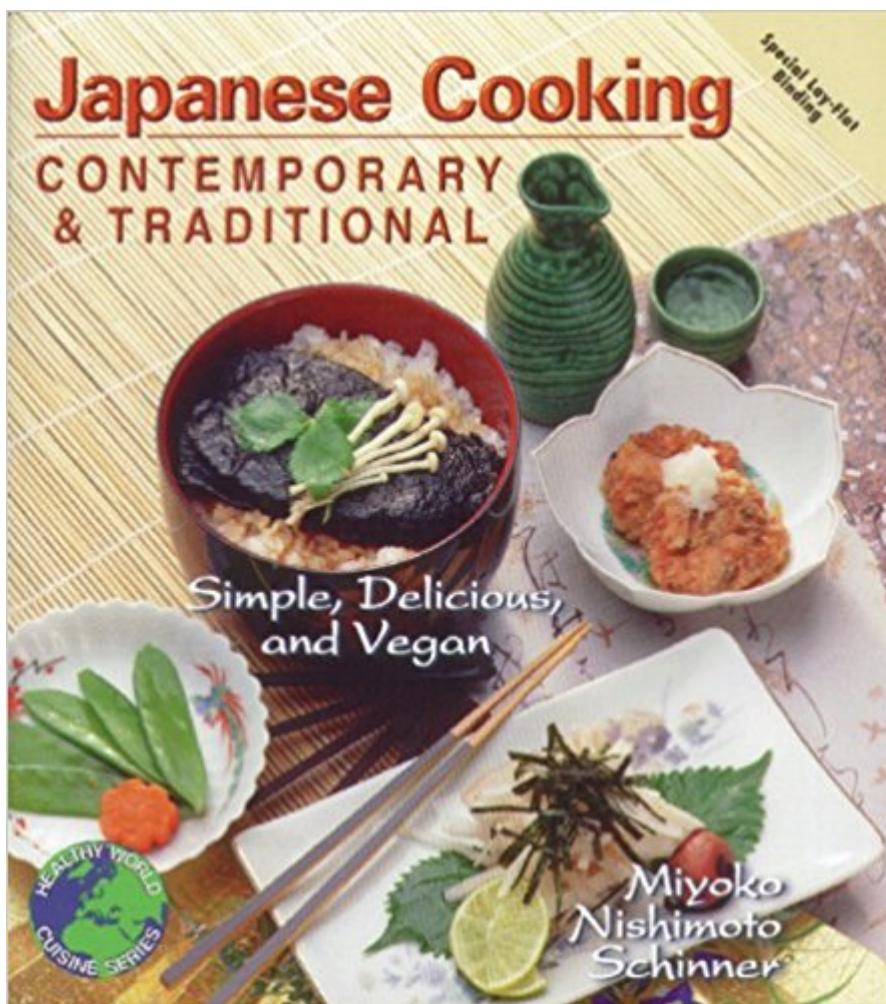


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# Japanese Cooking: Contemporary & Traditional [Simple, Delicious, And Vegan]



## Synopsis

Japanese and vegetarian food expert Miyoko Nishimoto Schinner presents traditional Japanese dishes and regional specialties from Kyusju in the south to Hokkaido in the north. She draws from a long tradition of vegetarian cooking in Buddhist temples, as well as an abundance of vegetable- and legume-based dishes that can be found in traditional Japanese cuisine. For those dishes that are usually prepared with meat, fish or fowl, Miyoko has created innovative substitutes utilizing tofu, seitan, and other vegetarian foods to create what is truly a unique vegan cookbook.

## Book Information

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## Customer Reviews

Recipes feature traditional Japanese dishes and regional specialities from Kyushu in the south to Hokkaido in the north, as well as special fusion dishes. The author has created innovative substitutes for meat and fish utilizing tofu, seitan, and other vegetarian foods to create a truly unique Japanese cookbook.

Miyoko Nishimoto Schinner , born in Yokohama, Japan ran Now & Zen Bakery in San Francisco. She also developed a line of gourmet cakes and vegetarian meat substitutes commercially sold across the country, and invented Hip Whip, a natural vegan cool whip. She is the author of the New Now & Zen Epicure.

I've learned so much from this book about subtle flavors in cooking. One of my favorites from this

book is Simple Spinach with Sesame Oil, which is pretty much what it sounds like. Many of the dishes are very simple (once you've procured the ingredients from an asian grocery), and once you get the hang of the ones in the book it's easy to experiment with making any of your favorite foods Japanese-style. I will never be as good at presentation as the lovely photos on the cover, but the food tastes good just the same.

My husband had this before but we lost it in a move. It's so awesome we had to order a new one! So many easy and yummy recipes! Curry Udon, omg, so amazing, we eat it often thanks to this excellent cook book!!

The recipient of this was most pleased. Me. Too much work, I'd rather eat Chinese out. :)

This is easy to use and fun to read. The cooking techniques are manageable and easily adaptable for those of us who have a lot of macrobiotic ingredients already on hand. What a treasure to finding a vegetarian cookbook for Japanese food!

I have made about 10 of the recipes so far, and every one is so delicious. Konyakku is one of my new favorite foods, and the recipe for the curry udon is super good. Japanese curry is very unique, and the flavor and sweetness of this one is just like the ones I've had in restaurants. I also never realized it, but there are really no spices in Japanese cooking, all of the flavors come from fresh ingredients and various sauces. The glossary is also excellent (and very helpful!) to have cuz it explains a lot about various Japanese cooking/food words. If you're vegan and love Japanese food, get this book!

I really love this book of recipes. I've been looking for Japanese cookbooks that don't rely on meat or fish, and this is the one. There are delicious and simple recipes in here from noodles, salads, soups, tofu, donburi, tempura, even homemade Japanese curry or gyoza from scratch. The only downside is that there are zero pictures in the book of the foods. But with the selection here, that really does not matter!!!

I love trying new food but as a vegetarian I feel like I miss out on a lot of traditional dishes... I definitely enjoyed making some of the recipes out of this book

Nice cookbook. Japanese cooking has changed a lot during the last several decades, and this book includes a lot of newer trends. A good companion to older Japanese cookbooks.

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