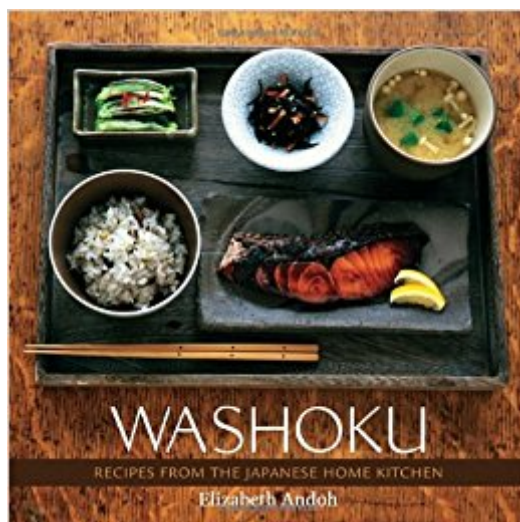


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Washoku: Recipes From The Japanese Home Kitchen



Synopsis

In 1975, *Gourmet* magazine published a series on traditional Japanese food — the first of its kind in a major American food magazine — written by a graduate of the prestigious Yanagihara School of classical cuisine in Tokyo. Today, the author of that groundbreaking series, Elizabeth Andoh, is recognized as the leading English-language authority on the subject. She shares her knowledge and passion for the food culture of Japan in *WASHOKU*, an authoritative, deeply personal tribute to one of the world's most distinctive culinary traditions. Andoh begins by setting forth the ethos of washoku (traditional Japanese food), exploring its nuanced approach to balancing flavor, applying technique, and considering aesthetics hand-in-hand with nutrition. With detailed descriptions of ingredients complemented by stunning full-color photography, the book's comprehensive chapter on the Japanese pantry is practically a book unto itself. The recipes for soups, rice dishes and noodles, meat and poultry, seafood, and desserts are models of clarity and precision, and the rich cultural context and practical notes that Andoh provides help readers master the rhythm and flow of the washoku kitchen. Much more than just a collection of recipes, *WASHOKU* is a journey through a cuisine that is rich in history and as handsome as it is healthful.
Awards 2006 IACP Award Winner
Reviews — “This extensive volume is clearly intended for the cook serious about Japanese food.” — Minneapolis Star Tribune — “. . . scholarly, yet inspirational . . . a foodie might just sit back and read for sheer enjoyment and edification.” — Milwaukee Journal Sentinel

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Customer Reviews

If the food of a culture has a pulse, in Japan that pulse would be called washoku. It's a set of principles in five that takes into account color, taste, ways of preparing food, the diner's senses, and the outlook brought to bear on both the cooking and the dining experience. The result? Meals that are balanced, pleasing, invigorating, healing, and satisfying--all in ways that seep deep into the soul. It's the great good luck of the West that Elizabeth Andoh chose a life in Japan and a focus on food. Her expertise has brought forth the award-winning *An Ocean of Flavor* as well as countless newspaper and magazine pieces. With *Washoku* Andoh takes the reader into the heart of the Japanese home kitchen. She explains the guiding philosophy then brings it into practical terms with a section on the essential washoku pantry. Her section on the washoku kitchen begins with cutting and ends with shaping and molding. Recipes are found in chapters on Stocks and Condiments; Soups; Rice; Noodles; Vegetables; Fish, Meat and Poultry; Tofu and Eggs; and Desserts. You might never prepare an entire Japanese meal from beginning to end (though with this book in hand you certainly could), but there's no reason not to believe you wouldn't begin to include some of these recipes in an expanding foodway. The sauces and condiments are particularly exciting. As is the underlying thinking that goes into how you are cooking and why you are cooking--the washoku of it all. Not a bad lesson to learn from an exemplary teacher. --Schuyler Ingle

* A full-color cookbook featuring more than 140 recipes for the classics of the Japanese home kitchen, written by the leading English-language authority on the cuisine, Elizabeth Andoh, *Gourmet* magazine's correspondent in Japan. * The essentials of the Japanese pantry; the array of herbs and spices, the numerous varieties of miso, tofu, and noodles; are illustrated in full-color photographs. * Andoh's *An Ocean of Flavor* won the IACP cookbook award for Seafood, Meat, and Poultry in 1998.

Great book to get started with Japanese cooking. I love all the pictures and cultural details. There's a lot of recipes that are built off of things that are covered earlier in the book as well, which I think is really cool. There are a lot of recipes in here that I am excited to try out, and they all seem like something that I can do. There are some ingredients that may be hard to find depending on where you live, so just keep that in mind.

