



How Baking Works: Exploring the Fundamentals of Baking Science

Paula I. Figoni

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An up-to-date, comprehensive guide to understanding and applying food science to the bakeshop

The essence of baking is chemistry, and anyone who wants to be a master pastry chef must understand the principles and science that make baking work. This book explains the whys and hows of every chemical reaction, essential ingredient, and technique, revealing the complex mysteries of bread loaves, pastries, and everything in between. Among other additions, *How Baking Works, Third Edition* includes an all-new chapter on baking for health and wellness, with detailed information on using whole grains, allergy-free baking, and reducing salt, sugar, and fat in a variety of baked goods. This detailed and informative guide features:

- An introduction to the major ingredient groups, including sweeteners, fats, milk, and leavening agents, and how each affects finished baked goods
- Practical exercises and experiments that vividly illustrate how different ingredients function
- Photographs and illustrations that show the science of baking at work
- End-of-chapter discussion and review questions that reinforce key concepts and test learning

For both practicing and future bakers and pastry chefs, *How Baking Works, Third Edition* offers an unrivaled hands-on learning experience.

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