



# The Making of a Chef: Mastering Heat at the Culinary Institute of America

*Michael Ruhlman*

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**"Well reported and heartfelt, Ruhlman communicates the passion that draws the acolyte to this precise and frantic profession."?The New York Times Book Review**

Just over a decade ago, journalist Michael Ruhlman donned a chef's jacket and houndstooth-check pants to join the students at the Culinary Institute of America, the country's oldest and most influential cooking school. But *The Making of a Chef* is not just about holding a knife or slicing an onion; it's also about the nature and spirit of being a professional cook and the people who enter the profession. As Ruhlman?now an expert on the fundamentals of cooking?recounts his growing mastery of the skills of his adopted profession, he propels himself and his readers through a score of kitchens and classrooms in search of the elusive, unnameable elements of great food.

Incisively reported, with an insider's passion and attention to detail, *The Making of a Chef* remains the most vivid and compelling memoir of a professional culinary education on record.

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