Very pretty, But a bit hard to understand, That I nearly fell asleep reading it. I love it, Though, Because it is very detailed. When I was more awake, I read it, And it was very good. Not through it yet, But when I'm finished, I know I'll love it.

Awesome book and well researched.

I am not Japanese, nor have I ever been to Japan, so I cannot judge authenticity. That said, this book takes great pains to explain ingredients, tools and traditional Japanese food culture and concepts. The sections on tools and ingredients are extraordinarily helpful for one not raised in the Japanese culinary tradition, in order to learn the hows and whys of Japanese cooking. I know now what a suribachi and surikogi are, and why one might use them. I know about many types of miso, including regional variation, and I have a feel for the Japanese reliance on foods from the ocean. There is not an extraordinary number of recipes in this book, but the ones that are in the book are approachable in terms of technique. Ingredients are occasionally difficult to find, but the author offers substitutions where she can and suggests sources for others. They really showcase fresh, seasonal flavors, something that Americans forget is key to Japanese cuisine - outside of the sushi bar. This is the best introductory Japanese cookbook written for a Western audience that I've seen thus far, and for anyone interested in learning about Japanese cuisine, I recommend this book highly.

Washoku is a beautiful cookbook and likely a great addition to your collection if you are already familiar with Japanese cuisine, however, for a beginner like myself this not quite what I had hoped for. First, a few notes on the positive - Washoku is a hearty hardcover cookbook that can last many years of regular use. The pages are clear and crisp, and what images are included are indeed gorgeous. I enjoyed the introductory backstory about the author's observations and learning process in the kitchen with her Japanese mother-in-law. Very sweet and personal. The first third or so of this book is a very informative and detailed guide to individual ingredients, broken into sections by product type. This section alone is incredibly helpful and I would love to see an expanded version with more images for reference. Each recipe includes a short description and some include recommendations for variants on the same dish. Now the criticisms - I would give this cookbook a much better rating if I could see and understand what I am trying to make in advance. Japanese cooking is new to me and I'm finding it to be far from intuitive learning process. I blame my own lack of familiarity - but I did have high hopes that this cookbook would be my guide. Unlike the author I don't have an awesome Japanese mother-in-law to show me what to do each step of the way. I just have this book and it isn't quite as detailed or as expansive as I'd hoped. Specifically - I need more detailed instructions regarding preparation steps within each recipe and there are simply not enough

photographs. Visuals of completed recipes cannot be underestimated. Without photographs I cannot know if what I am making is something close to the written description. I won't even know if the dish is going to be served cold, roasted, fried or sautéed until I read through the entire recipe and even then it's not always clear. I had hoped for a rough guide to cooking Japanese food at home (aka - introductory level cooking with simple ingredients) but found most of these dishes require a lot of prep work and small amounts of many ingredients - many of which tend to be very expensive. I purchased all the "10 essential pantry items" and some other items for good measure but still find myself needing another trip to a specialty market every time I cook a new meal. It's just not worth the hassle. Overall I'm giving this title a 4-Star rating based on book quality, but be wary if you are new to Japanese cooking, this may not be the best place to start. I imagine there must be more a more diverse collection of Japanese recipes out there in the world of cookbooks and maybe even one with more instruction. I'll just have to keep looking.

It is a beautiful book with wonderful classic recipes. Some ingredients are hard to find, which makes this cookbook more of a planned ahead Japanese dinner. It is quite fun stocking the kitchen for the many beautiful meals but it can also be very frustrating when you can't find what is required and you're not sure how to make substitutions.

Considered. Insightful. Inspirational. Practical. And beautifully written into the bargain. It sits on my shelf next to Tsujii's original masterpiece A Simple Art, and loses nothing in comparison. The two are Mother and Daughter - the first and last words of a Haiku. Andoh is a treasure. Her work will be treasured every day so long as I am able to cook.

More than a recipe book, this is a journal or a story delightfully and personally told to us. It is also like a dictionary of ingredients and methods. This book is to Japanese cooking what The Joy of Cook is for Western cooking. If you are new to Japanese ingredients (like me) it will take you some time to familiarize with the recipes, but after your first trip to the oriental supermarket you will get into it and realize how easy will be to follow this with the rest of the recipes. I started with a basic miso soup with mushrooms and it was way better than the one at the restaurants. Note that it is not a source of Sushi making, but Japanese home cooking!! All very healthy and spiritual

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