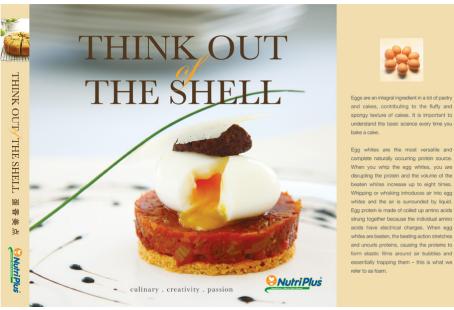
NutriPlus new pastry book





Eggs are an integral ingredient in a lot of pastry

spongy texture of cakes. It is important to understand the basic science every time you

Egg whites are the most versatile and

complete naturally occurring protein source.

beaten whites increase up to eight times.

Whipping or whisking introduces air into egg

whites and the air is surrounded by liquid.

Egg protein is made of coiled up amino acids

strung together because the individual amino

acids have electrical charges. When egg whites are beaten, the beating action stretches and uncurls proteins, causing the proteins to form elastic films around air bubbles and essentially trapping them - this is what we

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