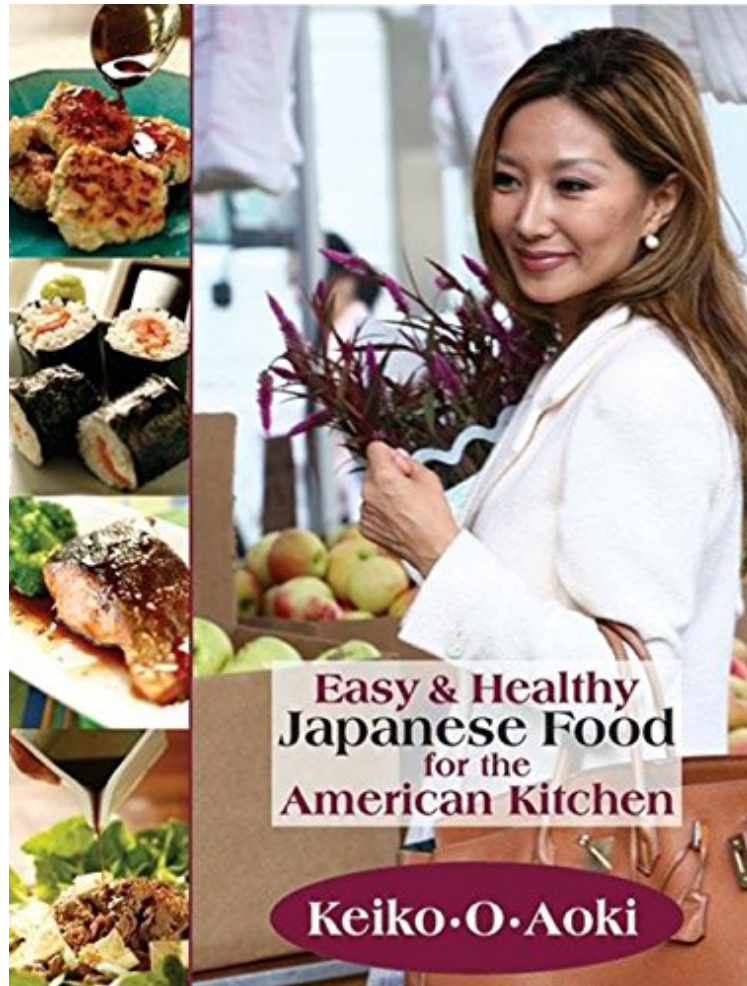


[Download] Easy Healthy Japanese Food for the American Kitchen

Easy Healthy Japanese Food for the American Kitchen

Keiko O Aoki

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Keiko O Aoki : Easy Healthy Japanese Food for the American Kitchen before purchasing it in order to gauge whether or not it would be worth my time, and all praised Easy Healthy Japanese Food for the American Kitchen:

3 of 4 people found the following review helpful. An enthusiastically recommended and elegant addition By Midwest Book Review Time-constrained gourmets who appreciate Japanese cuisine while having to eat as healthy as they can will appreciate "Easy Healthy Japanese Food For The American Kitchen" by Japanese-American Keiko Aoki for the its savory recipes which are as easy to prepare as they are delicious to consume. From Keilo's Miso Soup; to Keiko's Easy Sushi Rolls; to Keiko's Everyday Miso Cod; to Keiko's Original Oven-Baked Chicken Yakitori; to Keiko's Original Healthy Lean Tofu Hamburger, each recipe is nicely organized and presented -- complete with a mouth-watering, full-page, color photograph of the finished dish. Thoroughly 'kitchen cook friendly', "Easy Healthy Japanese Food For The American Kitchen" is an enthusiastically recommended and elegant addition to any personal or community library cookbook collection! 10 of 14 people found the following review helpful. Nothing particularly

healthy or authenticBy cynical_readerI received this book as a gift, and I was quite excited to open it since I love Japanese food. However it was very disappointing. There is nothing particularly healthy about it. Many recipes unnecessarily use ingredients like mayonnaise, butter, and the like. And I don't find it that authentic either. There are other Japanese cookbooks and sites out there with much more authentic recipes that are just as easy to make. I get the feeling the author got the book deal just because she is married to the Benihana founder. (And really, how authentically Japanese is Benihana anyway? Not very.)

Balancing the delicate flavors of Japanese cuisine with ingredients and equipment found in the average American kitchen, these quick-to-prepare recipes are designed to accommodate the hectic and busy lifestyles most Americans endure. For all enthusiasts of Japanese food, this sure-to-please cookbook is walso for those looking to prepare healthier meals for their families.

About the AuthorKeiko Aoki, former Miss Tokyo, a New York based global business consultant, and the wife of Benihana founder Rocky H. Aoki, actively works with her husband in his role as a cultural liasion between the United States and Japan