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# From The Source - Japan (Lonely Planet)



## Synopsis

Lonely Planet presents Japan's most authentic dishes - direct from the kitchens where they were perfected. From street-food vendors to Michelin-starred chefs, Japan's best local cooks share their passion for food and 60 of their region's classic recipes - from steaming soups and silky ramen noodles to fresh, hand-rolled sushi. Recipes include: Takoyaki - octopus balls Sukiyaki - soy-simmered beef Okonomiyaki - savoury pancakes Torinabe - Chicken and vegetable hotpot Iwashi sushi - Sardine sushi Tonkatsu - deep-fried breaded pork cutlet Teppo-jiru - miso soup with crab Soki soba - Okinawan pork rib ramen with a pork broth And more! It would be easy to assume that Japanese cuisine is all about the food itself. But no. Or at least, it's not only about the food. The cuisine of this teeming archipelago of 3000 islands is a living part of its culture. In Japan, it's believed that food should be devoured with all five senses: not just smell, taste and sight, but also touch (the texture of the ingredients, the smooth warmth of bamboo chopsticks), and even sound (a high-end ryotei is oddly quiet, the better to appreciate the experience of eating). Any Japanese meal - from a simple home-cooked fare to the most structured, formal kaiseki - aims to blend each of these elements for balance and nutrition. Unsurprisingly, this provides myriad benefits for our health, as does the act of lingering over our food and cherishing each mouthful with all our senses - the latter has been proven to aid digestion and portion control. It's clear that meals taken the traditional Japanese way are good for us. That they are such a pleasure to consume, too? Well, that's just a happy coincidence. With sumptuous, original photography and inside stories and tips from Japan's best local cooks of the history, legend, emotion, and process behind each recipe, From the Source - Japan represents global food at its most thrilling. The perfect book for foodies and travel enthusiasts alike! Also check out: From the Source - Spain From the Source - Italy From the Source - Thailand About Lonely Planet: Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, as well as an award-winning website, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, and 2015 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia)

## Book Information

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## **Customer Reviews**

Very interesting! Great recipes from true local people

I wrote a 5-star review for Master Chef Morimoto's new book, Mastering the Art of Japanese Home Cooking. In my positive review, I suggested Master Morimoto follow up his great new cookbook with a second volume wherein he would feature Japanese dishes created by wonderful Japanese chefs cooking in Japan today (e.g. Iron Chef Mishiba, Master chefs Ohta and Kandagawa, etc.). I still wish to see such a book, but this book here does much of the same thing I proposed to Master Morimoto: feature wonderful Japanese dishes cooked by master chefs living, breathing, and cooking in Japan (not some small enclave in New Jersey). The chefs in this collection are successful chefs in Japan and are teaching unadulterated no-short-cut Japanese traditional dishes; whenever a chef puts a unique twist on a dish, the slight variation is unique without violating genuine Japanese culinary tradition (no potato chips or coca cola in these Japanese dishes). I love Morimoto, and his dishes work, but I was also very happy to see so many Japanese chefs (not just a single chef) teaching dozens of Japanese recipes. There is at least one-full page color photo for every dish; in fact, it's impossible to turn a page without a color photo of food (not missing teeth or shrubs) on it. Good

Japanese cookbooks are extremely difficult to find in English and what we finally have here is NOT a good Japanese cookbook, but a great one. But please don't take my word for it: Zen yourself to a local library or bookstore and peek into this wonderful collection. And while you're at it, check out all of the other books in the series. I guarantee you your mind will be blown away by the fact that each cookbook in the series is phenomenal. There is no weak volume in the series. Great for foodies who want ethnic cuisine taught by native masters! Buy this book along with Master Morimoto's Mastering the Art of Japanese Home Cooking and you'll have a great two volume set of yummy Japanese dishes.

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