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# The Soul of a Chef: The Journey Towards Perfection

This is a book review of the book, "The Soul of a Chef: The Journey Towards Perfection", authored by Michael Ruhlman and published in August 1st ,2001 by Penguin Group, USA- first published in August 2000 and has 370 pages with 819 ratings.

The book has three long essays that register parts of careers of three different chefs at their different stages of accomplishments. This makes the journey towards perfection to be more the journey of the author than comparable to the journey by an individual chef. In the book, The Soul of a Chef, Ruhlman discusses comprehensively the enthusiastic competition essential for becoming a Certified Master Chef at the CIA, which he describes to demand of a chef ten successive sixteen-hour days cooking in different styles which are identified to vary from modern-day Asian to classical French with a persistent scrutiny. The passionate, almost peculiar cooking test - finally an endeavor to define the objective reality of great cooking - commences the journey of Ruhlman's to the dark part of the profession and soul of a chef. He makes observations, cooks with, and writes concerning three typical chefs of dissimilar stripes - Michael Symon, a rising star at Cleveland's Lola Bistro; Brian Polcyn from Five Lakes Grill in Milford, Michigan; and Thomas Keller, property owner of Napa Valley's the French Laundry, arguing that they are one of the best American chefs working today. Ruhlman expressly shows what makes one chef, and restaurant, successful in comparison to another; when cooking assumes the level of art; reasons as to why one of them should cook in the first place, what is to be cooked finally, is the source of America's ravenous hunger for knowledge as pertains to food and cooking. Ruhlman has divided his book into three parts. The first part archives the Certified Master Chef exam which is shown as intense.

The second and third parts enumerate cooking and the lives of Thomas Keller of the French Laundry in Yountville and Michael Symon of Lola in Cleveland. The first part of this book revolves around the Master Chef Exam, which is hyperbolically revealed to undergo an administration at Culinary Institute of America, which is frequently characterized as Harvard of American cooking schools. This is aimed at bringing to standards and evaluations of culinary mastery by use of an objective evaluation strategy. The test, which involves telling of the events in evident in one examination for this noble title-'Certif

# **Soul Of A Chef The Journey Towards Perfection**

**R Barnett** 

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