



Introduction to Japanese Cuisine: Nature, History and Culture (The Japanese Culinary Academys Complete Japanese Cuisine Series)

Japanese Culinary Academy, Yoshihiro Murata

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Interest in Japanese food in North America has grown exponentially in the last fifteen years, moving well beyond sushi and sashimi. More and more people now appreciate the variety and complex tastes and textures of Japanese food, as well as its emphasis on fresh, seasonal ingredients, and presentation. Words like "dashi" and "umami" are part of our vocabulary.

Along with this interest has come an abundance of Japanese cookbooks, most often with a focus on ease of preparation, and recipes that accommodate local tastes and ingredients. However, professional chefs, who are increasingly acknowledging the influence of Japanese cooking on their own work, are looking for expert information about authentic, traditional Japanese cuisine. "The Complete Japanese Cuisine" series meets this demand.

INTRODUCTION TO JAPANESE CUISINE is the first in this definitive multi-volume series. Created by the renowned Japanese Culinary Academy, an organization dedicated to advancing Japanese cuisine throughout the world, the series is authoritative, comprehensive, and wide-ranging in scope. The writing, design, and photography of each volume meet the highest standards. And although the books are targeted primarily to a professional readership, serious amateur chefs will also find them to be an invaluable resource.

The INTRODUCTION offers an overview and all the fundamentals needed to understand the cuisine and its cultural context. Main chapters include Nature and Climate, History and Development, Artistic Awareness, The Essentials, and Dishes for Seasonal Festivals. Here too are discussions of the health benefits of Japanese food; making dashi and other basics like sushi rice; recipes for the dishes featured earlier in the book; and useful tools like a glossary and a conversion chart for measurements.

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