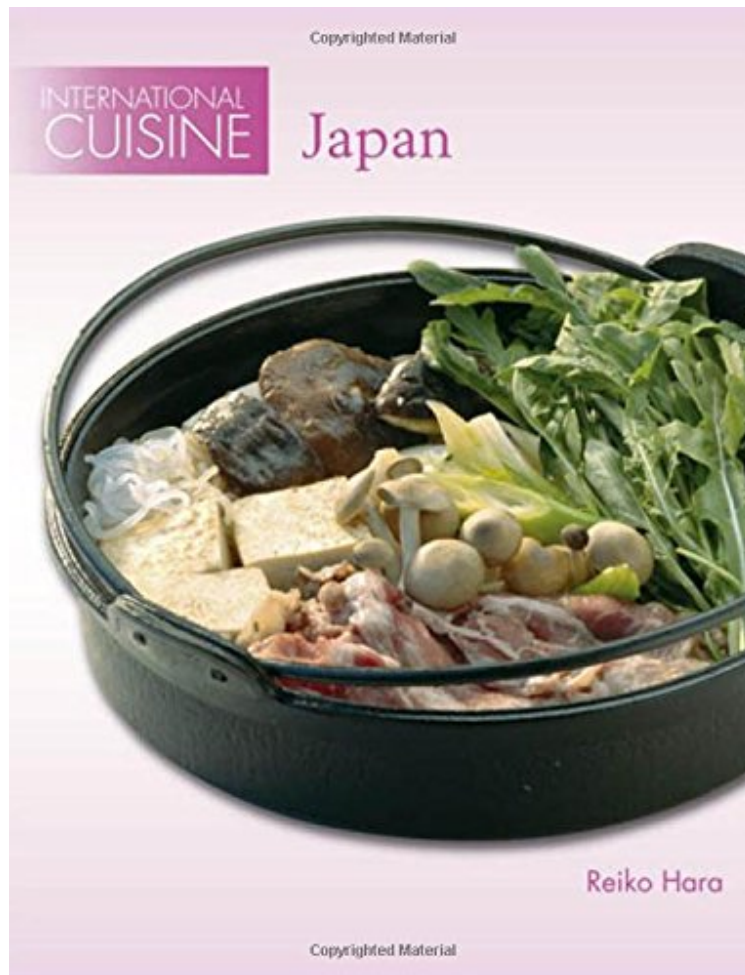


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## International Cuisine: Japan

Reiko Hara

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**Reiko Hara : International Cuisine: Japan** before purchasing it in order to gage whether or not it would be worth my time, and all praised International Cuisine: Japan:

De-mystify the key principles of Japanese cookery and create your own exciting array of authentic dishes with International Cuisine: Japan. Written by a Japanese culinary expert with a comprehensive knowledge both of the cuisine and its many applications, this book provides in-depth coverage of the key influences and essential techniques of Japanese cookery. It is packed with a wide range of dishes, promising a mouth-watering blend of traditional and contemporary ingredients. From soups and starters to impressive main courses, many of the recipes are accompanied by stunning full colour photographs, as well as clear illustrations of key methods and the use of authentic cooking utensils. Japanese cuisine has caught on worldwide because of its health benefits, and the book addresses this aspect

comprehensively. *International Cuisine: Japan* is an accessible and innovative step-by-step guide to Japanese cookery, and will prove the ideal kitchen companion for students, professionals and enthusiasts alike.

**About the Author** Reiko Hara is a lecturer in Oriental Culinary Arts at Thames Valley University, as well as the owner of Simply Japanese, a consultancy and catering firm that teaches Japanese cuisine to chefs and novices alike. She was a contributor to Hodder Arnold's bestselling *Practical Cookery*, 10th edition (2004).