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For more than 15 years, On Cooking: A Textbook of Culinary Fundamentals has provided Culinary Arts instruction to thousands of aspiring Chefs and guided students toward a successful career in the Culinary Arts. Our "time tested" approach intended to teach both the principles and practices of the culinary arts by building a strong foundation based in sound fundamental techniques by focusing on five areas essential to a well-rounded culinary professional; Professionalism, Preparation, Cooking, Garde Manger, and Baking.