Hardback)

By Michael Pollan

Penguin Press, United States, 2013. Hardback. Condition: New. New. Language: English . Brand New Book. \*\*Now a docu-series airing on Netflix on February 19, 2016, starring Pollan as he explores how cooking transforms food and shapes our world. Oscar-winning filmmaker Alex Gibney execture produces the four-part series based on Pollan s book, and each episode will focus on a different natural element: fire, water, air, and earth. \*\* -Important, possibly life-altering, reading for every living, breathing human being.- --Boston Globe In Cooked, Michael Pollan explores the previously uncharted territory of his own kitchen. Here, he discovers the enduring power of the four classical elements--fire, water, air, and earth--to transform the stuff of nature into delicious things to eat and drink. Apprenticing himself to a succession of culinary masters, Pollan learns how to grill with fire, cook with liquid, bake bread, and ferment everything from cheese to beer. Each section of Cooked tracks Pollan s effort to master a single classic recipe using one of the four elements. A North Carolina barbecue pit master tutors him in the primal magic of fire; a Chez Panisse-trained cook schools him in the art of braising; a celebrated baker teaches him how air transforms...



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