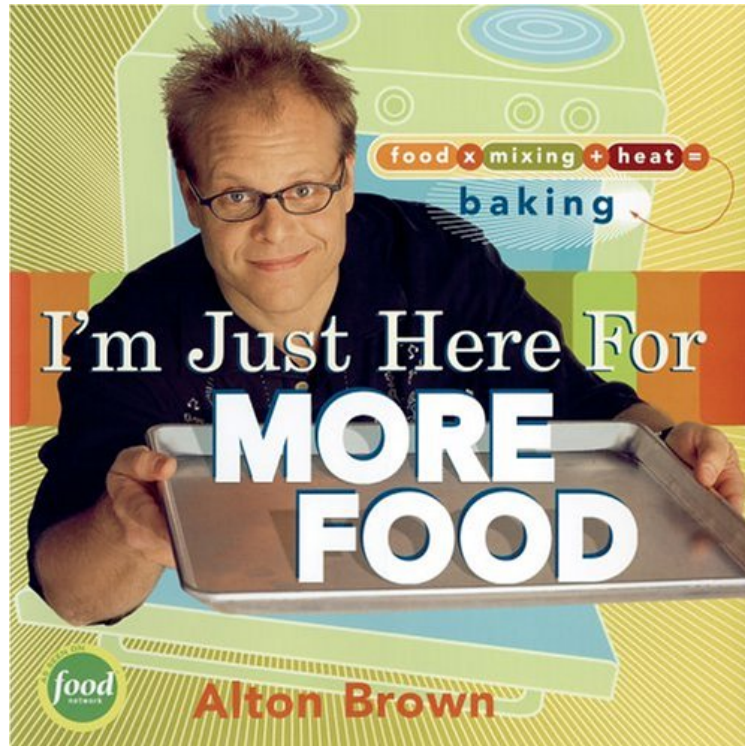


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# I'm Just Here for More Food: Food x Mixing + Heat = Baking

Alton Brown

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**Alton Brown : I'm Just Here for More Food: Food x Mixing + Heat = Baking** before purchasing it in order to gage whether or not it would be worth my time, and all praised I'm Just Here for More Food: Food x Mixing + Heat = Baking:

3 of 3 people found the following review helpful. does for baking what Alton Brown's other books did for cookingBy T BrownMost fans of Alton Brown have probably experimented with food, trying their hand at making new recipes and trying new cooking techniques. Now you can do the same with baking. Just like what his other books did for cooking, Alton Brown explains the why and how of baking allowing the home cooks to become home baking experts.Good things about this book:- solid binding and pages, perfect for leaving open while baking- recipes by both volume and weight- a large quantity of recipes, almost every page is a recipe- good explanation of techniques and why they are importantsome things to consider:- if you are used to his other books, there aren't as many pictures. There are plenty, especially for the techniques where they are most important. Just don't expect as many as you may be used to- If you aren't used to baking this book will take some time to figure out. Recipes are in a slightly different format (which is GREAT for baking, just not necessarily what non-bakers are familiar with)1 of 1 people found the following review helpful. Still more good eats...By Ark1836Alton Brown is a fantastic cook who does a great job making cooking tasks understandable. This is a terrific sequel to "I'm Just Here for the Food" though it stands on its own without the first book. This is a great beginners cookbook, but it is also a book that more experienced cooks will enjoy. Alton Brown includes something for all audiences.0 of 0 people found the following review helpful. Very interesting bookBy JlvkSo far I have only been reading the introduction of the book. However, I have been watching past

episodes of Good Eats and learning thru that and the book. Can't wait till I start experimenting with the recipes.

Alton Brown explores the science behind breads, cakes, cookies, pies, and custards, explaining it in his own inimitable style. Recipes cover all the basics, from pie crust to funnel cake to cheese souffle. The book also contains appendices and equipment lists.

.com Alton Brown's *I'm Just Here for More Food: Food x Mixing + Heat = Baking* should be required reading for those who truly want to learn how to become great bakers. In his own off-beat style Alton explains the science behind the process simply and in a manner you will not only remember, but subconsciously apply to all your baking endeavors. What is salt's role in the baking process? Why use eggs? Why is the way you mix important to overall success? Stylized and presented like his first book and popular Food Network show *Good Eats*, *Baking* is more like a goofy textbook rather than a pretty, photographed book with a bunch of recipes. If you are looking for a couple of quick, simple recipes to make cookies or bread, keep looking. If it's an education about the "Whats," "Whys," and "Hows" of baking with the intent to lift your skills to a new level: welcome! Baking is a precise science that needs to be followed to the letter if you want success. It is highly recommended to read the introduction and "The Parts Department" section before attempting any of the recipes in this book. The essence of Alton Brown's book is not to simply follow recipes, but to get a deep understanding of what is going on during the baking process. The introduction goes over the layout of the book and how it should be used (the ingenious "method flaps" for instance), the low down on how to read recipes, the importance of measuring by weight vs. volume, and baking's five core steps. The "Parts" section explains just that: ingredients. What is the chemical make up of proteins, carbs, and fats? Why is their interrelationship so important to success? How well do you know flour, eggs, sugar, and baking soda? Once you have the basics down and your parts measured it's time to get mixing. The rest of the book is smartly broken up by the six major mixing methods (Muffin, Biscuit, Creaming, Straight Dough, Egg Foam, and Custards). Each technique is explored in detail with recipes to follow. You won't find any ultra fancy recipes in *Baking*. The focus here is on the basics and getting the basics down right. Rediscover some old favorites like chocolate cookies and muffins, buttermilk pancakes, biscuits, shortcake, multigrain loaf bread, and good old fashioned cheesecake. There is no denying it, follow Alton's advice and you will be a better baker. Guaranteed. --Rob Bracco  
From Publishers Weekly  
Less a cookbook than a course book on baking, this entertaining and certainly educational follow-up to Brown's *I'm Just Here for the Food* offers up formulas for basic cakes, muffins, pies, custards and breads, as well as information on the components of each. Like a quirky, affable professor with a mad scientist's flare for facts and figures, Brown takes readers through the "Molecular Pantry," examining the properties and functions of proteins, carbohydrates and fats. Those familiar with his Food Network show, *Good Eats*, will be well-versed on these building blocks, and those who aren't will find his explanations and diagrams easy to comprehend. Unlike other baking books, this one is organized by "mixing method" rather than by food type, which means that recipes like Banana Bread, Pineapple Upside-Down Cake and Buttermilk Pancakes are clustered together under the same umbrella—the Muffin Method of mixing. According to Brown, this is because "mixing is more important than ingredients and even cooking method." While some bakers would be quick to counter this claim, Brown supports it well, using diagrams to illustrate how mixing and over-mixing the same ingredients can yield different results (i.e., by over-mixing muffin ingredients, one can end up with cupcakes). As Brown states early on, this isn't a recipe book. Rather, it's an instruction manual for people who want to be better bakers. Those looking for appetizing photos of sumptuous dishes won't find any here, but they will find plenty of practical tips (use a food processor instead of a traditional flour sifter) and sidebars that can be both informational and anecdotal (Brown's story of his struggle with a 50-pound blob of dough bent on expansion is particularly amusing). Anyone who has a yen to learn the science and methodology behind good food will find this a fascinating read.  
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About the Author  
Alton Brown is the writer, director, and host of the Food Network show *Good Eats*, which won a 2007 Peabody Award, and is the expert commentator on *Iron Chef America*. In 2004 his *STC* book *I'm Just Here For the Food* won the James Beard Award for in the reference category. Brown lives in Georgia with his wife and daughter.