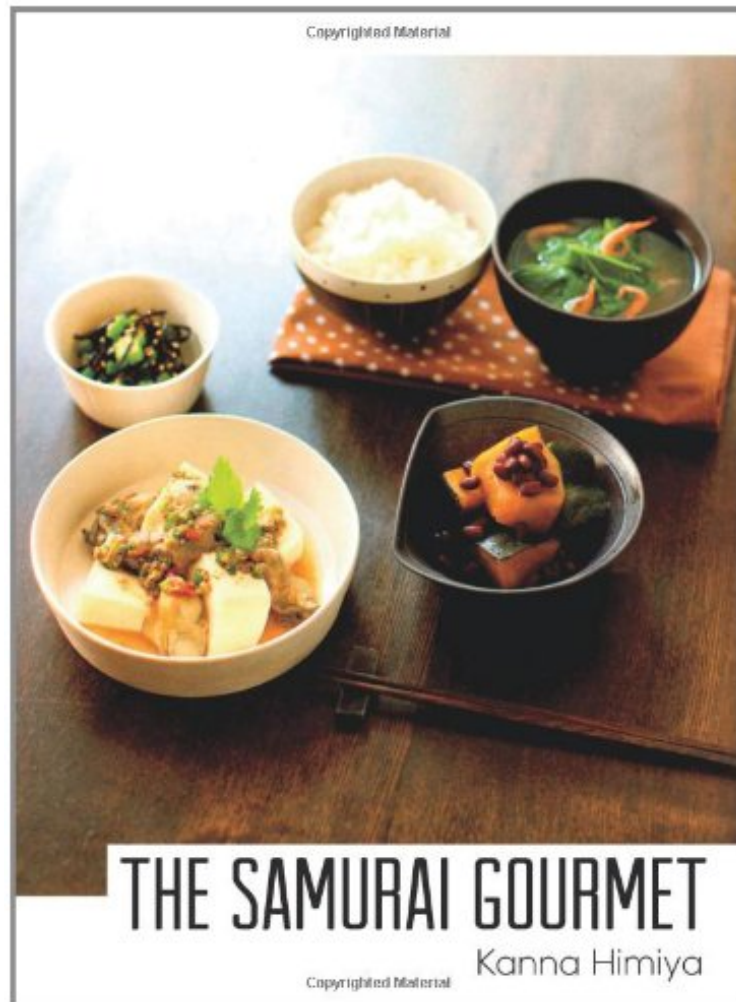


The Samurai Gourmet

Kanna Himiya

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Kanna Himiya : The Samurai Gourmet before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Samurai Gourmet:

1 of 1 people found the following review helpful. wonderful, please do another! By Horseman awesome book. the meals are laid out with great photos and information- not just recipes but whole multi course meals all carefully planned based on tradition to compliment each other. the photos are beautiful and well laid out. the ingredients are authentic so they are a treasure hunt to search for, some can be ordered on , some from other markets online but you'll still need to find a good Asian market near you for fresh produce. I love trying new foods and peeking into the culture. I would sorely love the author to make another of this kind. Her facebook page is great but the planned meals and recipes I could never do without her. 3 of 3 people found the following review helpful. the history is fun, and the background on food as medicine is ... By Ferret Fan in NJ Just got this book. The pictures are lovely, the recipes look

interesting, the history is fun, and the background on food as medicine is also great. The recipes are not exactly for new cooks and you do need some background in Asian foods to be successful. There are a few quick pickled vegetable recipes it looks like anyone can do successfully. It would help to have a good Asian market nearby. :-) Still, for fans of Japanese food, or anyone who wants to try something different, it is a great book.

Three parts cookbook and one part history book, "The Samurai Gourmet" is a collection of healthy, healing, and energizing recipes that have been orally handed down across generations of Japanese samurai families. The author, Kanna Himiya, is a descendant of the chef of the Maeda clan--one of the most powerful samurai families in Japan--which ruled the Koga Domain, and through these dishes, she shares the samurai banquet tradition, as well as the samurai's secret for strength, health, and beauty.

About the Author Kanna Himiya is a samurai banquet cuisine expert and dietician. She is a descendant of the chef of the Maeda clan, which ruled the Koga Domain. She is also the author of five other cookbooks and lives in Tokyo, Japan.