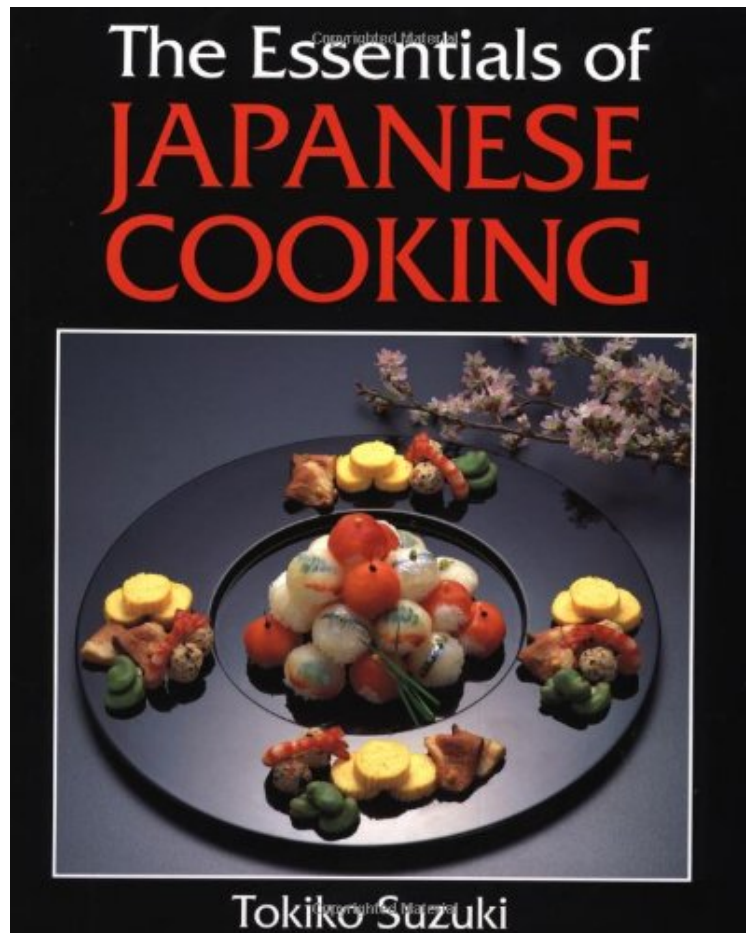


The Essentials of Japanese Cooking

Tokiko Suzuki

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Tokiko Suzuki : The Essentials of Japanese Cooking before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Essentials of Japanese Cooking:

83 of 84 people found the following review helpful. Very Very nice! By A Customer This is my first Japanese cookbook, and I will say I did a lot of research on other books before deciding on this one. It has VERY clear step by step directions and photos for each recipe, in clear simple terms. It even tells you about different foods and utensils and other Japanese tableware. It is a good book for any skill level, complete with a list of acceptable substitutes for ingredients. Photos are sharp and concise. Well worth the price. This is a must for anyone wanting to cook Japanese. 41 of 42 people found the following review helpful. It doesn't get better than this By Stephanie Manley This has to be the best book on ethnic food I have found. The book starts off with colorful pictures of specialized ingredients with both the English and Japanese names. It also describes how you prepare these ingredients. The book goes on to describe cuts of vegetables and their special names for them. Once we have established the basics she goes onto menus and a good deal of recipes to fill out these menus. Her recipes are clear, concise, and filled with pictures, so you will not doubt

that you are preparing these dishes properly. Honestly, this has to be the best book I have seen in clarifying a style of food that I was not familiar with. This book deserves more than 5 stars. If you are looking to start an exploration of Japanese style cooking, go no further, you have found what you are looking for right here. 0 of 0 people found the following review helpful. BEST JAPANESE COOKBOOK !By Tania Gaspar Amazing recipes ---The tempura is great (made it last night), along with some of the tasty simpler meals. So very nice to have such wonderfully photographed meals.

Japan's geography is also the source of her unique cuisine. Long, narrow and mountainous islands make up the nation, and Japanese cuisine draws its ingredients from these mountains and seas. Nature and the seasons also play an important role in Japanese cuisine. Ingredients, cooking styles, garnishes and even tableware are chosen carefully to match each of the four seasons. Widely recognized for its low fat content, Japanese cuisine comprises an ever-changing menu of tastes and combinations.

About the Author TOKIKO SUZUKI was born Aomori Prefecture in northern Japan, an area known for its plentiful seafood. As a child, she learned to cook from her mother, who was well-known for her culinary skills. Since her marriage over 40 years ago, Tokiko Suzuki has lived in Tokyo, where she is a leading Japanese food researcher. Through appearances on NHK, the national television network, she has gained a high reputation for her cooking. She is frequently featured in women's magazines, and she lectures widely. Suzuki is also enthusiastic about developing new dishes. Her innovative style of Japanese cooking, incorporating meat, Western vegetables, and tropical fruits, has gained great popularity. She also teaches traditional kaiseki dishes, which are rich in seasonal feeling and has written many essays and books in Japanese.