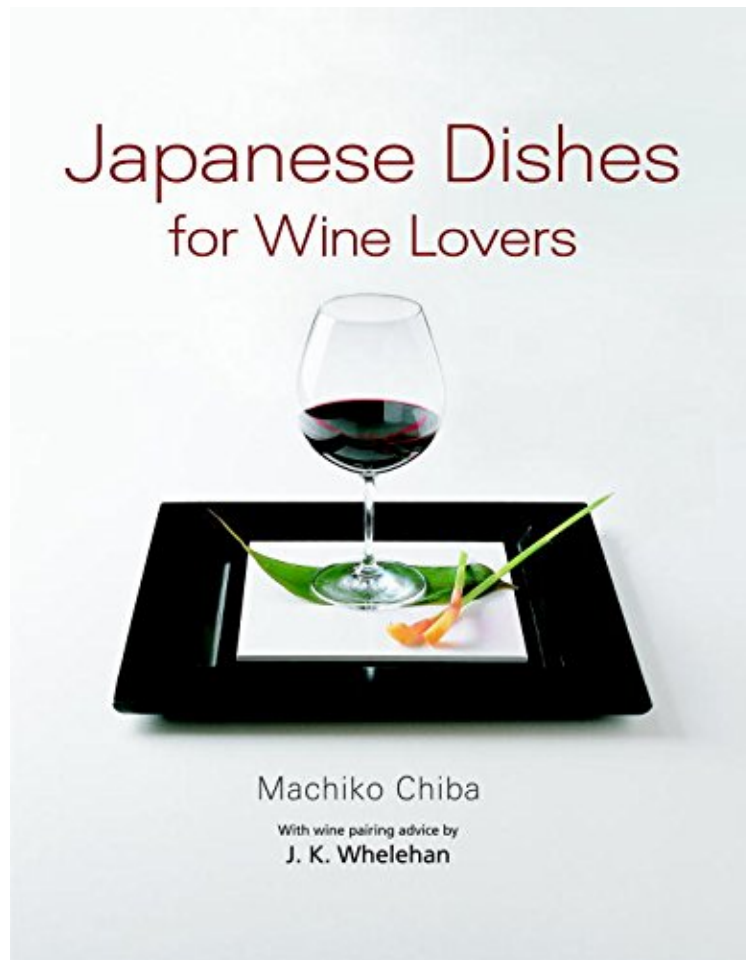


Japanese Dishes for Wine Lovers

Machiko Chiba

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Machiko Chiba : Japanese Dishes for Wine Lovers before purchasing it in order to gage whether or not it would be worth my time, and all praised Japanese Dishes for Wine Lovers:

0 of 0 people found the following review helpful. Simple but deliciousBy Cal in JapanGood inspiration for Japanese cooking. Good pairings in the wine and food. Fun to cook the original style foods5 of 5 people found the following review helpful. Champagne and sushi, both served fresh and coldBy Zack DavissonJapan is not a country known for its love of wine. Foreign visitors are often horrified to see the bottle of red that they ordered arrive straight from the refrigerator, nicely chilled. The national beverages are beer and whiskey along with native drinks sake and shochu. Beer, whiskey, sake and shochu are all wonderful tipples, but often wine-lovers would like to pop a bottle of something to go along with their Japanese feast. Chef Machiko Chiba and Wine Expert JK Whelehan decided to take up this challenge, and have assembled a fine collection of paired-dishes in this cookbook, "Japanese Dishes for Wine Lovers."Chiba has created a selection of dishes more "wine friendly" than traditional Japanese foods, fishes with thick

