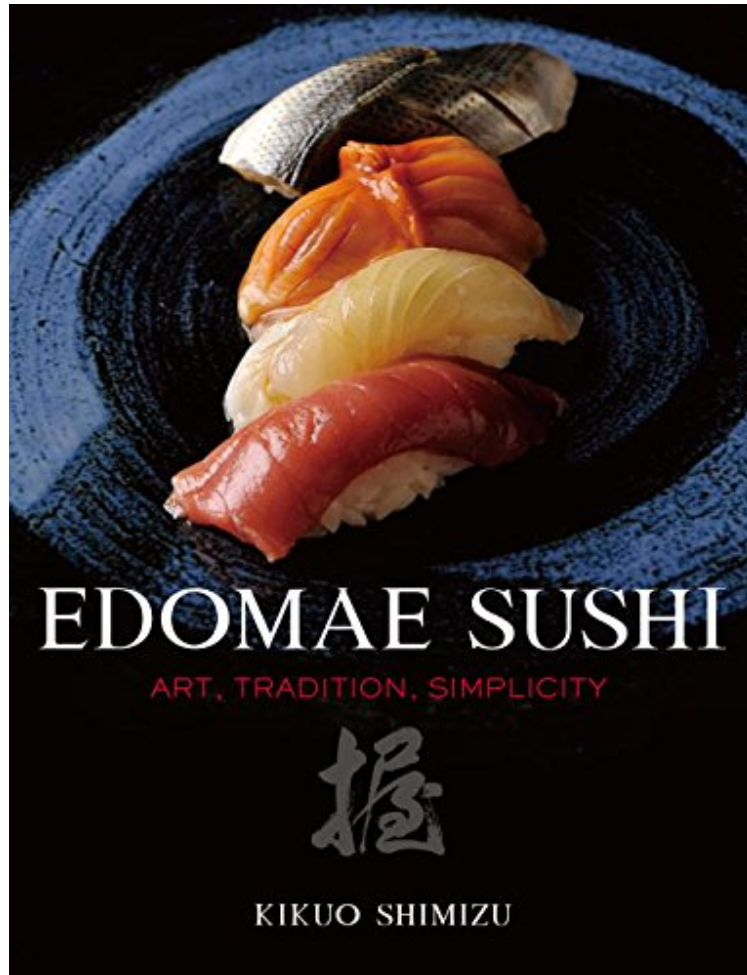


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## Edomae Sushi: Art, Tradition, Simplicity

*Kikuo Shimizu*

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#464756 in Books Kodansha USA 2011-06-01 2011-06-01 Original language: English PDF # 1 10.20 x .60 x 7.80l, 1.30 #File Name: 4770031459112 pages | File size: 25.Mb

**Kikuo Shimizu : Edomae Sushi: Art, Tradition, Simplicity** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Edomae Sushi: Art, Tradition, Simplicity:

6 of 6 people found the following review helpful. If you want to know about sushi, this is it By A. Kim This is reference book about sushi. It is not meant to be a cook book about sushi (there is some instruction but not practical since depending on where you live the odds are highly unlikely you can obtain the right fish). Master sushi chef, Kikuo Shimizu, strive to explain to non-Japanese readers what Edomae style sushi is. He will explain many types of sushi dishes along with accompanying pictures for visual cue. I love sushi so reading this book I found many things about sushi I did not know. The only thing I am sorry is that there are some dishes that I cannot eat where I live. I have to go to Japan itself if I want to taste it. :(1 of 1 people found the following review helpful. Must read for those who have interest in sushi! By Alexander Jackson I have really enjoyed this book. Great pictures and insight in to some of the subtleties of sushi preparation - which is information that is typically not given out freely. I just wish that it was longer

but there is still a lot of information packed into these 100 pages. 0 of 0 people found the following review helpful. Unique cookbook about a particular genre of sushi By Anonymous I didn't really know anything about Edomae sushi before watching the documentary *Jiro Dreams of Sushi*. I don't think I've had it before; the sushi I've had doesn't seem to be this style, and even the other Japanese cookbooks I have talk about preparing sushi in ways fairly different than this book. That makes this a valuable book for me. There are at least enough recipes for me to make some of the things mentioned. This book also has nice pictures, and it's touching that this is a book coming from a chef with no heir. One drawback, though, is that it's not a very long book, so it doesn't cover that many kinds of fish/shellfish. There are also some typos, which I found disappointing. (If he gets to the fish market at 6:30am, he can't possibly make it back to his shop by 6:15am!)

"Edomae" means "in front of Edo," the old name of Japan's capital city. In 19th-century Edo, which was as busy and bustling as today's Tokyo, workers in search of quick, nutritious meals favored sushi made from freshly-caught fish and vinegar-seasoned rice. Over the years, Edomae sushi became increasingly well-respected; no longer considered just inexpensive "fast" food, but, rather, a unique and highly-esteemed cuisine. Today, there are few written records about true Edomae sushi, but its technique and soul have been passed down from chef to chef, maintaining its tradition as it evolved through the decades. Now, Kikuo Shimizu, a master chef and owner of Kikuyoshi, a tiny but revered Tokyo restaurant, reveals how authentic Edomae sushi is made. Chef Shimizu introduces about thirty different varieties of fish, and then shows the finished sushi in its ideal Edomae shape. Large photos complement instructive text which describes the ingredients and Shimizu's own techniques for maximizing flavor: from washing fatty fish in vinegar to enhance its fattiness, and marinating lean fish in kombu kelp to heighten its umami, to scoring the surface of a piece of fish to fit along the arch of the rice nugget, forming a "single existence" from the two ingredients. He also includes some basic recipes and preparation methods. The essential accompaniments of sushi--wasabi, nori, and rice--are explained in detail, including how and when they are grown and harvested, and how best to prepare them for each season. The author explores the history of Edomae sushi and writes, from personal experience, about the life and training of a traditional Japanese sushi artist. He shares his insights into the attitude and philosophy of Edomae sushi, a tradition based on simplicity, beauty, and excellence.

About the Author Kikuo Shimizu started making sushi at the age of sixteen and has been creating traditional-style sushi for fifty-six years. After a brief apprenticeship, he began working in the fashionable Ginza district of Tokyo under his mentor, Shigezo Fujimoto, the legendary "sushi emperor." In 1971, he opened his own restaurant in the city's Akasaka neighborhood. Shimizu is famous for shunning media attention; until this book, the only way to experience his sushi was to try to get a reservation at his 9-seat counter.