



Salt, Fat, Acid, Heat

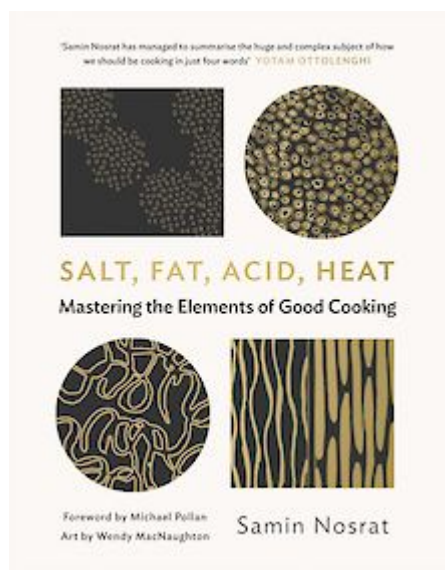
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CANON  GATE

Salt, Fat, Acid, Heat

Mastering the Elements of Good Cooking

SAMIN NOSRAT



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A beautifully illustrated and visionary New York Times bestseller that distils decades of professional experience into just four simple elements – and will set you free from recipes forever

WINNER OF THE FORTNUM & MASON BEST DEBUT FOOD BOOK 2018

Sunday Times Food Book of the Year and New York Times bestseller

While cooking at Chez Panisse at the start of her career, Samin Nosrat noticed that amid the chaos of the kitchen there were four key principles that her fellow chefs would always fall back on to make their food better: Salt, Fat, Acid and Heat.

By mastering these four variables, Samin found the confidence to trust her instincts in the kitchen and cook delicious meals with any ingredients. And with her simple but revolutionary method, she has taught masterclasses to give both professionals and amateurs the skills to cook instinctively.

Whether you want to balance your vinaigrette, perfectly caramelize your roasted vegetables or braise meltingly tender stews, Samin's canon of 100 essential recipes and their dozens of variations will teach you how.

ABOUT THE AUTHOR

Samin Nosrat is a writer, teacher, and chef. She's been cooking professionally since 2000, when she first stumbled into the kitchen at Chez Panisse restaurant. Her writing has appeared in *The New York Times*, *Bon Appétit*, and the *Guardian*. Samin lives in Berkeley, California. *Salt, Fat, Acid, Heat* is her first book. www.ciaosamin.com @CiaoSaminWendy MacNaughton is a *New York Times*-bestselling illustrator and graphic journalist whose books include *Meanwhile in San Francisco* (Chronicle) and *Knives & Ink* (Bloomsbury). She lives in San Francisco with her partner, several four-legged animals, and a well-used kitchen, thanks to Samin. www.wendymacnaughton.com @wendymac

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