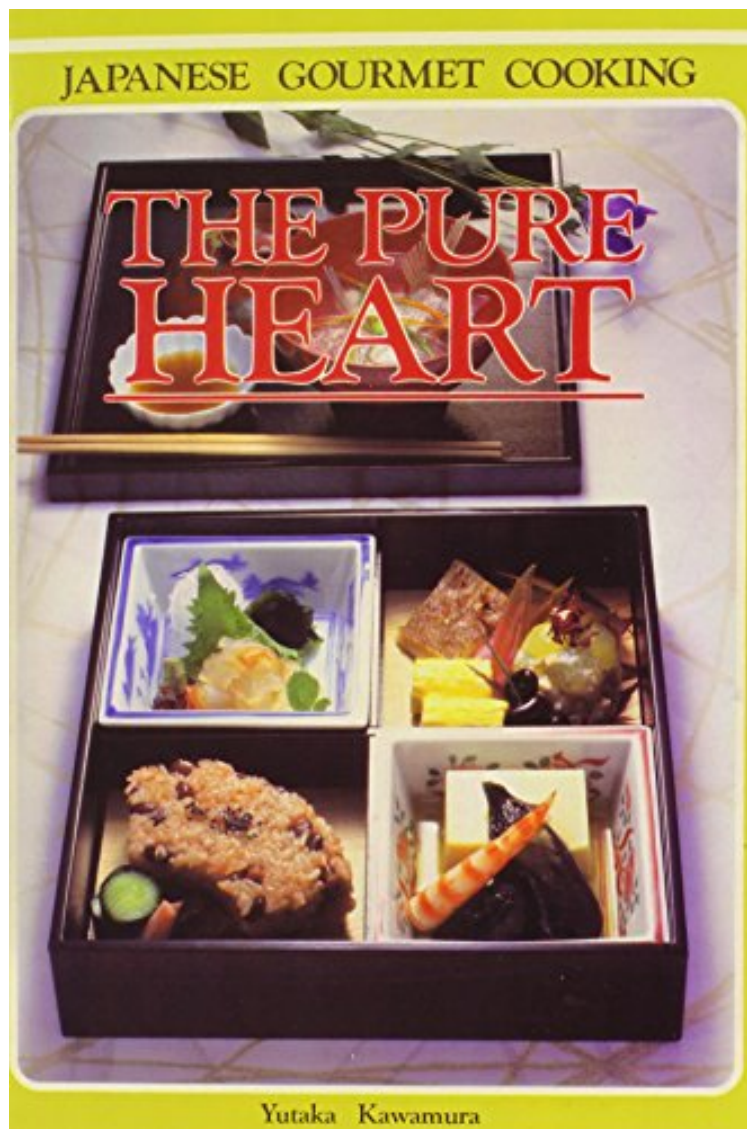


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The Pure Heart Japanese Gourmet Cooking

Yutaka Kawamura

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MOUTH-WATERING RECIPES BY A LEADING AUTHORITY ON JAPANESE GOURMET COOKING Umami: The Fifth Taste Umami is a special word used to define the unique taste of Japanese dishes. This taste is neither salty nor sweet; neither bitter nor sour. The best English equivalent is 'beautiful taste', but to understand it, you have to

experience it. Why do tomato sauce and Parmesan cheese make such a delicious combination? It is because tomatoes and Parmesan cheese are rich in natural substances that bring out the Umami in the foods they are used with. But the natural food ingredients used to make the dressings and sauces in Japanese cuisine are twice as strong as Parmesan cheese and nine times as strong as tomato sauce in bringing out the Umami in foods. In this lavishly illustrated book, a leading expert in Japanese cooking shows you how to prepare delectable Japanese dishes in an easy-to-understand format. Try the recipes presented in this book, and treat yourself, your family, and your friends to a new world of gastronomic delight.