



# **Lobsters Scream When You Boil Them: And 100 Other Myths About Food and Cooking . . . Plus 25 Recipes to Get It Right Every Time**

*Bruce Weinstein, Mark Scarbrough*

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Is the five-second rule for real? Will eating carrots improve your eyesight? Is your cookware a health hazard? Do spicy foods cool you down?

Has your grandmother been lying to you all these years?

No, no, no, no, and . . . probably. In this entertaining and informative reference guide, award-winning cookbook authors Bruce Weinstein and Mark Scarbrough take on more than one hundred popular kitchen myths and dish up answers to all your burning questions about food science and lore. No longer must you wait for your butter to reach room temperature before you bake or panic because you forgot to soak your dried beans for dinner. This handy book explains how knowing the truth behind these urban legends can help you be a better chef in your own home and offers twenty-five delicious recipes so you can practice. Whether you're a serious foodie, an avid dieter, a trivia lover, or are just searching for the secret to the perfect cup of coffee, *Lobsters Scream When You Boil Them* is essential countertop reading and a whole lot of fun.

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