



# Egg: A Culinary Exploration of the World's Most Versatile Ingredient

By Michael Ruhlman

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**Egg: A Culinary Exploration of the World's Most Versatile Ingredient** By Michael Ruhlman

**In this innovative cookbook, James Beard award-winning author Michael Ruhlman explains why the egg is the key to the craft of cooking.**

For culinary visionary Michael Ruhlman, the question is not whether the chicken or the egg came first, it's how anything could be accomplished in the kitchen without the magic of the common egg. He starts with perfect poached and scrambled eggs and builds up to brioche and Italian meringue. Along the way readers learn to make their own mayonnaise, pasta, custards, quiches, cakes, and other preparations that rely fundamentally on the hidden powers of the egg.

A unique framework for the book is provided in Ruhlman's egg flowchart, which starts with the whole egg at the top and branches out to describe its many uses and preparations -- boiled, pressure-cooked, poached, fried, coddled, separated, worked into batters and doughs, and more. A removable illustrated flowchart is included with the book.

Nearly 100 recipes are grouped by technique and range from simple (Egg Salad with Tarragon and Chives) to sophisticated (nougat). Dozens of step-by-step photographs guide the home cook through this remarkable culinary journey.

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## **Egg: A Culinary Exploration of the World's Most Versatile Ingredient** By Michael Ruhlman **Bibliography**

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### Editorial Review

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**\*Starred Review\*** If there is a single indispensable ingredient in cooking, it has to be the egg. It binds together the humble meatloaf, gives dramatic height to an elegant soufflé, renders a hollandaise sauce silky on the tongue, and clarifies a cloudy broth. It appears at every daily meal, from breakfast omelet to pasta lunch to dinner shrimp tempura, and in every meal course, from appetizer deviled egg through entrée chicken fricassee to floating-island dessert. Ruhlman deftly analyzes the egg's culinary role, deconstructing it into white and yolk and cooking it by itself as, say, a poached egg or combining it with seafood in a sophisticated roulade. Sharp photographs by the author's wife illustrate techniques and demystify such complexities as braiding a loaf of challah, and they guide the cook to successful culinary results almost as well as if Ruhlman himself were standing at elbow. A must-purchase for cookbook collections, this book invites the reader to understand as much as to execute. --Mark Knoblauch

Review

"As useful as it is elegant, as comforting as it is revelatory, *Egg* elevates its humble subject to well-deserved heights, providing detailed (and delicious) instructions along the way."? **Dan Barber, executive chef and co-owner of Blue Hill and Blue Hill at Stone Barns**

"We're obsessed with Michael Ruhlman's new cookbook *Egg*, and know that you're going to love it as much as we do."? **Alessandra Bulow, *Epicurious***

"The subtitle is no exaggeration, and Ruhlman, with great panache, proves it on page after page of his master class...You'll never see eggs in the same way again."? **William Grimes, *The New York Times Book Review***

"Home cooks and professionals will embrace this useful resource, which includes a pull-out flow chart measuring over four feet long."? ***Publisher's Weekly* (starred review)**

"The chart alone is genius."? **Michael Symon, chef, author, and co-host of *The Chew***

"I am, notoriously, an egg slut. This book has everything you need to know about the ingredient that gives in so many ways. And keeps on giving."? **Anthony Bourdain, author, television host, producer**

About the Author

Michael Ruhlman started writing about the lives of chefs 20 years ago, and he soon found an interest in becoming a chef himself. After his success with the narrative books *The Making of a Chef*, *The Soul of a Chef* and *The Reach of a Chef*, he has more recently taken his own skills in cooking to write innovative and successful food reference books including *Ratio*, *The Elements of Cooking*, and *Charcuterie*. Ruhlman has also appeared on food television numerous times, notably as a judge on *Iron Chef* and as a featured guest on Anthony Bourdain's *No Reservations*. He lives in Cleveland, Ohio with his wife, photographer Donna Turner Ruhlman.

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**Jeremy Reed:**

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