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Hideo Dekura

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Hideo Dekura : Japanese Cooking at Home before purchasing it in order to gage whether or not it would be worth my time, and all praised Japanese Cooking at Home:

1 of 1 people found the following review helpful. authentic dishes made easyBy C. ZemanI bought this book at my local Borders. The bright, cheery cover caught my eye, and I bought it because I enjoy Asian cooking. Only after I got it home did I realize what a great book I had obtained. The author is a native of Japan - the son of a restaurateur - and is sharing the traditional recipes he's gathered over the years. To help us Westerners, the very first section is a list of foodstuffs that will be used, identifying with both Japanese and American names. The recipes themselves are very simple and easy to make (if you have the right ingredients), delicious, and healthy.The only thing that might confuse people is that the vast majority of the measurements are in metric. Most measuring items in America have both systems on them, so it's really only a matter of paying attention to a different set of markings.

Feed your soul satisfy your appetite with Japanese Cooking at Home. Creating Japanese food is easy with Hideo Dekura's step-by-step instructions clear recipes. Healthy authentic dishes are now within reach of everyone who loves Japanese simplicity. The book includes: Ingredients utensils; modern traditional recipes; soups, noodle salads stews; family picnic meals; creating a Japanese kitchen. Japanese cuisine is considered one of the healthiest diets in the world. The simplicity, purity and unique aesthetic of Japanese cuisine means that it is as beautiful as it tastes. "Japanese Cooking at Home" brings a fresh approach to Japanese food, with easy to prepare recipes to make in your own kitchen. It features traditional Japanese dishes including tempura on rice, teriyaki beef, sushi, sashimi, miso soup

and daikon salad - all with simple step-by-step photographs.