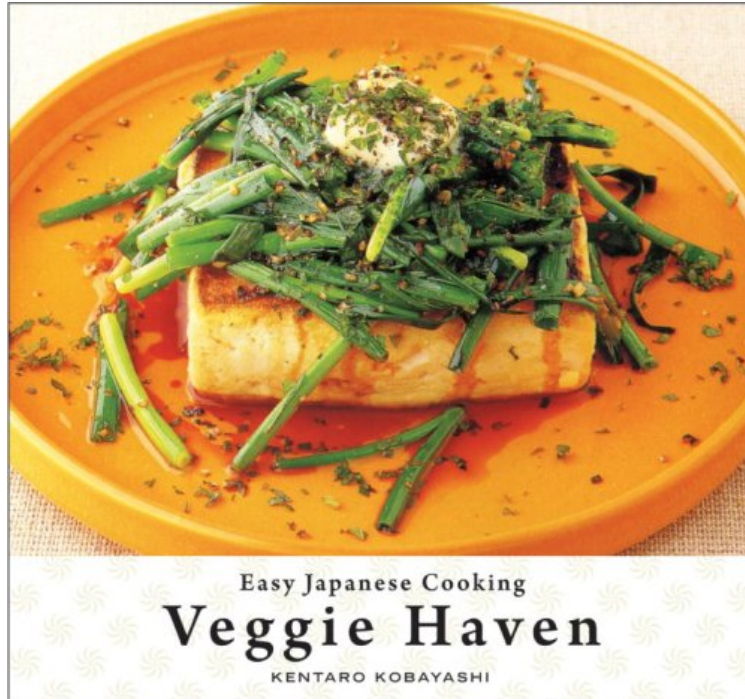


(Download) Easy Japanese Cooking: Veggie Haven

Easy Japanese Cooking: Veggie Haven

Kentaro Kobayashi

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Kentaro Kobayashi : Easy Japanese Cooking: Veggie Haven before purchasing it in order to gauge whether or not it would be worth my time, and all praised Easy Japanese Cooking: Veggie Haven:

0 of 0 people found the following review helpful. Up your veggie intake with quick and easy Japanese recipes By Persimmon There are a lot of good dishes here that could go well in a bento. For example, you could pair warm broccoli and potato salad with green onion omelette and simmered kobocho for a good lunch. Still, even though many of the recipes seem to have foreign influences, it would not be strange to see these in the lunches or dinners of the average, modern Japanese person. Therefore, while some might not think of these recipes as traditionally Japanese, they are indeed Japanese recipes. As for the instructions, they are simple and easy to understand. The recipes don't usually require long complicated steps and can be cooked quickly. There are also photos of most of the finished products so that you can see if the dish that you cooked matches with how it is supposed to look. P.S. While this is a cookbook that focuses heavily on vegetables, it is not a vegetarian cookbook. Some recipes contain tuna, shrimp, etc. 0 of 0 people found the following review helpful. okay.. By Oznayim I was expecting more. But it is okay, I guess. If I had been looking at it in a brick and mortar bookstore I would not have bought it. 1 of 1 people found the following review helpful. Tasty and easy By Burgie Great cookbook with lots of easy to make recipes. There are some ingredients you might have to buy before starting to cook from this cookbook, but I already had most of it since I cook a lot of Asian food. The recipes are easy to make but very tasty. I would definitely recommend this book!

Simple, satisfying meals loaded with your favorite vegetables. The fourth volume in Kentaro's Easy Japanese cooking series gives satiating dishes for all the veggie lovers. Recipes include: CURRY: Bean/ Winter Vegetable/ Coconut milk

and Eggplant
SALADS: Caesar/ Basil and Tomato/ Potato and Broccoli/ Tuna and Potato/ Potato/ Cilantro/ Watercress/
Carrot/ Grilled Pepper Marinade/ Turnip and Basil Marinade/ Chinese Celery Marinade/ Zucchini Marinade/
Asparagus and Sardine/ Tofu and Greens/ Anchovies and Egg/ Scallop and Rape Blossom/ Beans and Tomato/
Chicory and Blue Cheese
SIMPLE MEALS: Yam Steak/ Chicory Sauteacute;/ Sesame-Oil and Cabbage/ Sweet Potato
Fry/ Onion Omelets/ Grilled Onion/ White Radish in Citrus Sauce/ Spicy Sesame Lotus Root/ Cucumber Garlic/ Spicy
Pickled Cucumber/ Pumpkin Sauteacute;/ Simmered Pumpkin/ Grilled Mushroom with Cheese/ Mushroom Rice
Bowl/ Grilled Mushroom with Red Miso/ Leek Sauteacute;/ Egg and Leek/ Simple Stir Fry/ Celery Stir Fry/ Burdock
Root Medley/ Potato Medley/ Cauliflower Medley/ Boiled Spinach
MAIN DISHES: Grilled Vegetables/ Gingered
Eggplant/ Potato Gratin/ Tomato Stew/ Veggie Pizza/ Garlic and Anchovies Pizza/ Veggie Dumpling/ Veggie Taco/ 6
Treasure Stir Fry/ Veggie Fried Rice/ White Radish Omelet Sandwich/ Tofu Steak/ Lotus Root and Tofu Burger/ Spicy
vs. Sweet Deep Fried Tofu/ Noodles Salad/ Fried Onion and Noodles/ Easy Cold Soup
SOUP TO WARM THE
HEART: Gazpacho/ 3 brothers/ Vegetable/ Watercress/ Scallop and White Radish Cream/ Deep Fried Tofu/ Tofu/
Spicy Veggie/ Green Leaf
PASTA: Onion and Olive Oil Fettuccine/ Broccoli and Basil Penne/ Tomato Cappellini/
Green Onion Carbonara/ Anchovies and Cabbage Spaghetti/ Green Veggie Cream Pasta

About the Author
Born in Tokyo in 1972, Kentaro Kobayashi studied art in school, and after Musashino Art School, he started working as an illustrator. His mother--cooking personality and award-winning cookbook author, Katsuyo Kobayashi--is known by millions in Japan for her TV show, Today's Cooking, and not only challenged, but also proved victorious against Iron Chef Chinese Chen Kenichi in 1994, handily vanquishing him in the "Potato Battle" episode of Iron Chef, one of the few female chefs to ever win in Kitchen Stadium. No surprise that Kentaro turned his attention to cooking. Like his mom, he is known for creating fun, easy-to-make recipes--albeit with a more Western flavor--and also has appeared on television, magazines, and radio, becoming popular with the motto "Nice and easy, practical food with style." He is known to have revolutionized Japanese conceptions of good eating. His best-selling cookbooks are all about transforming convenience-store products into attractive hot meals. He frequently incorporates his artistic training working as a chef and illustrator for magazines and book stores, creating logos, and has co-authored works with his mother. To date, Kentaro has authored or co-authored more than 15 cookbooks.