

[Download ebook] Healthy Tasty Sushi Rolls and Onigiri

Healthy Tasty Sushi Rolls and Onigiri

Naomi Kijima

DOC | *audiobook | ebooks | Download PDF | ePub



 Download

 Read Online

#5415093 in Books Japan Publications Trading 2006-07-07 Original language: English PDF # 1 5.20 x .40 x 7.10l, .50 Binding: Plastic Comb 62 pages | File size: 31.Mb

Naomi Kijima : Healthy Tasty Sushi Rolls and Onigiri before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healthy Tasty Sushi Rolls and Onigiri:

Sushi has been a favorite food among the Japanese for centuries. In fact, the first mention of sushi in Japanese literature dates as far back as the 8th century. Now, this highly nutritious and tasty cuisine is increasingly becoming as much a part of the Western culinary scene as bagels, burgers and burritos. Not only is sushi served in our finest restaurants, but it has become readily available at the corner deli and on our local supermarket shelves. Today, we can choose from a wide variety of sushi specialties, including rice topped with seafood and nori (seaweed paper) rolls with assorted fillings and vinegar-flavored rice. As the taste for sushi and other Japanese dishes such as onigiri grows, more and more people want to try their hands at making these treats themselves. The sushi recipes included in this book explain how to prepare the following: fillings for nori rolls, standard nori rolls, thin nori rolls, hand-rolled sushi, fillings for egg crepes, and fillings for sheets of fried tofu puss (aburage). The book also introduces recipes for onigiri, or rice balls, which are gaining in popularity in this country, and make delicious snacks or light meals to enjoy at home or on the go. The Japanese often accompany sushi rolls and onigiri with green tea or clear soup, and recipes for both are included here. The comb binding allows the book to lie flat, enabling the chef to follow the instructions with ease. Each recipe includes detailed directions and full-color photos showing the steps of preparation, as well as the finished dish.

About the Author Naomi Kijima, daughter of famous cooking authority Shoko Murakami, first began learning about Japanese techniques from her mother. She specializes in Japanese traditional home cooking modified to appeal to modern tastes. She frequently contributes recipes to national newspapers and magazines in Japan.