



How Baking Works: Exploring the Fundamentals of Baking Science, 3rd Edition

Paula I. Figoni

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DESCRIPTION

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.

ABOUT THE AUTHOR

Paula Figoni is a food scientist and associate professor at the International Baking and Pastry Institute in the College of Culinary Arts at Johnson & Wales University in Providence, Rhode Island. She has more than ten years of experience in product development and food science at The Pillsbury Company and Ocean Spray Cranberries, Inc.

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FEATURES

- - Provides in-depth coverage of the "whys" of baking, taking students beyond the basic techniques.
 - Ingredient-oriented approach includes chapters on grains, sweeteners, fats, leavening agents, milk products, natural and artificial flavorings, and much more. Each chapter explains the sensory properties and functions of each ingredient, and applies that knowledge to the baking process.
 - Completely revised and updated 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 popular baked goods.

Strong pedagogy includes chapter objectives, end-of-chapter review questions, and exercises that reinforce key concepts, along with lab experiments that bring baking science to life in the kitchen and vividly illustrate the functions of each major ingredient.

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Accompanied by a full instructor ancillary package, including PowerPoint slides, a Respondus test bank, and an Instructor's Manual with additional experiments and classroom projects.

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