



Taste: Surprising Stories and Science About Why Food Tastes Good

Barb Stuckey

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Whether it's a grilled cheese sandwich with tomato soup, maple-cured bacon sizzling hot from the pan, or a salted caramel coated in dark chocolate, you know when food tastes good to you. But you may not know the amazing story behind *why* you love some foods and can't tolerate others. Now, in *Taste What You're Missing*, the first book that demystifies the science of taste, you'll learn how your individual biology, genetics, and brain create a personal experience of everything you taste—and how you can make the most of it.

A seasoned food developer to whom food companies turn for help in creating delicious new products, Barb Stuckey reveals that much of what we think we know about how taste works is wrong. And the truth is much more fascinating—for instance, your tongue is *not* divided into quadrants for sweet, sour, salt, and bitter and only a fraction of what you taste happens in your mouth. As Stuckey explains how our five senses work together to form “flavor perceptions,” she tells intriguing stories about people who have lost the sense of smell or taste and the unexpected ways their experience of food changes as a result. You'll learn why kids (and some adults) turn up their noses at Brussels sprouts and broccoli, how salt makes grapefruit sweet, and why you drink your coffee black while your spouse loads it with cream and sugar.

Stuckey also provides eye-opening experiments in which you can discover your unique “taster type” and learn why you react instinctively to certain foods, in particular why your response to bitterness is unique. You'll find ways to improve your ability to discern flavors, detect ingredients, and devise taste combinations in your own kitchen for delectable results.

Taste What You're Missing gives curious eaters, Food Network watchers, kitchen tinkerers, and armchair Top Chefs the understanding and language to impress friends and families with insider knowledge about everything edible. What Harold McGee did for the science of cooking Barb Stuckey does for the science of taste in *Taste What You're Missing*, a calorie-free way to get more pleasure from every bite.

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