

(Download) Japanese Healthy Sprinkles: Make Healthy Japanese Food

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Masaharu Morimoto, Troy N. Thompson, Roy Yamaguchi
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Masaharu Morimoto, Troy N. Thompson, Roy Yamaguchi : Japanese Healthy Sprinkles: Make Healthy Japanese Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Japanese Healthy Sprinkles: Make Healthy Japanese Food:

0 of 0 people found the following review helpful. Very JapaneseBy DeblynVery Japanese. Extremely healthy and opens you up to an entirely new ingredient - furikake. The book has appetizers, main meals, desserts and cocktails. Well presented, easy to follow and great photos. Only 71 pages but there is a lot of information to read and learn from.3 of 3 people found the following review helpful. A great book for health conscious, but want to try something newBy Helen AtkinsonOn first opening this book, I realized how well presented the information was. This is a very interesting cookbook, showing how versatile Japanese cuisine can be when integrated with other dishes, as well as showing some original dishes. How to make "Furikake Sashimi Pizza" and "Asian Crab Cakes in Ginger Creme Fraiche" were my two particular favorites. The splendid full page photographs look daunting to make for a novice like me, as they are deliciously presented by world renowned chefs, but the ingredients and instructions were simple and easy for me to follow. The book also contains some health conscious Furikake desserts and cocktails for those with a sweet tooth! "Furikake" (which literally means "shake" or "sprinkle"), is used in most of the dishes in this book, and has been traditionally been used by the Japanese to compliment your food. As mentioned in the book it can come in many flavors, such as sesame, pickled plum, salmon, egg, nori, and many more. As for applying it to your own dishes, the only limitation is your imagination! This is a fantastic book if you want to try a healthy new diet, but want to be adventurous in the kitchen!3 of 3 people found the following review helpful. Comprehensive, extensive, inexpensive and delishensive!By Judge MentalFirst, for those who have never heard of it furikake is a Japanese food sprinkle that adds zest to many different types of food. I'm not sure how far back furikake goes, but it's commonly used in Japan on rice. The three chefs featured in Japanese Healthy Sprinkles take this simple yet important part of everyday Japanese eating, and make magic with it.One would think that the recipes would be limited to savory dishes only. Not at all!

Desserts are very well covered, including tofu ice cream, crepes and donuts (I've posted some interior scans under the cover image above). More surprising are the numerous drinks, such as furikake mojito, that are introduced. I'm waiting for summer to try one. Cosmetically, this is a beautiful book, with stunning color photography, hard cover and high-quality print and paper. My only complaint is that it could be thicker. Still, I have yet to attempt even 10 percent of the recipes, so still lots to look forward to. And the great thing about cookbooks, is that they never stop offering enjoyment. Bon appetit! Or, as they say in Japan, gochisou sama desu.

The recipes selected for Furikake reveal the deliciously vibrant imaginations of Chefs Masahiro Morimoto, Troy N. Thompson, and Roy Yamaguchi. While sprinkling your favorite blend of furikake over rice is always a treat, you'll soon discover just how flexible and flavorful furikake can truly be. You'll experience Morimoto's Furikake Donuts, Thompson's Ume (Sour Plum) Popcorn, and Yamaguchi's Furikake Coconut Meringue. Chef Thompson even shows you how he makes his own unique furikake flavors. You can create your own personal blends simply by changing ingredients to fit your taste and mood. Over 30 recipes to experience!