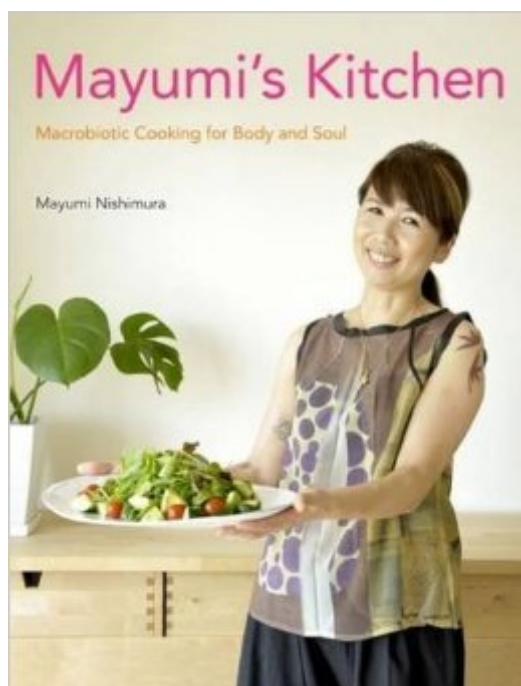


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# Mayumi's Kitchen: Macrobiotic Cooking For Body And Soul



## Synopsis

In *Mayumi's Kitchen*, Mayumi Nishimura, a leading figure in the macrobiotics world and Madonna's private macrobiotic chef, shares her recipes for delicious food that nourishes the body and the soul. Macrobiotics is a healthy, nature-friendly way of life based on a diet of whole grains, vegetables, and beans. People all over the world, including many Hollywood stars, have embraced a macrobiotic diet because of its health benefits including higher energy, beautiful skin, a tranquil mind, and a greater sense of connection with the universe. Mayumi's unique style of cooking is healthful, intuitive, and easy to stick with. She draws her inspiration not only from Japanese food, which she grew up eating, but also from Chinese, French, Italian, and other cuisines, as well as from macrobiotic traditions. Above all, though, she believes that enjoyment is the key to sustaining healthy eating habits, and she offers more than 130 recipes for a wide variety of dishes including soups, pastas, brown rice, grain, and bean dishes, even party foods and desserts. The centerpiece of *Mayumi's Kitchen* is her ten-day detox diet, followed by meal-planning tips and the recipes, all lavishly illustrated with color photos. Mayumi also explains unfamiliar techniques with step-by-step pictures and discusses nutritional value and energy quality. A perfect introduction for beginners, *Mayumi's Kitchen* will be welcomed by lifelong macrobiotic practitioners as well. "Not only are you the best chef in the world...your amazing food helped me to be a happier, healthier person, balanced in body and mind." -- Madonna (from the Preface) --Madonna (from the Preface)"Mayumi makes beautiful, energizing food, which I have been lucky enough to enjoy many times over the years. I am thrilled that now everyone can have a chance to experience the effects of her meals, which are as healing and healthy as one can get!"--Gwyneth Paltrow"When people think of macrobiotics, they think of healing and recovery, but they rarely think of gorgeous, yummy food. *Mayumi's Kitchen* changes all that."--Christina Pirello, Emmy Award-winning host of *Christina Cooks* on national public television and best-selling cookbook author"Mayumi has long been one of my favorite chefs in the world-her cooking is infused with love, joy, and the spirit of a true artist. So it's no surprise to me that this wonderful book is as inviting as her food-gorgeous, friendly, and welcoming."--Jessica Porter, author, *The Hip Chick's Guide to Macrobiotics*"In this book and its recipes, Mayumi captures the beauty and spirit of macrobiotics and natural foods cuisine. She has inspired many toward a healthful lifestyle, and will continue to do so with this wonderful book."--Dr. Lawrence Haruo Kushi, nutritional epidemiologist"With years of innovative experience, Mayumi Nishimura brings food to life with a balanced sense of taste, color, and good nutrition. The recipes and artistic photography in *Mayumi's Kitchen* are sure to make your mouth water and your lips quiver! This is whole food kitchen inspiration at its best."--Verne Varona, author, *Macrobiotics for*

Dummies

## Book Information

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## Customer Reviews

I am not an expert on macrobiotics, so let me place that disclaimer up front and center. I

pre-ordered this book, and just got it yesterday. For the size of this book, there is much to love. The recipes are straightforward, and for the most part do not require ingredients too awfully obscure.

There is a particular grain that I would probably have to mail order for (although she does offer substitutes), but the rest of the lists include things I usually have on hand as someone who has already started delving into this way of eating. (Ume plum vinegar, daikon, greens, sesame oils, etc.) I'm excited to try so many of the recipes - the spring rolls, "ja-ja" tofu, salmon soup, the noodle dishes, pressed salads, nori rolls ... I wish I had the book here with me; I could be more specific!

You won't find in-depth macrobiotic theory here, for which I'm grateful. If you want to really learn the theory of macrobiotics, I'd recommend *Macrobiotics for Dummies*, or one of Simon Brown's books on the subject. Here, you find a book that tells a bit about Mayumi and her story, which is nice, but mostly, it's packed with recipes. There are helpful color photos everywhere - of the finished dishes, dishes being prepared, step-by-step instructions, and a lot more. I love the way the

sauces/dressings are organized and laid out. First, a double page with a small overhead shot of each sauce, and a description of it and the many ways you can use it. Next page, you'll find the recipes. She's got a nice detox plan in here, as well. I really like how she makes use of leftovers in these menus. No waste, and the food gets used quickly, for optimum nutrition.

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