



The Art of Flavor: Practices and Principles for Creating Delicious Food

Daniel Patterson , Mandy Aftel

[Download now](#)

[Read Online](#) 

The Art of Flavor: Practices and Principles for Creating Delicious Food

Daniel Patterson , Mandy Aftel

The Art of Flavor: Practices and Principles for Creating Delicious Food Daniel Patterson , Mandy Aftel
As seen in *Food52, Los Angeles Times, and Bloomberg*

Two masters of composition - a chef and a perfumer - present a revolutionary new approach to creating delicious food.

Michelin two-star chef Daniel Patterson and celebrated natural perfumer Mandy Aftel are experts at orchestrating ingredients. Yet in a world awash in cooking shows and food blogs, they noticed, home cooks get little guidance in the art of flavor. In this trailblazing guide, they share the secrets to making the most of your ingredients via an indispensable set of tools and principles:

- The Four Rules for creating flavor
- A Flavor Compass that points the way to transformative combinations
- "Locking," "burying," and other aspects of cooking alchemy
- The flavor-heightening effects of cooking methods
- The Seven Dials that let you fine-tune a dish

With more than eighty recipes that demonstrate each concept and put it into practice, *The Art of Flavor* is food for the imagination that will help cooks at any level to become flavor virtuosos.

The Art of Flavor: Practices and Principles for Creating Delicious Food Details

Date : Published August 1st 2017 by Riverhead Books

ISBN : 9781594634307

Author : Daniel Patterson , Mandy Aftel

Format : Hardcover 263 pages

Genre : Food and Drink, Cookbooks, Food, Cooking, Nonfiction

 [Download The Art of Flavor: Practices and Principles for Creatin ...pdf](#)

 [Read Online The Art of Flavor: Practices and Principles for Creat ...pdf](#)

Download and Read Free Online The Art of Flavor: Practices and Principles for Creating Delicious Food Daniel Patterson , Mandy Aftel

From Reader Review The Art of Flavor: Practices and Principles for Creating Delicious Food for online ebook

Juliet says

For beginners and intermediate cooks. A pleasant read in understanding the basics and how to describe what we eat and smell.

Dave Johnson says

Excellent book on the subject of flavor--exactly as the denotes. It's mostly about how to craft flavor for cooking, and the authors have a lot of great advice there, but I love how they also focus heavily on scent, which is a critical component of flavor. One of the authors is a professional cook and the other is a professional perfumer with her own perfume line--which I've tried and it is spectacular. Great book.

John says

This book is not a "revolutionary new approach to creating delicious food." It is, however, an excellent and thoughtful book providing insight and tools to better identify and describe the food we make and eat. A thorough mastery of said tools will give you a greater depth of understanding when it comes to your pallet and the interplay of specific flavors and taste experiences. I found this book to be enlightening and a breath of fresh air in the ultra-salted and over-sugared world of processed western cuisine. Wishful food lovers and burgeoning kitchen creatives alike should give this book a read.

Sherri Couey says

There was more technical information than I expected in the first portion of the book. The information is great to employ in your daily cooking and baking.

Deixa de Banca says

Livro bem gostosinho de ler que te ensina a manipular sabores da mesma forma como um perfumista constrói um perfume! Não tem tantas receitas vegetarianas, mas a graça dele não está tanto nas receitas e sim na explicação por trás delas.

"Uma receita não pode te levar em consideração – seus desejos, gostos e afinidades específicas. Ela não pode considerar a sua experiência, a química específica do seu palato, seus humores e vontades, a curva da sua imaginação. Receitas não podem destacar aquilo que você acha especialmente delicioso – a nova coisa que você quer criar a partir do que está disponível para você. Ótimos pratos acontecem na intersecção entre os seus ingredientes e a sua imaginação (...). A coisa mais importante que você pode fazer na cozinha é confiar nos seus sentidos, o que é difícil de fazer quando você está confiando em um livro".

Lauryn Bertie says

enjoyed the interesting recipes, happy to add to my cook book collection.

Mark says

I liked their way of thinking although I have some minor issues but screw it. Their recipes are mostly of little use to me but they do still mostly work as illustrations of their principles and the recipes are not the thing in this book anyway.

Wouldn't mind owning a copy if I had room for it.

got a copy for BD2018 from Jer & Kaja.

Hajdi says

This book is an inspiration to anyone who enjoys cooking, from the home cook to professional chef. The Art of Flavor dives into the wide world of flavors, why they work the way they do, how to properly match flavors, and different methods of cooking for different end results. The writing is not only packed with information, but it is an enjoyable read. You are on a flavor journey, your mouth waters as you turn each page, and your mind fills with new ideas you can't wait to try. Excellent recipes are scattered throughout the book (try the fermented mushrooms!). The Art of Flavor is a book I will turn to for years to come.

