

mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, and 2015 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

Sushi Hardie Grant Publishing

Features, in seasonal format, the style of cooking that began as tea ceremony accompaniment and developed into the highest form of Japanese cuisine. This book explains the history and the components of kaiseki cuisine, the ingredients, preparation methods and the philosophy behind the dish. It also explains how the cuisine changed over the years. Kaiseki is a feast for the eyes as well as the palate, and chef Murata's *Kaiseki* is at once a cookbook and a work of art. This sumptuously illustrated volume features - in seasonal format - the style of cooking that began'

The Essence of Japanese Cuisine Allen & Unwin

In this delightful Asian cookbook, you'll learn the secrets of vegetarian and vegan Asian cooking—how to blend flavors, textures, aromas and colors—to create full-flavored vegetarian dishes that are missing none of the umami normally associated only with meat and dairy. Each chapter based on seasonal vegetables provides a wide range of choices using produce that is available at that time of year—making it easy to plan a variety of menus that are never dull. Here are just a few examples of the tempting Asian recipes in this book: Starters and Snacks such as Crispy Spring Rolls, Green Apple Salad with Tangy Thai Dressing, Butternut Squash Pot Stickers and Korean-Style Buffalo Broccoli Family-Style Meals such as Asparagus in Lemongrass-Coconut Cream Sauce, Grilled Vegetable Kebabs with Two Marinades, General Tso's Eggplant and Kung Pao Potatoes All-in-One Meals such as "Have It Everyday" Pad Thai, Crispy Noodles with Savory Vegetables, Sweet Potato Rice Stew and Easy Miso Ramen Author Patricia Tanumihardja is an experienced food writer and expert on Asian and sustainable farm-to-table cooking. She shows you how to buy and use the freshest in-season produce to create delicious dishes with startlingly new flavors and textures by adding a few "secret ingredients"—the traditional sweet, sour, spicy, savory seasonings that every Asian cook knows. She also explains in this Asian cookbook how the use of contrasting textures (for example silky tofu with crunchy peanuts) can create greater food enjoyment and a stimulating new dining experience. A home cook at heart, Pat's recipes are very straightforward without lots of exotic ingredients or specialized tools. They are also easy and quick to prepare. She shows you how adding a few Asian fermented and pickled vegan products like miso or pickled greens will add a new universe of flavors to your cooking. The same is true for flavor-enhancers like fried shallots, crispy fried garlic and the flavored oils that Asian chefs and restaurants use on a regular basis.

May We Suggest National Geographic Books

The author of "A Taste of Heaven & Earth" now presents 175 healthful and delicious recipes inspired by the traditional cuisine of the Japanese tea ceremony. Anecdotes and information about the Japanese tea ceremony and its related arts weave their way through the chapters, making this book an illuminating introduction to a wonderful culinary art form. Line drawings.

Japanese Home Cooking with Master Chef Murata Springer Science & Business Media

Chef Wakiya fuses his deep understanding of Chinese food and

culture with his native Japanese aesthetic to create sophisticated, subtle and elegant dishes, showcased in this gorgeously illustrated cookbook, which includes more than 70 recipes. Kodansha International

Lonely Planet

Are you bored with eating and cooking the same kind of dishes in the kitchen? Do you need excitement in the art of cooking? Do you enjoy different cuisines from around the world? If you answered yes for all the questions above, then this mochi book is for you. You will find 30 fabulous Japanese mochi recipes that are guaranteed to make you excited about cooking. People would see the mochi pictures and wonder how difficult it is to make them. This is a fallacy! Making mochi is rather easy if you know how to do it. Check this book out. You will get 30 traditional and fusion mochi recipes.

