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# 101 Things I Learned In Culinary School



## **Synopsis**

Louis Eguaras, Vice Chair of the Culinary Arts Department at Los Angeles Mission College, provides readers with a terrific overview of food preparation, cooking, and presentation, along with insights into how to survive and thrive in the culinary profession. 101 illustrated lessons inform the reader on everything from the history of food to how to properly hold a knife, from kitchen organization to food preparation, and from plate presentation to restaurant management. This installment in the popular 101 THINGS I LEARNED® book series will enlighten and entertain readers who are considering or are already enrolled in culinary school, as well as established culinary professionals and casual "foodies."

## **Book Information**

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## **Customer Reviews**

Starred Review. Expanding on the success of his 101 Things I Learned in Architecture School, architect and urban designer Frederick picks the brain of former White House staff chef Eguaras, now a professor at the California School of Culinary Arts. Though slim, this book is all meat with no fat: Eguaras offers tips on everything from calibrating a meat thermometer to getting the most out of a whole chicken, keeping salad dressing from separating (use an emulsifier like mayo or mustard), putting out a grease fire (smother with a pan lid, never use water) and identifying poisonous foods. Line drawings by architect Frederick provide clear illustration of Eguaras's concepts, as well as clever cartoon counterpoints. Peppered with cogent quotes and trivia (the world's oldest cookbook

was written by a first century Roman), this culinary crash course is sure to surprise and enlighten even the most informed gourmands. Other volumes in the 101 Things series are set to follow.

"...this book is all meat with no fat....sure to surprise and enlighten even the most informed gourmands." -- Publisher's Weekly (starred review)

I got this for my son for Christmas. He is starting out his career in cooking and I thought it might give him some good tips. The style of the book (one page for one lesson) really made it easy for him to digest and he said he has learned so much from reading this book (hasn't attended culinary school yet). He read it through once and now is going back through it and making notes for himself. He raved about it so much that I've started reading it and there is so much I didn't know (even something as simple as don't buy sets of pans - you need different types of pans (i.e. aluminum, cast iron, non-stick, etc) for different cooking methods. I've started picking up some tips that will make cooking easier going forward.

Excellent cooking advice. The book debunks common kitchen myths and has food as well as restaurant information. The drawings are attractive, simple, and concise. Perfect gift for someone who loves to cook.

I purchased this book for a beginning cooking class I am taking. It was very helpful and showed me a lot of the basics. I would recommend it to anyone interested in the basics of cooking. Easy to read and understand.

The book is awesome...Chef Eguaras is one of my favorite and funny instructor I have ever met..Kudos Chef!

Don't know how to cook? Buy this book. Great cook? Buy this book? This book is useful for everyone, no matter what your cooking level. Save yourself a lot of time and just pick this up instead of watching hours of the cooking network or whatever. With this book showing you the techniques and any cookbook showing you how to cook it, you'll be good.

Gives me an insight into the life/schooling...whether I want to commit to.

great book, full of useful information and covers more than just the basics

My son had this book - he's a real foodie - so I got it as a gift for my girlfriend and she says it has many handy tips. Now I wish I had one for myself!

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