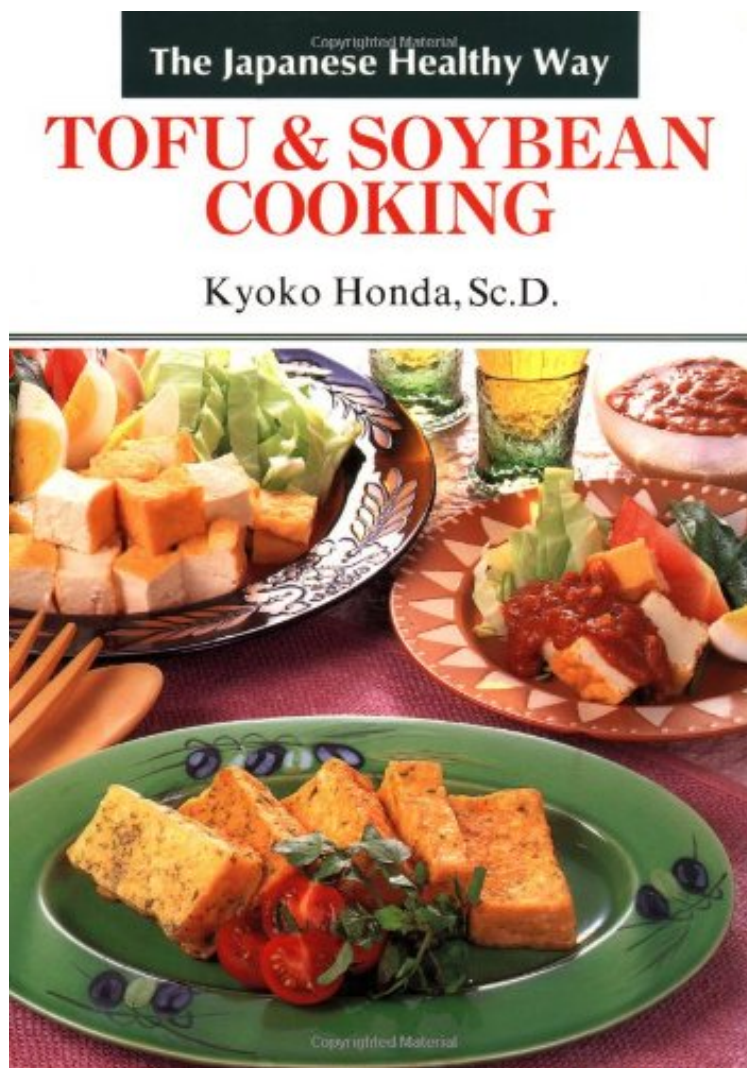


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Tofu and Soybean Cooking: The Japanese Healthy Way

Kyoko Honda

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#5838909 in Books Japan Publications (USA) 1998-04Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 .25 x 7.29 x 10.14l, #File Name: 087040991364 pages | File size: 51.Mb

Kyoko Honda : Tofu and Soybean Cooking: The Japanese Healthy Way before purchasing it in order to gage whether or not it would be worth my time, and all praised Tofu and Soybean Cooking: The Japanese Healthy Way:

4 of 5 people found the following review helpful. Great recipes, bad cookbookBy AmyThis cookbook could have been so much better.Every recipe includes a colour picture of finished dish, always beautifully presented. Many recipes also include helpful pictures of the dish's preparation. Some of the recipes are classic Japanese dishes, while others are completely original.This layout is typical of cookbooks in Japan. Had it been properly adapted for English-speakers living outside of Japan, it would have been an excellent cookbook. Unfortunately, the translation of both the text and the recipes is not very good. This wasn't immediately obvious when I first flipped through it: the grammar is pretty

much perfect and the layout of the recipes is fine. But on closer inspection, a few problems become obvious:- There is no index in the back, making it hard to search for a particular ingredient or recipe.- The measurements are explained on the inside cover along with the publishing information, which the average reader is likely to ignore. This may not seem important, but it is: the Japanese measuring cup is smaller than the American cup, and a recipe can be ruined if the wrong cup is used.- Vegetables and other dry ingredients are measured by weight. Many readers do not have kitchen scales and likely have no idea what 1 3/4 oz (50g) of carrot looks like.- The translation is awkward. Many Japanese ingredients and cooking terms are mentioned by an English name only. Not always a problem, but when the English name is wrong, vague or esoteric, the reader will have no idea which ingredient to use.- The series of articles relating to soy's role in Japan and its health benefits seems a bit nationalistic, assuming all western food is unhealthy and all Japanese food is healthy. It is also awkwardly translated, repeatedly using medical terms that would be unfamiliar to the average reader. Myocardial infarction, arteriosclerosis, hypertension, and cerebral infarction? Those terms would be fine in a med student's textbook, but in a cookbook their common names are more appropriate. Finally, the science seems a bit iffy, especially considering no sources are given. In short, I got the impression that this book was originally published in Japanese, and hastily translated by a an older translator quite unfamiliar with food and cooking. By all means by this book if you're looking for interesting new ways to use these wonderful foods. The simple, well-translated recipes are easy enough to identify, allowing you to ignore the rest. One tip- if you go ingredient-hunting at an Asian market, be sure to bring the book itself, in case the staff are not familiar with English translations like "sea tangle". 2 of 2 people found the following review helpful. A little jewel! By Holly Though not all recipes are for the vegetarian (many dishes contain eggs, chicken, fish, and even beef), these recipes are healthful and absolutely delicious. The natural flavors of the ingredients shine though in the most delightful manner in every dish I have made so far... simple, satisfying tastes that are fuel for the body and soul. If your looking for truly wonderful dishes that incorporate tofu, soybeans and other soy products, this is it. Don't miss "Steamed Roll with Edamame" (a little involved to prepare, but well worth it), "Tofu Steak Japanese Style" or "Green Soup of Tufu"! 1 of 1 people found the following review helpful. A little jewel! By Holly Though not all recipes are for the vegetarian (many dishes contain eggs, chicken, fish, and even beef), these recipes are healthful and absolutely delicious. The natural flavors of the ingredients shine though in the most delightful manner in every dish I have made so far... simple, satisfying tastes that are fuel for the body and soul. If your looking for truly wonderful dishes that incorporate tofu, soybeans and other soy products, this is it. Don't miss "Steamed Roll with Edamame" (a little involved to prepare, but well worth it), "Tofu Steak Japanese Style" or "Green Soup of Tufu"!

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