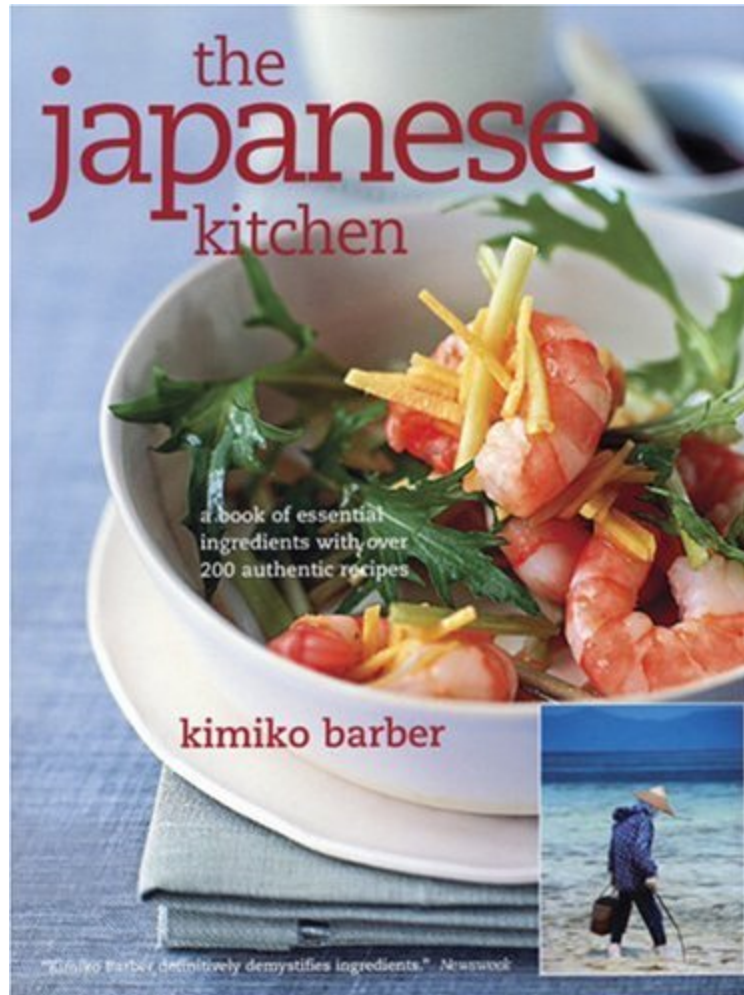


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The Japanese Kitchen

Kimiko Barber

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#3219462 in Books 2007-08-27 Original language: English PDF # 1 10.22 x .72 x 7.821, 1.80 #File Name: 1904920667240 pages | File size: 66.Mb

Kimiko Barber : The Japanese Kitchen before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Japanese Kitchen:

0 of 0 people found the following review helpful. Mystified by Japanese Ingredients? By Nathanael Greene Mystified by Japanese food ingredients? Mystified by visits to Asian grocery markets? Mystified by the Asian languages on the food packaging or store signs in Asian grocery stores, or spoken by cashiers? If so, this is the book for you. Japanese cuisine is one of the most healthful and pleasurable cuisines in the world, with unique and popular flavors - powerful reasons to become acquainted with Japanese food ingredients, if you want to cook at home or not, by incorporating Japanese ingredients into your SAD diet (Standard American Diet). Japanese cookbooks make cursory attempts to tackle this task. However, this unique book accomplishes this neglected task with aplomb. The book's coverage is comprehensive, including obscure but important ingredients that are often if not always omitted in Japanese

cookbooks - one discovers these ingredients' importance when chefs in New York City know about them but, unaccountably, not chefs in "cosmopolitan" Washington, D.C.! This book contains recipes that utilize the ingredients discussed in the book. However, this book's main attraction is not the recipes, but the ingredients. This book is long overdue for the Western market, where Japanese restaurants have long held sway. The author has lived in the UK for nearly a half a century, and has authored a number of English-language books about Japanese cooking - and she gave up a career in the world of high finance to do so. This book, understandably, does not cover the somewhat arcane subject of the "traditionally" made - and extremely if not impossible to find - Japanese ingredients. See my customer review of JAPANESE FOODS THAT HEAL, by John and Jan Belleme, on this AMAZON.com website. 0 of 0 people found the following review helpful. The photos and description of traditional foods are interesting and ...By Bunnygirl! The photos and description of traditional foods are interesting and informative. Everything that I've tried so far has been delicious. 0 of 0 people found the following review helpful. Good Book. By Martin H. Koehler Good read. Give lots of ideas on what to cook, and try different combinations on your own.

In her groundbreaking book, Kimiko Barber presents 100 essential ingredients, from the more familiar, such as soba (noodles) and nori (seaweed), to the more unusual umeboshi (pickled plums) and fu (pretty, colored gluten sponge cakes). Through informative prose, beautiful food photography and images of real people from diverse backgrounds and cultures, The Japanese Kitchen tells the full story behind Japanese cuisine and makes it both inviting and accessible to all.

"A gentle way into the cuisine with a history, health properties, advice on availability and simpler recipes." -- Observer Food Monthly, December 04 "Stunning photography, excellent writing and mouth-watering recipes make this an instant classic." -- Olive, November 2004 From the Publisher It is no secret that the Japanese enjoy the longest life expectancy in the world due to their healthy diet, but there is a misapprehension that difficult techniques and obscure ingredients are needed to cook authentic Japanese food. From soba (noodles) and nori (seaweed) to more exotic fare such as umeboshi (pickled plum), the Japanese Kitchen details the history, appearance, taste, health benefits and culinary use of each ingredient, with full instructions on buying, storing and preparing. Recipes such as Beef Tataki with Cucumber and Mustard Cress, Green Bean Salad with Creamy Tofu Dressing and Baked Sweet Miso-Marinated Salmon complete the sections, to take the ingredients from the store cupboard to the table. With specially commissioned recipe shots by an award-winning food photographer, plus close-ups of ingredients for easy identification and stunning location photography, the Japanese Kitchen tells the story of Japanese cuisine, as well as enabling you to! create it at home. About the Author Kimiko Barber was born in Kobe, Japan in 1956 and arrived in U.K in 1972 to attend an English boarding school and quickly realized that leaning to cook was a necessity for survival. She recalled on her earlier memories of her three grandmothers' kitchens - one in the cosmopolitan town of Kobe, another in the beautiful old capital of Kyoto, and a third in a rustic country kitchen in Shikoku Island. She graduated from the University of York with a degree in Economics. After over ten years of working in investment banking in both City of London and Tokyo, a chance visit to Books for Cooks, a Mecca for foodies in Notting Hill, inspired her to change her career and focus on cooking and entertaining. She teaches Japanese, Thai, Vietnamese and other Asian fusion cooking in various cookery schools. Her first book 'Sushi Taste and Technique' from Dorling Kindersley published in September 2002 won the bronze award in best food book category in Jacob's Creek World Food Media! Awards. She is married and has three boys. She is an enthusiastic organic kitchen gardener and divides her time between London and rural Oxfordshire.