sauces and light vegetable salads that would never appear in a restaurant in Japan. As she states in her introduction, these are dishes that she created over the years working in New York, adapting Japanese foods to suit Western tastes and trying to create dishes that partner better with the more wine-friendly West. Ingredients bounce back and forth between Western and Japanese, with interesting blends such as the "Avocado Tofu Salad" and "Seafood with Carrot Dressing." There is a good blend of vegetable, meat and fish dishes to suit any eating habits. Whelenan has taken these dishes, and found a reciprocal wine to go with each creation. In his introduction, Whelenan talks about the needs of pairing wines with the Asian taste of "umami," a fifth taste associated with Asian food separate from sweet, sour, salty and bitter. His essay on umami is quite enlightening in itself, and a very interesting read. He also touches on traditional Japanese ingredients such as soy sauce, mirin, wasabi, and shichimi seven-spice pepper, and the challenges of matching wine to each flavoring. His choices favor sparkling wines, which emulate the bubbles and freshness of the beer traditionally served with these dishes, and champagne is a definite favorite to accompany foods such as sushi. The flaws in "Japanese Dishes for Wine Lovers" are in two main areas. First, Chiba, a professional chef, has created recipes with ingredients that are obscure and difficult to find even in a Japanese grocery store, and a specialty store will need to be found in order to make these recipes as written. Some, such as the Japanese citrus fruit yuzu, are quite necessary but many more serve as little more than a garnish and can be substituted easily. Unfortunately, Chiba does not make any suggestions for substitutions for these hard-to-find ingredients or suggestions as to where to acquire them, so you are on your own. Secondly, Whelenan has paired a separate wine for every single dish, many of which are little more than appetizers. The portions are all quite small, in keeping with Japanese-style serving of many dishes of small sizes. An extraordinary number of bottles of wine would need to fill a table if one cooked a meal based on this cookbook. A few balanced courses would have been nice, with a single wine that would work for the meal. From this, "Japanese Dishes for Wine Lovers" succeeds as a cookbook first, and as wine-pairing advice second. Chiba's recipes are innovative and delicious. The "Salmon Marinated in Sake," "Silver Cod Simmered in Spicy Miso," "Tofu and Salmon Stuffed Peppers" and "Deep-Fried Sea Bream with Burdock" have all been absolutely delicious. The dishes are presentation-quality, great for inviting friends over for a meal when you are looking to impress, and with flavors balanced enough to suit Western and Japanese tastes. Whelenan's introduction serves as mini-lesson on pairing wine to this type of food, and an adventurous host will probably be able to use that just as much as his specific advice when planning and preparing a meal. 0 of 0 people found the following review helpful. 61 contemporary Japanese dishes By Midwest Book Review Enhanced with advice about wine pairing by J. K. Whelenan, Japanese Dishes For Wine Lovers by Machiko Chiba (winner of many awards for cooking in Japan and founder of her own cooking school in Sendai, Japan) is a very special culinary guide focusing on pairing red, white, dry, and sweet wines with diverse Japanese dishes. Showcasing both traditional and non-traditional combinations, the dishes showcased in this enthusiastically recommended addition to any kitchen cookbook collection offers the enhancement wine has to offer to 61 contemporary Japanese dishes. Beautifully illustrated and offering easy-to-follow step-by-step preparatory instructions, these extraordinary recipes range from Crispy Onion Salad with Chirimenjako; to Mushrooms and Okra Sauteed in Butter and Soy Sauce; to Pork and Plum Stir-Fry; to Oysters on the Half Shell with Japanese Dressing, Japanese Dishes For Wine Lovers is a veritable "how to" manual for enjoying wine with dynamic, innovative, mouth-wateringly delicious Japanese cuisine.

A new book that explains how to pair wine with modern Japanese food. Much has been written about the pairing of food and wine but almost nothing that focuses on Japanese food. It could be because Japanese food is not commonly associated with wine but actually many of its flavors may be perfectly paired with red and white, dry and even sweet wines. Reflecting the increasing popularity of Japanese food in the West and the new interest in wine as an accompaniment to food in Japan, Japanese Dishes for Wine Lovers seeks to explain some simple ways to enjoy this non-traditional combination. Pairing wine goes beyond matching red wine with meat and white wine with chicken. The right match depends on personal tastes and adherence to some general guidelines intended to enhance the aromas of both the wine and the food and to prevent a clashing of flavors. In Japanese Dishes for Wine Lovers, leading wine expert John Whelenan explains the elements of typical Japanese flavorings—soy sauce, ginger, sake, mirin, and sesame—as well as some of the more delicate flavors like raw fish and exotic mushrooms, and describes the best wine selections for each. He also gives descriptive recommendations for the best wines to savor with the 58 contemporary Japanese dishes created and presented in this book by best-selling cookbook author Machiko Chiba. The dishes in this book are simple to make and represent the new wave of cookery in Japan today. Among the 58 mouthwatering recipes are White Fish Simmered in Spicy Miso, Thin-Sliced Octopus with Citron-Flavored Sesame, Tuna Tataki with Wasabi, Beef with White Sesame and Sweet Sake, Grated Mountain Yam and Carrot, Daikon Radish Gyoza Dumplings, and Tiny Dried Fish and Pine Kernel Onigiri Rice Balls. Beautifully illustrated and packed with innovative recipes, Japanese Dishes for Wine Lovers fills a much needed place in our understanding of how to enjoy wine with today's dynamic Japanese inspired menus.

