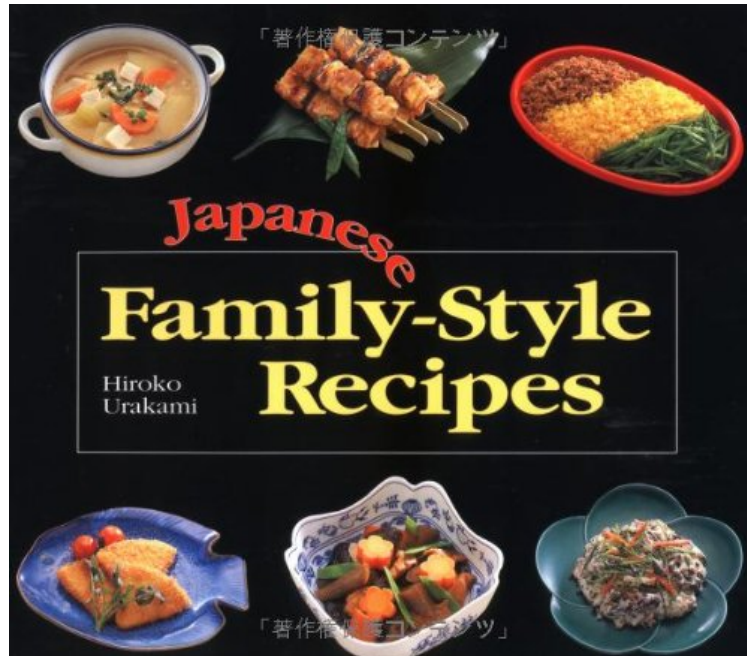


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## Japanese Family-Style Recipes

*Hiroko Urakami*

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**Hiroko Urakami : Japanese Family-Style Recipes** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Japanese Family-Style Recipes:

2 of 2 people found the following review helpful. Excellent Quick Reference for Everyday Cooking By Lars }pacnwAs a preface... this is a USA review from my perspective, some of my comments would be "very funny" if I grew up in Japan. I've had this book for about 7 years. From my first opening of it, I realized this was a perfect match for me. I was born in the USA and am of Japanese heritage. While I did learn a lot from my mom about cooking, she died while I was away at university... I had hoped for an adult cooking relationship with her--she knew cooking was a passion of mine... but unfortunately, I was left with many "uhhh, how do I do this?" This book helped me begin again. I admit I understand cooking, after all, I went to college to get a degree in Food Science, but knowing the "why" does not answer the knowing "how" or "OK... this really makes NO sense." This is a very quick book. It might expect you to know some things about Japanese food (e.g., what the finished product is like--it's mouthfeel, doneness, general taste). For me it has been an "OK... you've had this before... and you've seen it prepared... this is what you do..." I DO use other books for reference because there is a lot I was never taught. The "Joy of Japanese Cooking" and many of the JTB (Japan Tourist Bureau) books help me to understand the differences between the many seaweeds, sesame seeds, greens, etc... that are not in your everyday supermarket (well... maybe if you live in Hawaii..., but I'm in Oregon). Also, the internet is very useful... If you're using , then you're on the net... Recently, I got interested in nukamiso (sorta, pickling in fermented rice) A simple web search revealed pages of articles... Perusing a few pages and about a dozen sites allowed me to understand the concept, variations, etc. Overall, this is one of my favorite "everyday" cookbooks. 0 of 0 people found the following review helpful. Basic Traditional Japanese Cooking By Discount Shopper Great book if you want to do Japanese cooking. I use it every day. If you following the recipe the food is authentic. It is basic every

day Japanese food. I and would not be able to make Japanese food with out it.23 of 23 people found the following review helpful. My Favorite Japanese CookbookBy Robert A. BowersMy wife and I received this book as a gift from a Japanese exchange student 3 years ago. She used it to cook Japanese meals for us and now we use it at least once a week ourselves. We have purchased several other Japanese cookbooks since, but this is the very best we have seen. These are recipes that the Japanese actually prepare for themselves every day. Just an easy to understand cookbook with very delicious recipes. The photos of each recipe are also well photographed and appetizing.

This beautifully illustrated collection of fifty-three recipes represents the best of Japanese home cooking, ranging from soups and main dishes to snacks and desserts. You'll find mouth-watering Chicken-and-Egg Donburi, delicious Yellowtail Teriyaki, and simple yet satisfying Salmon Tea Rice. Dishes Westerners have come to love include that simmering cauldron of beef, tofu, and vegetables known as sukiyaki; grilled chicken kebabs (yakitori); and crispy vegetable tempura. Sure to appeal to America's renewed interest in the virtues of plain home cooking, Japanese Family-Style Recipes presents wholesome, tasty dishes that are not only low in calories but easily prepared by the busy cook in the average kitchen. Gone are the elaborate, time-consuming food preparation and arrangement methods typically associated with Japanese cooking. Written in a clear and practical style, each recipe is accompanied by a tantalizing color photo of the completed dish. Hints for ingredient substitutions are provided, and as a special bonus to the health-conscious cook, a recipe table providing a nutritional analysis per serving.

From Publishers WeeklyA characteristic Japanese family meal, Tokyo-born Urakami tells us, includes "a main dish of fish or meat, a side dish of braised vegetables, and a vinegared salad, accompanied by steamed rice and soup." The 53 recipes here feature vegetables such as sauteed burdock and braised daikon, as well as familiar dishes like yakitori , but as this book is meant for English-speaking cooks everywhere, Americans may find curious the instruction to "coat the pot well with beef suet" in the recipe for sukiyaki . Likewise, for "marinated spicy fresh-water smelt," readers will want to know the size of the smelts (not given), and may be nonplussed by its substitute, "horse mackerel fillets, cut into slices." The recipe for breaded fried swordfish lists only "breadcrumbs for coating fish" instead of panko , the coarse Japanese breadcrumbs that give a typically crunchy surface. Information is rather lacking on Japanese ingredients; in the refreshing-sounding recipe for salad with tofu dressing, the author assumes our familiarity with "deep-fried tofu pouches" and "konnyaku (devil's tongue)sic ." It is necessary to read the front matter; a recipe for the broth called dashi , used in more than half the recipes, appears under "Cooking Notes." Helpfully, each recipe has its own color illustration. Copyright 1992 Cahners Business Information, Inc.About the AuthorHIROKO URAKAMI attended the Tsuji Cooking School before embarking on a career in cooking. She has taught and demonstrated Japanese cooking both at home and abroad for many years. She has served as an instructor of Japanese cooking in the Department of Extension, University of California, Riverside and for more than ten years has hosted the radio program "Hiroko's Joyful Quick Cooking" on Radio Pacific Japan, California. She is an instructor at Yomiuri Culture Center and other culture centers and the author of many cookbooks. She lives with her husband, an economics professor, in Tokyo.