Mary says

The goal of the book is to encourage cooks to use their imaginations for the ingredients that are available. By providing concepts and tools, the cookbook intends to prepare us for our own palates and pantries, to ultimately free us from recipes.

The book starts with a brief, intriguing history of flavor and its evolution. The second chapter encourages readers to develop their own sense of ingredients through looking at various variables from texture to shape, from intensity to flavor facets to develop a personalized taste vocabulary. They take the reader through the example of butternut squash which clarifies a process which might at first seem a bit vague. The emphasis here is on coming to an ingredient as it is at that moment and then thinking about what could make it good. They list four rules of flavor which can be summarized as provide contrast, provide complementary combinations, lighten up heavy flavors, provide some depth. They add the concept of "locking", when flavors combine to create an alchemy of taste, the whole is greater than the sum of the parts: not a cappuccino where you are simply adding flavors but chocolate mixed into coffee where the flavors meld. Burying is another concept, which seems to be subsuming an ingredient either intentionally or unintentionally which results in a muting of a flavor which can be good or bad for the overall taste. One chapter focuses on spices, another on cooking methods and another on taste such as sweet, salty, etc. Reading through the few recipes, this is a text heavy cookbook, and the text should help readers develop a sense of how to think about foods to figure out what might compliment what. Most of the recipes appear to

be vehicles to learn about the tool they reflect rather than recipes one would necessarily just make for a meal. The biggest limitation, from my perspective, is having an idea of how much of anything to use. Proportion is briefly discussed but more as a “you need to try proportions and see what works”, which maybe is the only way to do it.

I imagine using this book as a reference and looking at it when I’m trying to decide what to add to a dish or even how to compose a meal, though the book doesn’t really address that. It is a reminder of what flavor options are available and how they work. I can’t imagine a new cook using this book, but for someone who wants to move away from following recipes, this might provide ideas.

Phaedra says

3 stars from a regular weekday cook. Was I intrigued by these two combining knowledge of fragrance and cooking? Absolutely. Did I feel that this book brought something new to the table (ha! no pun intended) out of the stacks of cookbooks released? Yes. But as a book trying to teach me something I liked Salt, Fat, Acid & Heat more.

Jessica Haider says

A collaborative work between a Michelin star chef and a perfumer, The Art of Flavor is part cookbook and part a reference about the different aspects of flavor.

Ashlie says

This was the May pick of the Slow Food Chicago book club, one of the four (five?) book clubs that I am in. I sometimes lament that I have given away some choice in my reading to these clubs. Luckily this book was one I wouldn't have picked up on my own, and I found it both interesting and inspiring. That is what I call a resounding success in the world of book clubs.

This is a equal parts cookbook, historical text, and flavor bible. It's a little hard to explain, so I'll let the authors words from page 3 speak for themselves. This first excerpt differentiates it from a typical cookbook. "Most cookbooks are collections of recipes, little more. They tell you what to put together, but not why. They are, in effect, the footprints of their authors' process of creating, and there's much to be learned from repeating the recipes in them. But they don't leave you equipped to go on your own way." And here, they show what they aim to do in this text. "We aim to teach you to become a creative, confident cook who knows how to think about and respond to the ingredients available to you in ways that result in delicious memorable food."

In my opinion, they were largely successful. I enjoyed that they maintained a good balance between the historical and the practical. I got a fuller understanding of how current trends in food and flavor came to be, and learned a lot along the way which has already changed how I cook. The only downside to this book, and this is less a critique of the novel, but more the concept, is that it made me feel incredibly self-indulgent. As in, how lucky am I that I can read books about how to impart better flavor in my cooking, when there are people that don't have access to fresh vegetables? But I digress.

As a book club book it didn't foster a lot of conversation, not just because most people present didn't read the

book, but also because this book didn't have any controversy or conflict. The best book club books are polarizing, with divergent opinions on the author and content, but this was really just a "like it or didn't" sort of situation. Still, as it exposed Slow Food members to new ways of thinking about food, it served its purpose.

Edgar says

Terrific book. Anyone who loves food should read it. It makes the reader examine the flavors that (s)he enjoys and why. And it also explains why the relationship between component flavors work together like notes in music - the bass notes (earthy, solid, comforting), the high notes (high, lifting, punctuating) and the middle notes (the connective flavors). Each flavor is a dial that can be modulated to create a harmonious tasting experience. Highly recommend. And thanks to my wife for buying this book for me.

Justin says

Didn't seem too useful