From Publishers Weekly Wine as westerners know it is a relatively new phenomenon in Japan, where more people

drink sake or beer with meals. Because Japanese cuisine was not designed with Western wine in mind, it can be challenging for the sushi or yakitori aficionado to figure out what to uncork as an accompaniment. This book tries to respond to that challenge by offering several Japanese recipes paired with wine suggestions. According to the authors, Steamed Pork and Cabbage with Yuzu is best matched with a Riesling or a Sauvignon Blanc because "the selection of fatty pork with cooked cabbage gives the dish sweetness." They propose pairing a Malbec or Lambrusco with deliciously crunchy Beef and Orange Roast, and Chardonnay with a spare, elegant Lobster Dip. These suggestions are certainly satisfactory. But it's troubling that the authors provide no specific sources for foreign ingredients, nor do they consistently provide alternatives for difficult-to-find Japanese foodstuffs (kogomi ostrich ferns, anyone?). Further, the recipes' portion sizes are often ludicrously small—Steamed Scallops affords a single scallop per person—and while the authors suggest that several dishes could be considered appetizers, who would pop a bottle of bubbly for a single scallop? To make a meal of these dishes would require a king's ransom of wine; frankly, it might be easier to just open a bottle of sake. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "In these full-color pages lush with mouth-watering photography, carefully selected recipes, and detailed explanations, they communicate their knowledge with great flair and insight. I'm sure readers will feel educated, enlightened, and entertained, which is precisely how we should always feel when pondering my favorite subjects of food and drink."

—Dr. Yukio Hattori Creator and Star of Iron Chef—"This is more than just a cookbook, despite the extensive collection of recipes. It offers a unique and in-depth glimpse into how a professional works wine and food together to create the perfect match."

—Chicago Tribune—"A high point is a description of the Japanese way of matching wine and food by 'umami,' that elusive term that translates literally as 'delicious taste' and more practically as 'savory.'...it'll make you sound sooo cosmopolitan at cocktail parties."

—Miami Herald—"What's most remarkable about this book is that it's clearly the product of a top-notch team: wine consultant J.K. Whelehan deftly offers multiple wine recommendations for each recipe, as well as more general advice. . . Chiba's recipes contain only a handful of ingredients, and can be prepared in under 30 minutes. . . Photographs are unadorned and lovely as is the graphic design . . . A beautiful volume that contains elegant, simple dishes, whether or not you know your way around miso, mirin and wasabi."

—Wine Enthusiast Magazine—"You don't have to be a wine lover to enjoy the recipes in Japanese Dishes for Wine Lovers ...this fabulous book will please picky eaters with subtle flavors, beautiful designs and healthy preparation...recipes are simply prepared with astonishing results...will open a world of 'umami' (savory delicious flavors)."

—Culinary Thymes Magazine—"The dishes in this book are simple to make and represent a new wave of cookery in Japan today."

—Healthy Cooking—"A culinary meeting of East and West at its sumptuous best."

—ForeWord Magazine

From the Publisher [Interview with Authors] Q: Who first taught you how to cook? When did you become interested in cooking professionally? A. Ms. Chiba: My mother taught me how to cook. I learned many things by helping her in the kitchen and dining with her. Two years after I got married I decided to pursue my love for cooking by entering into cooking competitions. With the first try, I was awarded a Grand Prize with prize money and a trip to the United States. After that, I tried other competitions, won more prizes, and was asked to host my own TV cooking show in Japan. I've been a cooking artist ever since. Q: How did you end up at your current position of Marketing Manager at Pieroth Japan? When did you first become interested in Japanese food and wine? A. Mr. Whelehan: I was born into a wine family in Ireland where names such as Antinori (Italy) Mondavi (Napa), Torres (Spain) and many chateaux owners from Bordeaux were often guests. While studying marketing in college, I decided to follow my wine heritage to the Napa Valley. I had an apprenticeship at an area winery and then began studying wine making and viticulture at Napa Valley College while working at Sequoia Grove where I was eventually appointed Cellar Master. I met my Japanese wife in California and she introduced me to sushi and a variety of homemade dishes. We all tend to start with what the trade calls FSF (fruity, soft, "friendly") wines, and in turn, our tastes evolve in a very personal way. It was the same for me with Japanese food, starting with easy things like edamame and sushi, and eventually appreciating more exotic items. We later moved to Tokyo where my job as a wine buyer and marketing manager involved lecturing and training in wine. In addition to completing the Wine and Spirits diploma, I had the honor of elevation as a Chevalier du Tastevin at the Clos Vougeot. I make at least two annual trips to vineyards around the world. Q: Have your annual trips to America influenced your cooking style? How so? A. Ms. Chiba: Definitely. I have seen the importance and the difficulty of eating healthy. My family has always been very health-minded—;as children we ate 'kombu' seaweed as a snack, and we continue to eat as many different types of fish and vegetables as possible in our daily diet avoiding using excess fats when cooking. People's diets have changed so much in recent years, in both Japan and in the United States. They eat much too much red meat and take in a great deal of sugar every day. Personally I know people who have gotten diabetes, dealt with obesity, and have experienced strokes. Now that I live half my time in the States, I want to expand my own personal cooking style to offer readers even more easy-to-follow, nutrient-dense and energy-boosting recipes. Q: Most of the dishes in JAPANESE DISHES FOR WINE LOVERS are what westerners would call "appetizers" or "small plates." What made you decide to feature these dishes? A. Ms. Chiba: Ever since I began cooking, my house became a 'salon,' where friends and business associates came and enjoyed dining. We all seemed to have the same thing in common: our desire to eat delicious and healthy food, and dishes that could be paired with cocktails and fine wines. From then on, I began to create a repertoire

