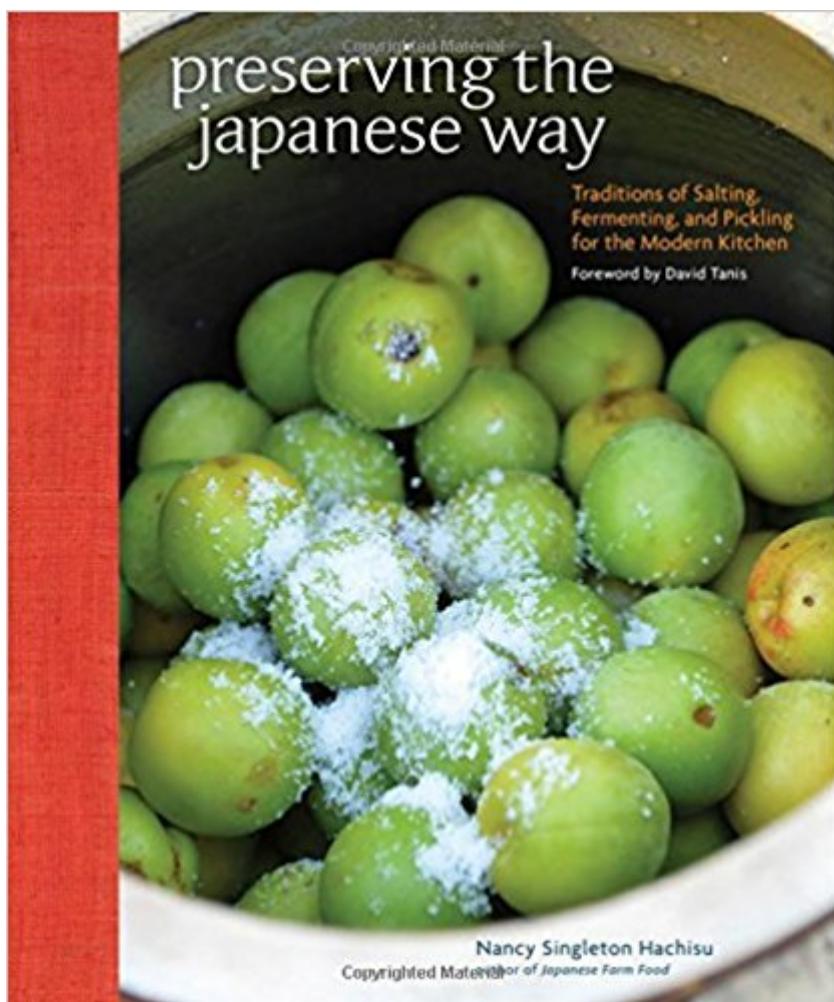


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# Preserving The Japanese Way: Traditions Of Salting, Fermenting, And Pickling For The Modern Kitchen



## Synopsis

Preserving the Japanese Way, nominated for a 2016 James Beard Award in the International Cookbook category, introduces Japanese methods of salting, pickling, and fermenting that are approachable and easy to integrate into a Western cooking repertoire. Documentary-quality photo essays reveal the local Japanese communities that support these long-established preservation practices. It is by Nancy Singleton Hachisu, author of Japanese Farm Food. Preserving the Japanese Way: Traditions of Salting, Fermenting, and Pickling for the Modern Kitchen offers a clear road map for preserving fruits, vegetables, and fish through a nonscientific, farm- or fisherman-centric approach. An essential backdrop to the 125 recipes outlined in this book are the producers and the artisanal products used to make these salted and fermented foods. The more than 350 arresting photos of the barrel maker, fish sauce producer, artisanal vinegar company, 200 hundred-year-old sake producer, and traditional morning pickle markets with local grandmas still selling their wares document an authentic view of the inner circle of Japanese life. Recipe methods range from the ultratraditional—Umeboshi (Salted Sour Plums), Takuan (Half-Dried Daikon Pickled in Rice Bran), and Hakusai (Fermented Napa Cabbage)—to the modern: Zucchini Pickled in Shoyu Koji, Turnips Pickled with Sour Plums, and Small Melons in Sake Lees. Preserving the Japanese Way also introduces and demystifies one of the most fascinating ingredients to hit the food scene in a decade: koji. Koji is neither new nor unusual in the landscape of Japan fermentation, but it has become a cult favorite for quick pickling or marinades. Preserving the Japanese Way is a book about community, seasonality as the root of preserved food, and ultimately about why both are relevant in our lives today. “In Japan, pickling, fermenting, and salting are elevated as a delicious and refined art form, one that Nancy Singleton Hachisu has mastered. This is a gorgeous, thoughtful—dare I say spiritual—guide to the world of Japanese pickling written with clarity and a deep respect for technique and tradition. Nancy understands that salting cherry blossoms and drying squid aren’t just about preserving foods; it’s about preserving a way of life.”—Rick Bayless, author of Authentic Mexican and owner of Frontera Grill “In her first gorgeous book, Nancy delved into the soul of Japanese country cooking. In this stunning new volume, we are introduced to the myriad ways of preserving and fermenting that, like the writing and photography, highlight the gentle elegance and beautiful patience of Japanese cookery.”—Edward Lee, author of Smoke & Pickles and owner of 610 Magnolia “Even if you never yearned to make your own miso or pickle your own vegetables, this beautiful book will change your mind. It’s almost impossible to flip through these pages without wanting to join

