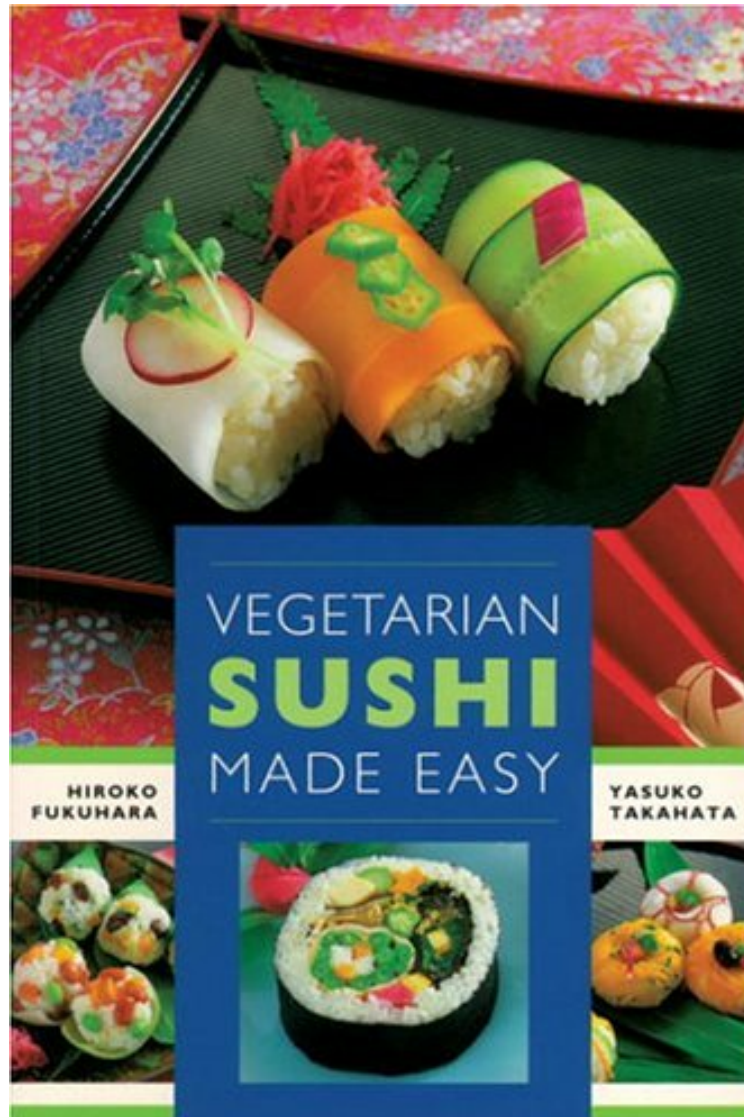


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Vegetarian Sushi Made Easy

Hiroko Fukuhara

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Hiroko Fukuhara : Vegetarian Sushi Made Easy before purchasing it in order to gage whether or not it would be worth my time, and all praised Vegetarian Sushi Made Easy:

13 of 15 people found the following review helpful. The most creative sushi book I've seenBy Rachel DawnI purchased this book on a whim, wondering, "What does one do with vegetarian sushi?" The answer to that question might be, "What CAN'T one do?" I have read more than 4 books on making sushi, several of which were very favorably reviewed. Those were traditional sushi,containing fish. "Vegetarian Sushi Made Easy" incorporates many

artistic possibilities. This book provides simple, step-by-step instructions on making sushi in a variety of designs. One feature that I've not seen in other books is the use of colored rice to add a new dimension of possibilities. Another lovely feature is mounds of rice "wrapped" in thin strips of vegetable...very colorful. There are directions for sushi rolls, mounds, cakes, "pizzas", stuffed tofu pockets, nori stuffed and cut open to look like figs (the fruit), and sushi rolled to incorporate designs such as hearts, ladybugs, flowers, a "free form" sushi presented much like a composed salad, and others. I took this book to work with me and showed it to a number of people. Even those who swore that they would never try sushi were captivated by the book and liked the idea of sushi sans fish. The directions are the most clearly written that I've seen so far, and EVERY design has a full-page color photograph followed by directions. I highly recommend this book to those interested in learning to make sushi. It is technically and artistically stunning. 0 of 0 people found the following review helpful. Five Stars By winstoniscute will enjoy making these for friends 0 of 0 people found the following review helpful. Five Stars By gyorgy alpari Easy, light, elegant on a natural everyday Japanese way. Just good. Not over cooked, not over done.

Vegetarian Sushi Made Easy introduces over 40 recipes for delicious, easy-to-prepare sushi made with vegetables instead of raw fish. The authors have grouped the recipes into finger sushi with vegetable toppings, sushi rolls, sushi balls, stuffed sushi pockets, tossed sushi, and sushi cakes. Many of these are made with sushi rice in several colors—white, pink, yellow, and even green—so they are not only delicious to eat, but also beautiful to look at. Vegetarian Sushi Made Easy is the perfect introduction for all cooks, both amateur and experienced, to the wide world of healthy, delicious sushi.

About the Author Hiroko Fukuhara holds a degree in Pharmaceutical Science and teaches Food and Nutrition Science at Kyushu Women's Junior College.