of recipes that are easy-to-prepare and healthy. Small dishes such as those featured in JAPANESE DISHES FOR WINE LOVERS are quite appropriate for party settings. I selected as many different vegetables as possible, and flavor the meat and fish dishes with natural ingredients. For an example, 'yuzu' was something that I used in some of the dishes; it is a citrus fruit with a fragrance somewhat close to an orange. I use its peel to create an appetizing flavor and to bring out its beautiful aroma. Olive oil is the only oil used in my recipes with a little amount at a time for health reasons. 'Delicious' is the key to all of my recipes. Q: What are some "rules of thumb" that cooks should keep in mind when choosing a wine to pair with a particular Japanese or Japanese-inspired dish? A. Mr. Whelehan: First examine the main ingredients: vegetables, white fish, red-meat fish (fattier), white meat (poultry, pork), red meat, etc.; then you can decide which type of wine would be the best to accompany the dish. Secondly, you must check the seasonings so you can decide whether your initial choice stays the same or if you have to move towards a white or a red. By regulating ingredients such as sake, mirin, rice vinegar or soy sauce you can create a more harmonious match. In some cases, you can even change the match if you switch the sauce. For example, if you eat Shabu Shabu with a sauce based on citrus and soy sauce, it will go well with a white. Switch to a sweet sesame sauce and it goes well with red wine that has residual sugar. Mirin and sugar are common. If these ingredients are used to the extent that it leaves a slightly sweet flavor, more than likely it goes well with a wine with residual sugar, while if soy sauce is a key element it will lean towards red. Q: When did the Japanese first start to drink wine? What about pairing food with wine? When did they make their own wine? What was it like then? What about now? A. Mr. Whelehan: There are records towards the end of the 15th century of Japanese drinking wine, but it wasn't until 1874 that the first wine was made domestically. They weren't very successful though. There was no room for wine to penetrate into the typical Japanese diet at that time which was mainly vegetarian due to the influence of Zen monks. Matching food with wine prevails in Japan now through the influence of restaurants and a dramatic change of diet due to a combination of prosperity and globalization, highlighted by the fact that the average height of the Japanese as a race has increased by approximately 12cm since the early 1900's, the net result of switching to a high protein diet that also includes meat. The first commercial winery in Japan was built in Yamanashi at the beginning of the 1900's and it's in existence today as a museum where one can still purchase their most famous product Akadama Port. In the 1960's Japan tried to make cheaper wines to compete with affordable imported wines, which was achieved by using low priced ingredients from overseas. Despite a myriad of problems such as a climate with high humidity, inappropriate grapes and the necessity of wineries in the past to deal with a large number of smallholdings, today grapes are grown in 46 of Japan's 47 prefectures. Wines close to an international standard are starting to appear with much prominence. Q: Give us your idea of the perfect wine tasting/food pairing menu from Japanese Dishes for Wine Lovers. A. Mr. Whelehan: Appetizers with Brut Rose Smoked Salmon and Cucumber Pressed Sushi, p.106 Harumaki, p.36 Fish with Pinot Noir Tuna Tataki with Wasabi, p.100 Fish with Pinot Noir (main Course) Pan-Fried Salmon with Lemon, Soy Sauce, and Thyme, p.72 Dessert with Dessert Wine Kabocha Salad, p.28 Q: Who do you feel is the audience for this cookbook? A. Ms. Chiba: This cookbook is for anyone who loves to eat and drink wine. It's the perfect recipe collection for people who entertain in their home, especially those who have an international group of friends, colleagues, and business associates over on a consistent basis. I believe this book will bring much joy to cooks who are interested in exploring Japan's culinary culture.