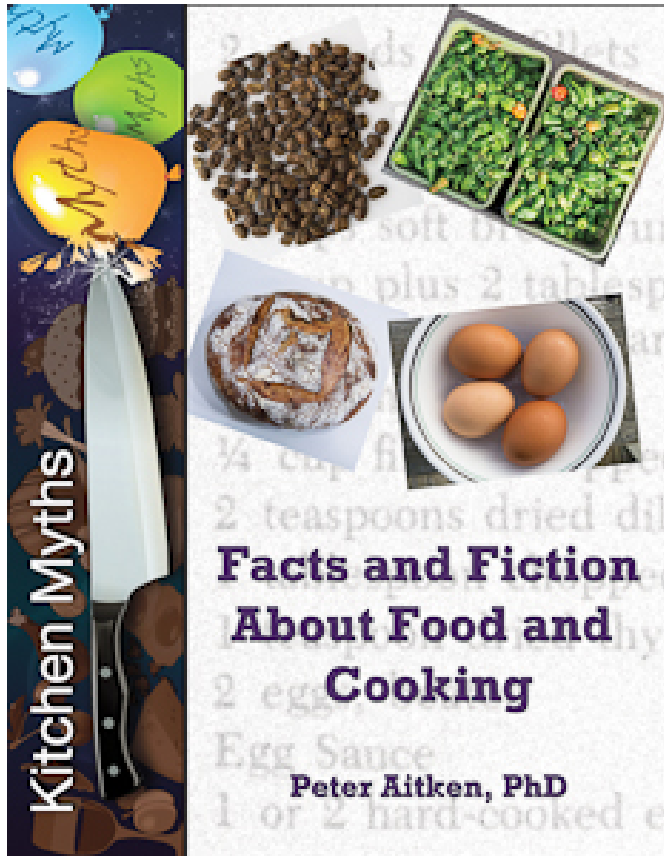


ANNOUNCING PUBLICATION OF



Kitchen Myths – Facts and Fiction About Food and Cooking

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We've all heard of urban legends, those plausible-sounding but false stories that circulate so widely on email and blogs, such as the old lady who microwaved her cat or the alligators in the sewers. There are several web sites, such as Snopes, devoted to researching and exposing these fake stories—and verifying those that are true. The same sort of thing happens in the world of food and cooking—*kitchen myths*, if you will. Aitken has responded with this book.

Dr. Aitken, a retired medical school professor who lives in Chapel Hill, North Carolina, has approached this topic from the perspective of a scientist. Hearsay and “common sense” are never enough—all of Aitken’s myth-busting is based on credible sources (the key word here is *credible*) and accepted scientific knowledge. The book is illustrated with the author’s own photographs and covers a variety of topics including health and nutrition, ingredients, techniques, equipment, and food storage. This is an enjoyable and informative read for anyone interested in the culinary arts.