

Cooking Basics, SA 16C, is being offered as an online class this term without the normal class size limits. This popular class is usually offered to only 16 students per term due to space and ingredient constraints. With the move online all undergraduate or graduate students are welcome to register for the class.

The format of the class will have more of an emphasis on food science and culinary fundamentals. Class sessions are designed to be able to function without the need to buy ingredients. There will be recommendations each week for optional common ingredients that students may use from their home, or, where safe, buy from a store.

The required text for the class is a book by Caltech Distinguished Alumnus, Harold McGee. The James Beard Award winning book is available on Amazon. Kindle is the preferred delivery method due to shipping backlogs.

Class sessions will be: The four basic food molecules and an intro to food science; Taste and Flavor; Knives and Tools; Seeds (grains, legumes, nuts); Chocolate; Barbecue; Eggs; Italian; Fruits and Vegetables; Cheese.