



Taste: Surprising Stories and Science about Why Food Tastes Good

Barb Stuckey

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Whether it's a salted caramel or pizza topped with tomatoes and cheese, you know when food tastes good. Now, Barb Stuckey, a seasoned food developer to whom food companies turn for help in creating delicious new products, reveals the amazing story behind *why* you love some foods and not others.

Through fascinating stories, you'll learn how our five senses work together to form flavor perception and how the experience of food changes for people who have lost their sense of smell or taste. You'll learn why kids (and some adults) turn up their noses at Brussels sprouts, how salt makes grapefruit sweet, and why you drink your coffee black while your spouse loads it with cream and sugar. Eye-opening experiments allow you to discover your unique "taster type" and to learn why you react instinctively to certain foods. You'll improve your ability to discern flavors and devise taste combinations in your own kitchen for delectable results. What Harold McGee did for the science of cooking Barb Stuckey does for the science of eating in *Taste*—a calorie-free way to get more pleasure from every bite.

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