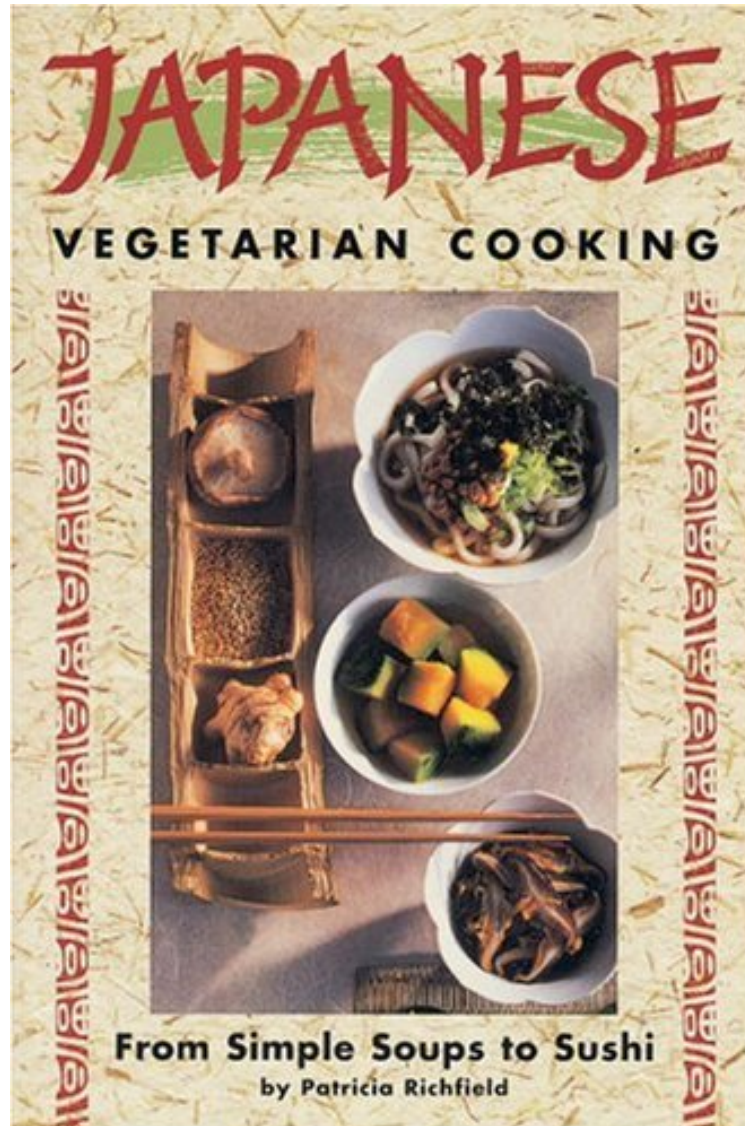


(Read free) Japanese Vegetarian Cooking: From Simple Soups to Sushi

Japanese Vegetarian Cooking: From Simple Soups to Sushi

Patricia Richfield

audiobook / *ebooks / Download PDF / ePub / DOC



[Download](#)

[Read Online](#)

#1113039 in Books Crossing Press 1996-03-01 1996-03-01 Ingredients: Example Ingredients Original language: English PDF # 1 .51 x 6.02 x 8.96l, #File Name: 0895948052176 pages | File size: 67.Mb

Patricia Richfield : Japanese Vegetarian Cooking: From Simple Soups to Sushi before purchasing it in order to gage whether or not it would be worth my time, and all praised Japanese Vegetarian Cooking: From Simple Soups to Sushi:

0 of 0 people found the following review helpful. GREAT recipes if you want Authentic Japanese FoodBy redslippersI bought this book because I missed the food I was eating in Japan and nothing I can find in the states comes close to comparing. I immediately went to the asian market to find all the ingredients I would need to make

authentic Japanese food, (I only chose 2 recipes to start lol) and went home to cook it. Despite the few gaps in the instructions I managed to make passable food that was delicious. I definitely found the familiar taste I was looking for. This is one book that will always survive my book purges. lol 10 of 0 people found the following review helpful. Five Stars By LaurenLeeInspiring. 16 of 17 people found the following review helpful. A good, simple cookbook By Zack Davisson "Japanese Vegetarian Cooking: From Simple Soups to Sushi" is a fantastic beginners guide. The language is simple, the instructions easy to follow and the ingredients easy to find. Many recipes use Sake, Japanese Mirin wine and varieties of Tofu and Seaweed. These are the most difficult ingredients to locate. Although the recipes are simple, they are very good and can be the base of a daily Japanese menu. Full dinners, snacks, lunches, soups and all that are available for cooking. Rice is a main component of most of the dishes, but there are some excellent potato recipes and more vegetable-rich dishes. The glossary of ingredients is a useful addition. I have made many meals using this cookbook, and I will make many more.

Filled with more than 100 recipes for healthful Japanese food that can be prepared in Western kitchens with no special skills, this book also includes information on techniques as well as a glossary of Japanese ingredients and utensils. The recipes range from simple, flavorful soups, rice, tofu, and soybean dishes to drinks and elegant vegetarian sushi.

From Publishers Weekly Richfield, a vegetarian gourmet who has lived in Japan, notes that "Japan, unlike the West, has had a long and varied traditional vegetarian cuisine, evolving and perfecting itself over many centuries." Most of the recipes collected here rely on staple ingredients like tofu (whose 38% protein content equals that of beef) and a wide variety of fresh vegetables (from shiitake mushrooms to sweet potatoes). Short cooking times, she emphasizes, are the key to preserving both the taste and the nutritional value of fresh ingredients. Preparing Japanese food can be surprisingly easy. Its presentation, however, is more complex than many Western cuisines; recipes come with quick explanations detailing how each component in a meal should appear on the table. The clearly explained, streamlined recipes are arranged by category: soups (clear and miso-based); rice dishes, including such sushi as Futomaki, stuffed with mushroom, egg and cucumber; noodle dishes that favor the thick udon or buckwheat soba noodles; and an array of hot and cold vegetable dishes with various vinegar- or sake-based sauces. A comprehensive glossary rounds out a must-have for vegetarians and all health-conscious cooks. Copyright 1996 Reed Business Information, Inc.