Much of cooking, both that which you practice every day, and that which is practiced by the world's finest chefs, is strongly rooted in science and scientific principles.

With a little bit of knowledge about some basic principles in science, as well as methods for making measurements, experiments in the kitchen can be reinterpreted in scientific terms, leading to new culinary creations. This lecture will summarize the experience of an undergraduate Harvard class and the intersection of science and cooking, focusing on its use as a pedagogical device for teaching science.