

(Free download) Tsukemono: Japanese Pickling Recipes

# Tsukemono: Japanese Pickling Recipes

*Ikuko Hisamatsu*

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**Ikuko Hisamatsu : Tsukemono: Japanese Pickling Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Tsukemono: Japanese Pickling Recipes:

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Tsukemono is never in the same catagory as the Western Pickles. It is favored as a health food containing dietary fiber, vitamins, calcium, and other essential minerals. This book introduces myriads of salad-like tsukemono recipes used in Japanese homes today. Of course you will find the traditional pickles from various districts of the country. Every recipe includes step-by-step photographs, information such as how to select good ingredients and marinating time for the best flavor. Some can be ready in 10 minutes, some take as long as long as 3 weeks, and you will love them all.

About the AuthorIkuko Hisamatsu studied Western Cooking in Europe, then moved to Korea to learn the nation's

traditional cuisine. Recently she has supported careful meal planning including the ideal diet for constitution of Japanese people. she has written many cooking books.