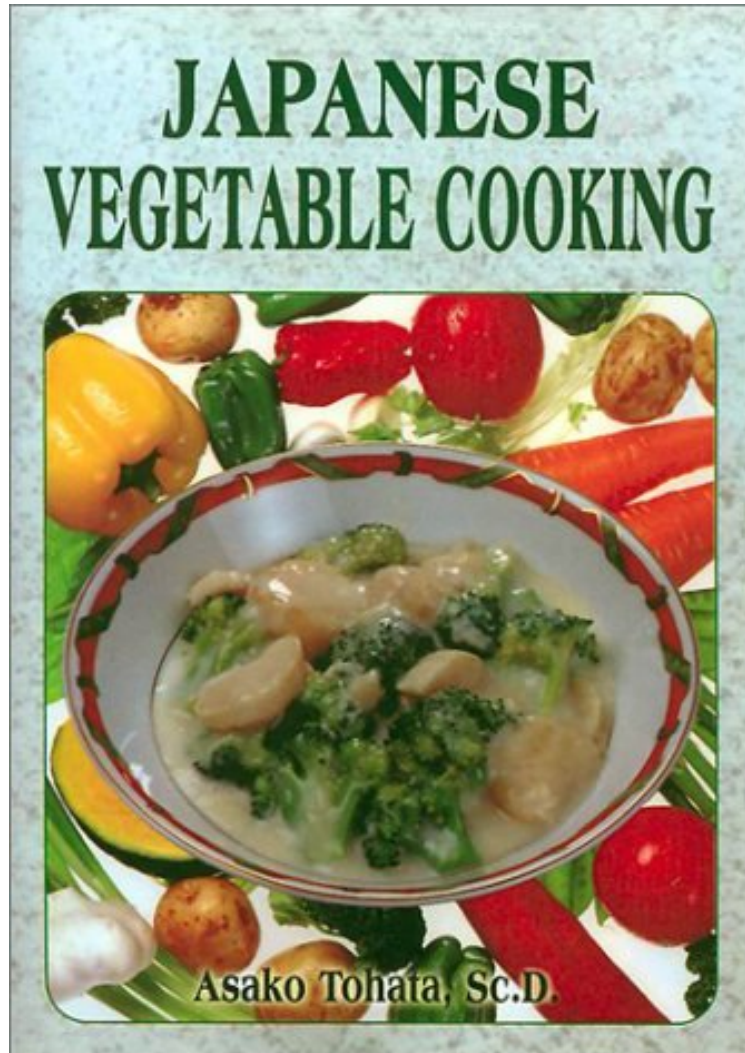


(Mobile book) Japanese Vegetable Cooking

Japanese Vegetable Cooking

Asako Tohata

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Asako Tohata : Japanese Vegetable Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Japanese Vegetable Cooking:

3 of 3 people found the following review helpful. Get it while you canBy angelfoodDo you enjoy Japanese home style cooking? Are you vegetarian or macrobiotic and looking for inspiration? This slim book is a treasure, packed with healthy and delicious recipes you won't encounter in the usual Japanese cookbooks. The health benefits of each vegetable or herb are featured at the top of the page and the recipes are very simple. WARNING: If you do not live in or near a large city with a Japanese grocery many ingredients will be difficult if not impossible to find. I wouldn't want anyone to buy this and be frustrated at the exotic ingredients. But if you are lucky enough to have a bit of yard or land to garden, most of the vegetables featured here are easily grown. I purchased seeds from the Kitizawa Seed Company.

I grew their pumpkins and now they are ready to harvest. I can't wait to try the stuffed pumpkin recipe! Veggie Tip: Instead of ground beef, I use ground Boca or Quorn since I don't eat meat. Almost all of the recipes in this book are vegetable so don't hesitate to buy it on that score. Uwajimaya sells here at and has items like mirin, seaweeds and dried mushrooms. So even if you live out in the country like me, it is still possible to try this fantastic cuisine. Best 1.50 I ever spent, and I am on the hunt for more books like this one. A shame it is out of print.

Each recipe is beautifully illustrated and described in simple detail. The result is an easy-to-follow handbook of delicious dishes that retain the maximum nutritional value of each vegetable.

About the Author DR. TOHATA is a prominent personality in Japan. Specializing in diet and nutrition, she lectures, writes, and appears on TV. She has spoken for many years at Ochanomizu University and Kagawa Nutrition College in Tokyo, and she has written 50 books in Japanese. Dr. Tohata holds a Doctor of Medical Science from Toho University.