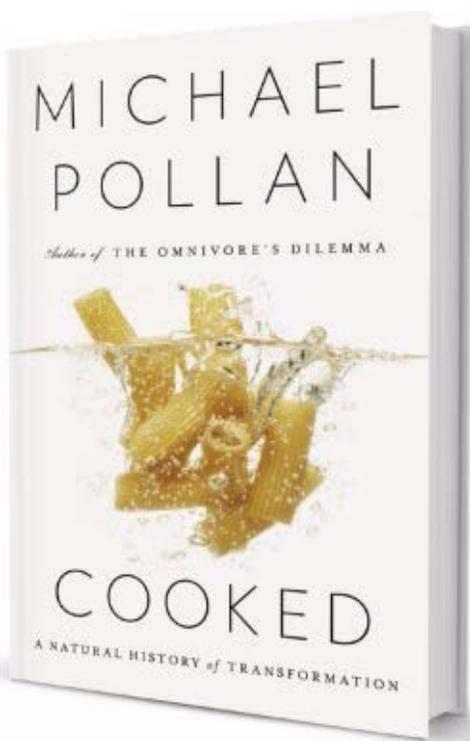


Science Book Club Discussion

Sponsors:

Science
Btown  Cafe



LIBRARIES

INDIANA UNIVERSITY
Bloomington

When

[Science Café](#)

Tuesday November 10, 2015

6:30pm

Upstairs at [Finch's Brasserie](#)

[IU Libraries](#)

Wednesday December 2, 2015

12-1pm

[Wells Library](#), room E174

Brown bag your lunch; we'll provide drinks and cookies

Discussion Leader

Dr. Paul Rothrock from the Center for Biological Research Collections will lead a discussion about Michael Pollan's most recent book, *Cooked: A Natural History of Transformation*. We will talk about the book from a literary perspective and delve into some of the science of cooking that Pollan covers.

The Book

In *Cooked*, Michael Pollan explores how we transform the stuff of nature into delicious things to eat and drink. Apprenticing himself to a succession of culinary masters, Pollan learns how to grill with fire, cook with liquid, bake bread, and ferment everything from cheese to beer.

A North Carolina barbecue pit master tutors him in the primal magic of fire; a Chez Panisse-trained cook schools him in the art of braising; a celebrated baker teaches him how air transforms grain and water into a fragrant loaf of bread; and finally, several mad-genius “fermentos” (a tribe that includes brewers, cheese makers, and all kinds of picklers) reveal how fungi and bacteria can perform the most amazing alchemies of all. The reader learns alongside Pollan, but the lessons move beyond the practical to become an investigation of how cooking involves us in a web of social and ecological relationships.

The effects of not cooking are similarly far reaching. Relying upon corporations to process our food means we consume large quantities of fat, sugar, and salt; disrupt an essential link to the natural world; and weaken our relationships with family and friends. In fact, *Cooked* argues, taking back control of cooking may be the single most important step anyone can take to help make the American food system healthier and more sustainable. More information on Pollan's website: <http://michaelpollan.com/books/cooked/>

Book Copies Available

[IU Libraries](#): 3 copies on 2-week loan are in the Undergraduate Core collection of Wells Library (West tower, 3rd floor), Call #: TX652 .P646 2014. IUL Books may be checked out by the public.

[Monroe County Public Library](#): various formats are available, including e-reader.

Purchase: [The Book Corner](#), 812-339-1522; online retailers [Amazon](#), [AbeBooks](#).