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excerpt from principles of cooking a textbook in domestic science principles of cooking is intended as a textbook in cooking and elementary food study for secondary and vocational schools it is not merely a cook book so many good cook books are on the market that there would be no justification for adding another to the

list the cook book however merely presents hundreds of recipes showing innumerable ways in which foods may be prepared without attempting to present the principles underlying all cooking the principles of cooking are few in number and are easily mastered if properly presented foods may be grouped in less than a dozen classes and when the principles which apply to each class are learned and practiced each pupil will know how to prepare a variety of dishes from each food or class of foods after the principles of cooking are fully understood and applied in practical lessons there is no educational or practical value in the preparation of isolated recipes or in a sequence of lessons on one class of foods the object of domestic science work in schools is that a girl may learn how to plan cook and serve meals at home calculate the cost and purchase foods in the best market at the lowest price this includes knowing the nutritive value of each food and its place in the diet about the publisher forgotten books publishes hundreds of thousands of rare and classic books find more at forgottenbooks.com this book is a reproduction of an important historical work forgotten books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy in rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition we do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works

originally published in 1915 this classic work aims to lay the foundation for skill in cooking by directing the pupil to follow established recipes and to treat the process of cooking as experiments in a scientific study recipes and directions for cooking are supplemented by suggestions which assist the pupil to appreciate the significance of each step he takes and to observe the change that is taking place in the substances he is using this is a fascinating read for anyone studying cookery with much of the information still useful and practical today many of the earliest books particularly those dating back to the 1900s and before are now extremely scarce and increasingly expensive we are republishing these classic works in affordable high quality modern editions using the original text and artwork

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