Nobu Kodansha Amer Incorporated

"It is clear that serious research, as well as much imagination, went into every page. It has become my new 'go-to' bible when I need a shot of inspiration." Ken Oringer, internationally renowned and award-winning chef Clio Restaurant, Uni Sashimi Bar, Boston "Congratulations on writing such an aesthetically beautiful, informative and inspiring book. ... I shall not hesitate to recommend your book to those colleagues, who like me, are fascinated by Sushi and who will surely be captivated, like me, turning every page." Dr. Ian C. Forster, April, 2011 • • • In recent decades, sushi has gone from being a rather exotic dish, eaten by relatively few outside of Japan, to a regular meal for many across the world. It is quickly gathering the attention of chefs and nutritionists everywhere. It has even made its way into numerous home kitchens where people have patiently honed the specialized craft required to prepare it. Few have been more attuned to this remarkable transition than Ole G. Mouritsen, an esteemed Danish scientist and amateur chef who has had a lifelong fascination with sushi's central role in Japanese culinary culture. Sushi for the eye, the body, and the soul is a unique melange of a book. In it, Mouritsen discusses the cultural history of sushi then uses his scientific prowess to deconstruct and explain the complex chemistry of its many subtle and sharp taste sensations. He also offers insights from years of honing his own craft as a sushi chef, detailing how to choose and prepare raw ingredients, how to decide which tools and techniques to use, and how to arrange and present various dishes. Sushi is irresistible for both its simplicity and the hypnotic performance-art aspects that go into its preparation. With clear prose and straightforward instructions, Mouritsen looks at every facet of sushi in a book that is as accessible as it is informative, as useful as it is fun.

Kaiseki Cuisine John Wiley & Sons

"Through his innovative approach to cooking, Kunio Tokuoka reinvents the classic dishes of Kaiseki without deviating from the extraordinary history and tradition of Japanese cuisine. In this book, he shares the inspiration behind his dishes with reference to the seasons, art, natural history and culture of Japan and through the exquisite photographs, he gives a glimpse of the beauty and creativity of his extraordinary restaurant." --Heston Blumenthal, Chef de Cuisine/Owner, The Fat Duck restaurant Kaiseki had its origins in the sixteenth century as an accompaniment to the Japanese tea ceremony. Over time, it has evolved into a highly formalized, artistic cuisine that celebrates the seasons by using only fresh, natural, local ingredients. Today, what we know as "kaiseki" owes much to Teiichi Yuki, founder of Kitcho restaurant in Kyoto and the creator of a contemporary version of this traditional cuisine. Kitcho continues to be world-renowned as the high temple of kaiseki; and its current chef and owner (and Yuki's grandson), Kunio Tokuoka, is revered for his

innovative and exquisite interpretations of kaiseki dishes. Now, with this book, readers will get a look behind the well-guarded doors at the secrets, recipes, presentation techniques, and philosophy of one of the world's premiere restaurants. Chef Tokuoka stands at the top of his profession. Yet his approach to cooking is remarkably simple. How can he draw the best flavors for a hearty stock? How can he cook a fish dish so that it becomes a transforming experience for even the most jaded diner? Answer: Simply by finding the optimum way to prepare or cook each ingredient so as to draw out peak flavor. Over and over again, he demonstrates how he has reinvented an old technique or created new dishes to astonish loyal patrons. At Kitcho, a full-course meal is a multisensory experience to be savored on many levels. It can be a revelation. It can change the way people think about food. This book will do the same. From innovative cooking techniques to an artist's touch in food arrangement, *Kitcho: Japan's Ultimate Dining Experience* reveals every aspect of entertaining in the Japanese mode through brilliant photography; the chef's recipe notes; and essays on cooking, food arrangement, Japanese aesthetics, food philosophy, and the exquisite Japanese art of entertaining at the table, penned by Nobuko Sugimoto, one of Japan's leading food writers.

Untangling My Chopsticks Stichting Kunstboek

Interest in Japanese food in North America has grown exponentially in the last fifteen years, moving well beyond sushi and sashimi. More and more people now appreciate the variety and complex tastes and textures of Japanese food, as well as its emphasis on fresh, seasonal ingredients, and presentation. Words like "dashi" and "umami" are part of our vocabulary. Along with this interest has come an abundance of Japanese cookbooks, most often with a focus on ease of preparation, and recipes that accommodate local tastes and ingredients. However, professional chefs, who are increasingly acknowledging the influence of Japanese cooking on their own work, are looking for expert information about authentic, traditional Japanese cuisine. "The Complete Japanese Cuisine" series meets this demand. *INTRODUCTION TO JAPANESE CUISINE* is the first in this definitive multi-volume series. Created by the renowned Japanese Culinary Academy, an organization dedicated to advancing Japanese cuisine throughout the world, the series is authoritative, comprehensive, and wide-ranging in scope. The writing, design, and photography of each volume meet the highest standards. And although the books are targeted primarily to a professional readership, serious amateur chefs will also find them to be an invaluable resource. The *INTRODUCTION* offers an overview and all the fundamentals needed to understand the cuisine and its cultural context. Main chapters include Nature and Climate, History and Development, Artistic Awareness, The Essentials, and Dishes for Seasonal Festivals. Here too are discussions of the health benefits of Japanese food; making dashi and other basics like sushi rice; recipes for the dishes featured earlier in the book; and useful tools like a glossary and a conversion chart for measurements.

