

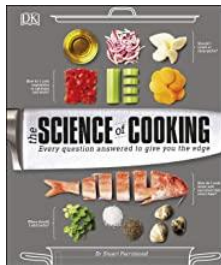
Food

Recommended Reading List



CHARTERS
— SCHOOL —

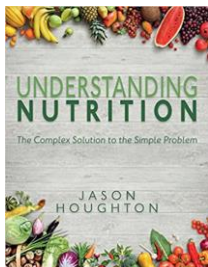
Key Stage 4



The Science of Cooking

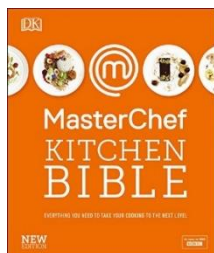
Which vegetables should you eat raw? How do you make the perfect poached egg? And should you keep your eggs in the fridge? Food scientist Dr Stuart Farrimond answers all these questions - and many more like them - equipping you with the scientific know-how to take your cooking to new levels.

In *The Science of Cooking*, fundamental culinary concepts sit side-by-side with practical advice and step-by-step techniques, bringing food science out of the lab and into your kitchen. Find the answers to your cookery questions and get more out of recipes with intriguing chapters covering all major food types from meat, poultry, and seafood, to grains, vegetables, and herbs.



Understanding Nutrition

Understanding Nutrition is a short but comprehensive guide to how the body breaks down, digests, and uses the foods we eat. We explore the building blocks of Carbohydrates, Proteins and Fats, along with the roles of vitamins and minerals. Furthermore, we look at how our body uses these nutrients for fuel, energy, and repair, along with the problem of eating too much of the wrong fuel, which effects our bodies, causing disease and dysfunction.



MasterChef Kitchen Bible

From cooking know-how such as how to make fresh chicken stock, to dinner party recipes including roast lamb and panna cotta, MasterChef Kitchen Bible covers everything you need to know to cook like a champion.



River Cottage: Much More Veg

Hugh's *River Cottage Veg Every Day!* became the UK's best-selling vegetable cookbook, persuading us through sheer temptation to make vegetables the mainstay of our daily cooking. In this much-anticipated follow-up, Hugh delivers more irresistible recipes, and this time, takes things one step further. Fuelled by his passionate belief that plant foods should be the dominant force in our kitchens, Hugh has put cheese, butter, cream, eggs, and refined flour and sugar firmly to one side. Instead, he uses veg, fruit, wholegrains, nuts, seeds, spices, and cold-pressed oils to explore the length and breadth of what can be achieved with natural, unprocessed plant foods. *River Cottage Much More Veg!* makes it clear that unadulterated ingredients are the very best building blocks for delicious and healthy meals.

Collins
gem all you need to know

Food for Free



Food for Free

This is the perfect pocket guide for aspiring foragers. Over 100 edible plants are listed, fully illustrated, and described, together with recipes and other fascinating details on their use throughout the ages.

Practical advice on how to pick along with information on countryside laws and regulations on picking wild plants helps you to plan your foray with a feast in mind.