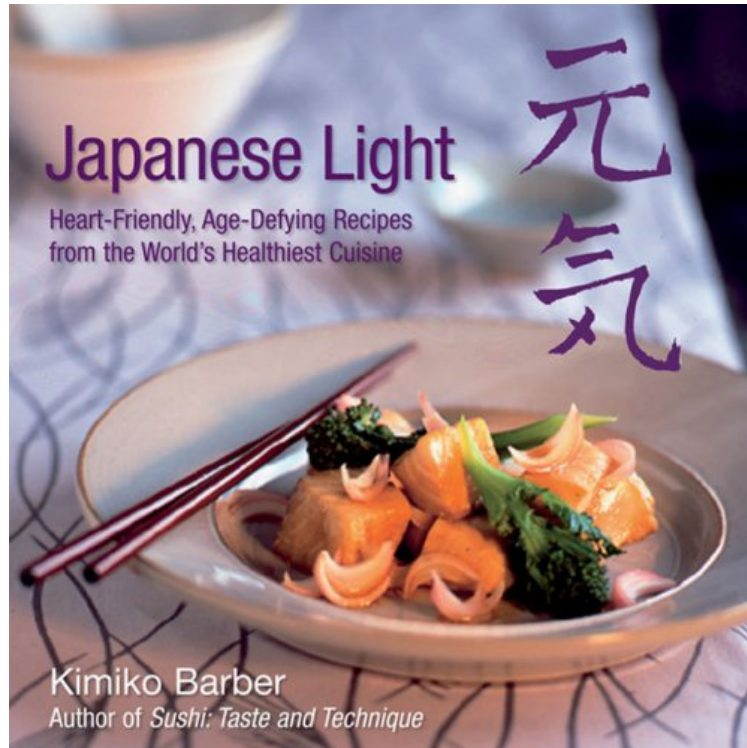



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Japanese Light

Kimiko Barber

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Kimiko Barber : Japanese Light before purchasing it in order to gage whether or not it would be worth my time, and all praised Japanese Light:

1 of 1 people found the following review helpful. Tasty Food but Not So JapaneseBy Weather BoyTo be sure, there are some traditional dishes here, but many are really fusion that often works, but not always. And, strangely, the photos have on more than one occasion not matched the recipe. For example, one recipe calls for watercress but the photo actually shows micro-greens. In another, the meat has a glossy starch-based sauce in the photo but the prepared sauce is actually cloudy. So far, the recipes have not knocked my socks off, but the food is still enjoyable.2 of 3 people found the following review helpful. Might be good if you lived in EnglandBy K. B. FennerI bought this after it was mentioned in our local (Columbia, SC, USA) newspaper. Unfortunately, the measures are in metric and the ingredients are hard to find here. The book might be swell if I lived in England, where it was published, but is not practical here.1 of 1 people found the following review helpful. A nice addition to Japanese cookbook collectionsBy S. LoudonI haven't tried any of the recipes yet, but I'm good at eye-balling recipes and think there are many great ideas here for those who enjoy the flavors of Japanese food. Yes, some things have to be purchased at an Asian market - it's Asian food, for Pete's sake. I live in the middle of the country; if I can find these ingredients, most anyone can. Incidentally, my copy uses American measurements as well.

Japanese cuisine is renowned for being among the healthiest and tastiest in the world. Low-fat and less dependent on meat and dairy products, the Japanese way of eating is exactly how Westerners are trying to eat today. Kimiko Barber

is the perfect teacher to show both beginner and advanced home cooks how to prepare 120 delicious recipes.

About the Author Kimiko Barber teaches and cooks Japanese and Asian fusion cooking. She is the author of DK's *Sushi: Taste Technique*.