Farm to Table Asian Secrets Bloomsbury Publishing USA

The acclaimed book that demystified Japanese cuisine for home cooks returns with a newly designed cover as lovely as the photo presentations within. Over 90 exquisite recipes cover every aspect of modern Japanese meals from elaborate kaiseki dinners-to simply prepared noodle bowls for a casual family supper. The dozens of step-by-step technique illustrations make preparing even the most complicated dishes as easy as *ichi, ni, san*. Vibrant color photographs take fans of Japanese cookery on a culinary tour of the country, exploring the feasts and festivals, restaurants, sushi bars, street stalls, and even the temples for a taste of this intriguing land. Along the way discover why, as a

result of their diet, the Japanese live longer than anyone else in the world. Itadaki masu! Enjoy.

Food Sake Tokyo Phaidon Press

Finalist for the 2016 IACP Awards: Literary Food Writing An innovative new take on the travel guide, *Rice, Noodle, Fish* decodes Japan's extraordinary food culture through a mix of in-depth narrative and insider advice, along with 195 color photographs. In this 5000-mile journey through the noodle shops, tempura temples, and teahouses of Japan, Matt Goulding, co-creator of the enormously popular *Eat This, Not That!* book series, navigates the intersection between food, history, and culture, creating one of the most ambitious and complete books ever written about Japanese culinary culture from the Western perspective. Written in the same evocative voice that drives the award-winning magazine *Roads & Kingdoms*, *Rice, Noodle, Fish* explores Japan's most intriguing culinary disciplines in seven key regions, from the kaiseki tradition of Kyoto and the sushi masters of Tokyo to the street food of Osaka and the ramen culture of Fukuoka. You won't find hotel recommendations or bus schedules; you will find a brilliant narrative that interweaves immersive food journalism with intimate portraits of the cities and the people who shape Japan's food culture. This is not your typical guidebook. *Rice, Noodle, Fish* is a rare blend of inspiration and information, perfect for the intrepid and armchair traveler alike. Combining literary storytelling, indispensable insider information, and world-class design and photography, the end result is the first ever guidebook for the new age of culinary tourism.

From the Source - Japan Tuttle Publishing

Yoshihiro Murata, one of the most accomplished and respected figures in Japan's culinary world, has combined his expertise and artistry with his enthusiasm for teaching Japanese cooking to create this exciting new book. *Japanese Home Cooking with Master Chef Murata* presents over sixty healthy home recipes, from classic to modern, ranging from popular restaurant offerings like yakitori, tempura, and shabu shabu to typical home dishes like onigiri (rice balls), miso soup, and tonkatsu fried pork cutlets. All of the dishes can be made using Western kitchen tools and ordinary ingredients readily available from the supermarket; if a more exotic ingredient is called for, Murata suggests alternatives. And, while he strives to retain the authenticity of a recipe, he also recommends ways for the Western chef to adapt it. For example, in a number of the recipes, he suggests using high-quality store-bought chicken broth, which is also used in Japan, instead of traditional Japanese dashi stock. Another important aspect of Chef Murata's approach to home cooking is his emphasis on presentation. With vivid color photographs, the book showcases Murata's simple and beautiful ideas for serving and plating the food. Best known in the U.S. as the owner and chef of the fabulous Kikunoi restaurants, Murata has made it his mission to educate and enlighten food lovers everywhere about his native cuisine, in all its variety. As Chef Murata writes in the Introduction, "So let's begin cooking healthy food at home. I assure you that with this book, you can cook Japanese food quickly and easily, and develop a close feeling for the cuisine. I look forward to helping you, even if only a bit little to lead a healthier life and make yourself and your loved ones happier."

