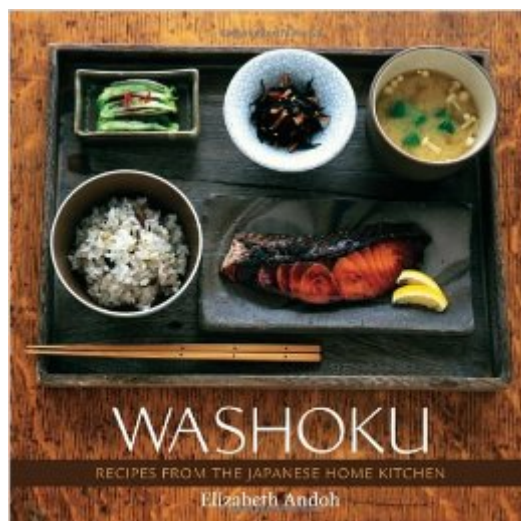


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# Washoku: Recipes From The Japanese Home Kitchen



## 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

## Book Information

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## Customer Reviews

This is definitely a five-star book in theory. It's probably the only Japanese cookbook that comes close to Shizuo Tsuji's in its thoroughness and completeness. But that's also the downfall of this book, it is really too similar to Japanese Cooking: A Simple Art without offering anything that breaks through the precedent. Those of us who own and cook from the previous book a lot might find this book a little bit boring. As soon as I got this book I thumbed through the pages and I only picked out 4 recipes at first blush that I really felt like I needed to try. This is a pretty good size book, too. I've cooked more than those 4 since then, but the book didn't have the profound impact on me that it should have, probably because I've read it all before in Japanese Cooking. I will say though, that this book can offer some things that Japanese Cooking doesn't have, mainly photography. There are pictures not only of finished dishes but of ingredients too, and even though those are artistically well done they are also quite informative. It helps to know what something looks like when you're looking for it in a store, I would suppose. But there are some steps skipped in this book that Japanese Cooking doesn't overlook. A specific example is a couple days ago when I made an asparagus and black sesame salad from Washoku to go along with lunch. Earlier today I was just perusing Japanese Cooking when it mentioned to never use wet ingredients in an aemono. Oops, nothing was mentioned about that in Washoku. I checked and sure enough, my salad, which was perfectly nutty and crisp at lunch, was now sitting in a pool of gray asparagus water.

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