Nancy Singleton Hachisu in the lovely meditation of her cooking. This book is unlike anything else out there, and every serious cook will want to own it. —Ruth Reichl, author of *Tender at the Bone* and former editor-in-chief of *Gourmet Magazine*

## Book Information

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## Customer Reviews

Native Californian Nancy Singleton Hachisu has lived with her Japanese farmer husband and three sons in their traditional Japanese farmhouse for the last 27 years in rural Japan, where she served as leader of a local Slow Food convivium for more than a decade. Her first book, *Japanese Farm Food* (Andrews McMeel, September 2012), was praised in the *New York Times*, *London Times*, the *LA Times* and more. TBS and Fuji TV are currently documenting Hachisu's preserving and farm food life in rural Saitama as well as her visits to artisanal producers in more remote areas of Japan.

Reads more like a novel or autobiography than a cookbook, but still fabulous. Lots of essays about life in Japan with recipes speckled throughout really make this book come alive. Many of the ingredients can be hard to find outside of Japan, but there are still plenty that can be made after a trip to a good Asian market! The cooking techniques are simple, and the book demystifies the making of a lot of foods that seem complicated, such as making your own miso paste or umeboshi. Every time I flip through this book, I end up wishing I were living Nancy's life in rural Japan!

Interesting cookbook about Japanese preserving processes. I am most interested in the recipes about fermentation. The ones I've tried so far have turned out well.

Lush, beautiful, and definitely a storybook as much as a cookbook. I live in an area where Japanese markets are not difficult to find so I can source some of the special ingredients without much effort. If you live in an area where that's not the case, there's always online shopping. Either way, this is a good book for learning about Japanese food AND culture from an American immigrant's perspective. It's a heavy, tactile book and delightful to flip through while reading snippets of this and that. I recommend it for those who enjoy food, stories, travel, and understanding other cultures. If all you want is recipes, maybe this isn't for you. But maybe it is.

Just getting into the book now, but it is very thorough and educational outside of having some amazing recipes. A primer on Japan and the Japanese household as much as it is preserving methods. Excited to keep reading!

My son, a chef, loved this book. It is full of beautiful pictures as well as great recipes which are very unique to the typical American palate. He is looking forward to trying out the recipes and using it as inspiration for new creations.

One of the most fascinating, beautiful, well-researched and wonderful books I have ever read. It could be a compelling novel but it's a spectacular cookbook that provides recipes many people have never heard of. The best pictures of traditional artisans at work and food preparation of any book I have read in the last 50 years. I just finished reading the book again. This time I had tried a few things with rather easy to get ingredients in the US (like koji-kin to make shio-koji or shoyu-koji that are so much tastier, nutritious and useful in my professional and home kitchens than I had imagined. Nancy is doing an East coast tour this month and I can't wait to see her!

Superb book !Has opened up a whole new world of preserving (and eating) for me. Beautifully written, well resourced and very clearly explained. Not tedious, but thorough. I literally read it from cover to cover.

This book covers so many vegetables and fish preservation methods each with multiple recipes. Also gives some back story and best times of the year to do certain fermentations. This was really a

great buy and can't wait to try out the recipes!

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