Izakaya Stichting Kunstboek (Acc)

Akira Oshima, chef of the restaurant Yamazato in Hotel Okura and the only Japanese chef in Europe who has been awarded with a Michelin star, shares 22 delicious recipes from the book *Kaiseki Cuisine* (or the Japanese haute cuisine) in a beautifully photogr

Yoshoku Ten Speed Press

The most exciting new chefs and restaurants around the world.

The World in a Bowl of Tea HarperCollins

An art expert takes a critical look at restaurant menus—from style and layout to content, pricing and more—to reveal the hidden influence of menu design. We've all ordered from a restaurant menu. But have you ever wondered to what extent the menu is ordering you? In *May We Suggest*, art historian and gastronome Alison Pearlman focuses her discerning eye on the humble menu to reveal a captivating tale of persuasion and profit. Studying restaurant menus through the lenses of art history, experience design and behavioral economics, Pearlman reveals how they are intended to influence our dining experiences and choices. Then she goes on a mission to find out if, when, and how a menu might sway her decisions at more than sixty restaurants across the greater Los Angeles area. What emerges is a captivating, thought-provoking study of one of the most often read but rarely analyzed narrative works around.

Tokyo New Wave National Geographic Books

The complete companion to Japanese culinary culture Whether it's rubbing your chopsticks together, handing money to a sushi chef or setting your foot directly on the floor when removing your shoes, we'll tell you exactly what not to do to avoid looking like an ignorant tourist. Brush up on restaurant etiquette, local customs and what ingredients to expect in *Lonely Planet's Eat Japan*. To help you feel prepared for the Japanese food scene we'll cover how, when and where to eat, etiquette dos and don'ts, and what classic regional specialties are a must try. You'll find the best places to eat in every region as well as what to order when you're there and how to eat it. If you are looking for an authentic and immersive foodie experience but don't know where to start, *Eat Japan* is your answer. In-depth background on local food and traditions Practical info on popular food neighborhoods The visually appealing layout will help first-time food lovers get the most from their trip About *Lonely Planet*: *Lonely Planet* is a leading travel media company, providing both inspiring and trustworthy information for every kind of traveler since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travelers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, eBooks, and more.

Eat Japan Kodansha International

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Gastronomy Tourism National Geographic Books

With his multinational empire of restaurants, Nobu has become the world's greatest sushi chef. In his first book, he reveals the raw secrets of his exciting, cutting-edge Japanese cuisine. 180 photos.

Cuisine and Culture Kodansha USA Incorporated

The past few years have shown a growing interest in cooking and food, as a result of international food issues such as BSE, world trade and mass foreign travel, and at the same time there has been growing interest in Japanese Studies since the 1970s. This volume brings together the two interests of Japan and food, examining both from a number of perspectives. The book reflects on the social and cultural side of Japanese food, and at the same time reflects also on the ways in which Japanese culture has been affected by food, a basic human institution. Providing the reader with the historical and social bases to understand how Japanese cuisine has been and is being shaped, this book assumes minimal familiarity with Japanese society, but instead explores the country through the topic of its cuisine.

The Japanese Table National Geographic Books

JAMES BEARD AWARD WINNER • Showcasing the new talent of Tokyo's vibrant food scene, Andrea Fazzari profiles 31 chefs who are shaping the future of one of the world's most dynamic cities. In a luxe collection filled with portraits, interviews, and recipes, author and photographer Andrea Fazzari explores the changing landscape of food in Tokyo, Japan. A young and charismatic generation is redefining what it means to be a chef in this celebrated food city. Open to the world and its influences, these chefs have traveled more than their predecessors, have lived abroad, speak other languages, and embrace social media. Yet they still remain distinctly Japanese, influenced by a style, tradition, and terroir to which they are inextricably linked. This combination of the old and the new is on display in *Tokyo New Wave*, a transporting cookbook and armchair travel guide that captures this moment in Japanese cuisine and brings it to a savvy global audience.