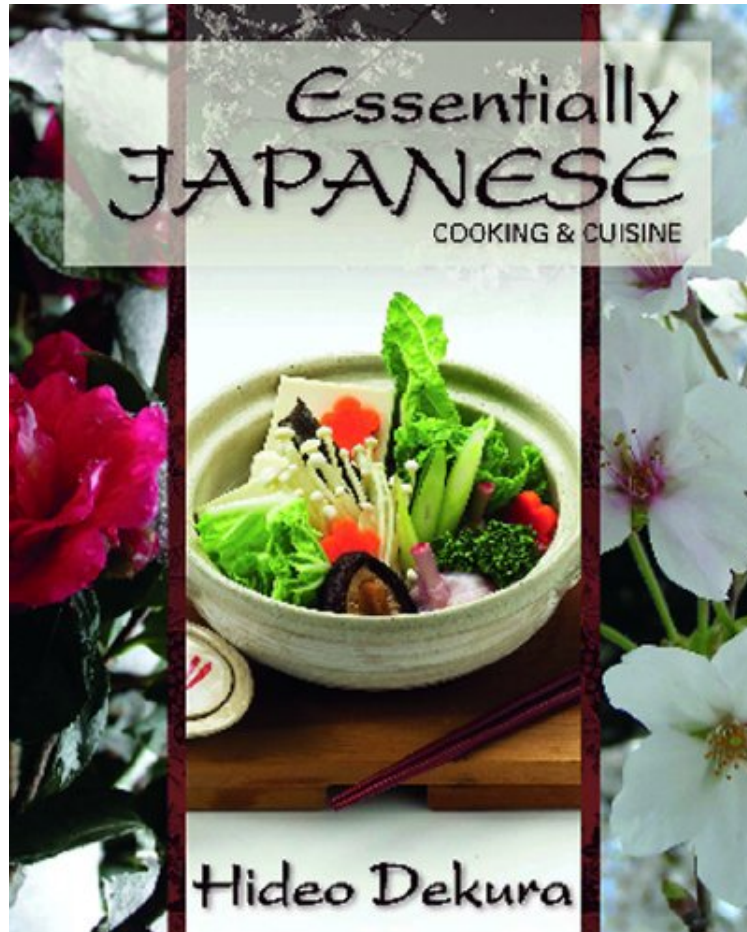


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About the Author Hideo was born in Yotsuya, Tokyo. His cooking training commenced in the family restaurants, where he learnt from his parents the principles of sushi and kappou-ryori food preparation, cooking and presentation

that had been passed down through the generations of his family. At the same time he learnt the philosophy of Chakaiseki (the tea ceremony cuisine), Teikanryu Shodoo (calligraphy), Ikenobou-Ryuuseiha (flower arranging) and Hocho Shiki (cooking knife's ceremony) at the Shijyoushinryuu School