

[Free and download] Japanese Vegetarian Cooking

## Japanese Vegetarian Cooking

*Lesley Downer*

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**Lesley Downer : Japanese Vegetarian Cooking** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Japanese Vegetarian Cooking:

4 of 4 people found the following review helpful. Do you love traditional Japanese fare? yes? Get this Book! By Kai Wolff this book is exactly what it claims to be. Leslie compiled recipes from housewives and temples in Japan to create a cookbook full of traditional (not really sushi menu sort of things) foods and types of meals. The book is broken down into major ingredient list although the index lists all recipes with the ingredient. There is a brief description of the ingredient and sometimes an anecdote or two around the topic or recipe. Leslie includes New Year's Day meals and a few other specialties. I think this book is an actual Japanese cooking book rather than a Japanese-American cookbook. For no other reason than Leslie is in fact British. 0 of 0 people found the following review helpful. I am not vegetarian but this was recommended to me by a friend and I have bought ... By KDI am not vegetarian but this was recommended to me by a friend and I have bought several copies for others. Wonderful recipes. 14 of 14 people found the following review helpful. unique and clear By A Customer This is the only good vegetarian Japanese cookbook I have found. The author is a British woman who lived and worked in Japan for several years, and developed vegetarian recipes with the Japanese women she lived with. She is creative and successful in the way she modifies traditional Japanese recipes to fit into a vegetarian lifestyle. She incorporates personal stories and Japanese history into her recipes, making this book fascinating as well as useful!

From Library Journal Four years' residence in rural Japan gave Downer a good knowledge of that basically vegetarian cuisine. She offers three major sections of recipes: vegetables, with chapters for broccoli, chestnuts, etc.; eggs and beans, especially soybeans; and grains. She includes recipes from all parts of Japan, and from temple to farmhouse, and relates a much folklore. Given the breadth of her topic, she's done a good basic job. Most of the preparations are not intricate, expensive, or time-consuming. Some compel a new look at a familiar vegetable. SP Copyright 1987 Reed Business Information, Inc.