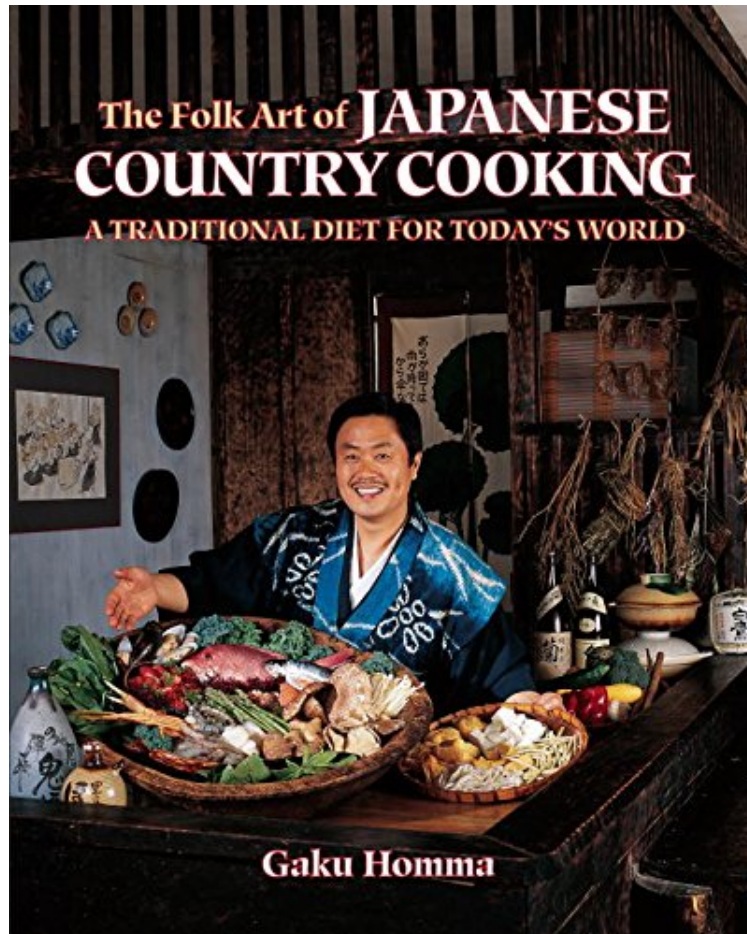


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The Folk Art of Japanese Country Cooking: A Traditional Diet for Today's World

Gaku Homma

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Gaku Homma : The Folk Art of Japanese Country Cooking: A Traditional Diet for Today's World before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Folk Art of Japanese Country Cooking: A Traditional Diet for Today's World:

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Those who love Japanese food know there is more to it than sukiyaki, tempura, and sushi. A variety of miso-based

soups, one-pot cooking (nabemono), and vegetable side dishes with sweet vinegar dressing (sunomono) are just a few of the traditional dishes that are attracting many interested in Asian cooking. Homma presents an intriguing mixture of Japanese country cooking, folk tradition, and memories of growing up in Japan. Cooking methods include techniques for chopping vegetables, making udon and soba noodles, making tofu and using various tofu products, and making rich soup stocks. This is a book to use and treasure for its traditional Japanese cooking methods.

About the Author Gaku Homma, founder and chief instructor of Nippon Kan Aikido and Cultural Center in Denver, Colorado, is owner and head chef of Denver's highly acclaimed Domo restaurant. His experiences as Aikido instructor combined with his talents as a chef led to the creation of *The Folk Art of Japanese Country Cooking: A Traditional Diet for Today's World*.