

(Free) The World in a Bowl of Tea: Healthy, Seasonal Foods Inspired by the Japanese Way of Tea

The World in a Bowl of Tea: Healthy, Seasonal Foods Inspired by the Japanese Way of Tea

Bettina Vitell

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised The World in a Bowl of Tea: Healthy, Seasonal Foods Inspired by the Japanese Way of Tea:

1 of 1 people found the following review helpful. Very interesting for all the Tea Ceremony Students By Iumi Very interesting, I recommend it for all Tea Ceremony Students. I bought two, one for me and another one for my mother. Wrote in 2 parts, first one story of the author, and by last the recipes.

More than 175 healthy and delicious recipes are provided in this unique cookbook that features modernized versions inspired by the traditional Kaiseki cookery that accompanies the tea ceremony. By the author of A Taste of Heaven Earth.

From Library Journal This unusual book offers an intriguing and readable introduction to the Japanese tea ceremony and the foods that accompany it, what is called Kaiseki cuisine. Former chef Vitell (A Taste of Heaven and Earth, LJ 8/93) is now an assistant at the San Francisco branch of an international school of tea. In spare, elegant prose, perfectly suited to her subject, she describes the ceremony and the refined dishes that are part of it (she likens Kaiseki to the best California cuisine, but without its overelaborate presentations). Among her recipes are Baby Artichokes with

Pomegranate Vinaigrette and Glaze-Grilled Salmon with Ginger. Recommended for larger cookbook collections as well as for any library where there is a special interest in Japanese culture. Copyright 1997 Reed Business Information, Inc.