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Japanese Farm Food



Synopsis

Japanese Farm Food offers a unique look into life on a Japanese farm through 165 simple, clear-flavored recipes along with personal stories and over 350 stunning photographs. It is a book about love, community, and life in rural Japan. Nancy Singleton Hachisu's second book, *Preserving the Japanese Way*, nominated for the 2016 James Beard Award in the International Cookbook category, takes a deeper look into the techniques, recipes, and local producers associated with Japanese preserving. Gourmand World Cookbook Awards 2012: USA Winner, Best Japanese Cuisine Book "Our life centers on the farm and the field. We eat what we grow." --Nancy Singleton Hachisu, *Japanese Farm Food* offers a unique window into life on a Japanese farm through the simple, clear-flavored recipes cooked from family crops and other local, organic products. The multitude of vibrant images by Kenji Miura of green fields, a traditional farmhouse, antique baskets, and ceramic bowls filled with beautiful, simple dishes are interwoven with Japanese indigo fabrics to convey an intimate, authentic portrait of life and food on a Japanese farm. With a focus on fresh and thoughtfully sourced ingredients, the recipes in *Japanese Farm Food* are perfect for fans of farmers' markets, and for home cooks looking for accessible Japanese dishes. Personal stories about family and farm life complete this incredible volume. American born and raised, Nancy Singleton Hachisu lives with her husband and teenage sons on a rural Japanese farm, where they prepare these 165 bright, seasonal dishes. The recipes are organized logically with the intention of reassuring you how easy it is to cook Japanese food. Not just a book about Japanese food, *Japanese Farm Food* is a book about love, life on the farm, and community. Covering everything from pickles and soups to noodles, rice, and dipping sauces, with a special emphasis on vegetables, Hachisu demystifies the rural Japanese kitchen, laying bare the essential ingredients, equipment, and techniques needed for Japanese home cooking. "Nancy Hachisu is...intrepid. Outrageously creative. Intensely passionate. Committed. True and real. I urge you to cook from this book with abandon, but first read it like a memoir, chapter by chapter, and you will share in the story of a modern-day family, a totally unique and extraordinary one." --Patricia Wells "This book is both an intimate portrait of Nancy's life on the farm, and an important work that shows the universality of an authentic food culture." --Alice Waters "The modest title *Japanese Farm Food* turns out to be large, embracing and perhaps surprising. Unlike the farm-to-table life as we know it here, where precious farm foods are cooked with recipes, often with some elaboration, real farm food means eating the same thing day after day when it's plentiful, putting it up for when it's not, and cooking it very, very simply because the farm demands so much more time in the field than in the kitchen. This beautiful, touching, and ultimately common sense book is about

a life that's balanced between the idea that a life chooses you and that you in turn choose it and then live it wholeheartedly and largely. Thank you, Nancy, for sharing your rich, intentional and truly inspiring life." --Deborah Madison "Nancy Hachisu's amazing depth of knowledge of Japanese food and culture shines through in every part of this book. You will feel as if you live next door to her...savoring and learning her down-to-earth approach to cooking and to loving food."

--Hiroko Shimbo "Taking a peek into Nancy Hachisu's stunning Japanese Farm Food is like entering a magical world. It's a Japan that used to be, not the modern Japan defined by the busyness of Tokyo, but a more timeless place, a place whose rhythms are set by seasons and traditions and the work of the farm. Japanese Farm Food is so much more than a cookbook. This book has soul. Every vegetable, every tool has a story. Who grew this eggplant? Who made this soy sauce? Nancy doesn't have to ask, "Where does my food come from?" She knows. Here's a woman who grows and harvests her own rice, grain by grain. Not that she asks or expects us to do the same at all. What she does offer is a glimpse into her life in rural Japan, with its shoji screens and filtered light, and recipes from her farm kitchen that you can't wait to try."

--Elise Bauer, SimplyRecipes.com "Japanese Farm Food is a lovely book about the culture, landscape, and food of Japan, a true insider's view of the Japanese kitchen, from farm to table, by a passionate and talented writer." --Michael Ruhlman

Book Information

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Customer Reviews

"This book is both an intimate portrait of Nancy's life on the farm, and an important work that shows the universality of an authentic food culture." (Alice Waters) "The book offers a breadth of

information, with lessons about Japanese products and techniques, and instructions for everything from homemade tofu to udon noodles. But for me, the recipes for simple vegetable dishes, often flavored with only a bit of miso or a splash of sake, are the most fascinating" (David Tanis, New York Times)"In her sumptuous exploration of Japanese dishes, Nancy Singleton Hachisu expertly blends all of these, creating a memorable collection that will appeal not just to cooks but to anyone who appreciates a simple, lovingly prepared meal." (Elizabeth Millard, Foreword Reviews)"With simple, nourishing dishes and richly detailed stories of Japanese farm life, Nancy Sington Hachisu creates a whole world between the fabric-bound covers of this book. Once you step inside, it's very tempting to stay." (Emma Christensen, The Kitchn)"Essays on the author's years in Japan and lush photos make the book as great a pleasure to peruse as it is to cook from." (Karen Shimizu, Saveur)

Native Californian Nancy Singleton Hachisu has lived with her Japanese farmer husband and three sons in their 80-year old traditional farmhouse for the last 27 years in rural Japan, where she served as the leader of a local Slow Food convivium for more than a decade. She moved from California to Japan in 1988, with the intention to stay for a year, learn Japanese, and return to the United States. Instead, she fell in love with a farmer, the culture, and the food, and has made the country her home. Nancy has taught cooking classes for nearly 20 years, and also runs a children's English immersion program that prepares home-cooked meals with local ingredients. TBS and Fuji TV are currently documenting Hachisu's preserving and farm food life in rural Saitama as well as her visits to artisanal producers in more remote areas of Japan.

I bought this because the amount of, or lack of, ingredients in each dish was appealing. It was basic without any huge flare of large amount of spices...but the tastes...oh my, the tastes...are amazing. I have made many, many dishes and they all have been delicious. I even cooked for some of my friends who were in town from Tokyo, and they were blown away that a little white girl from the US could make traditional Japanese food so good and so authentic. They loved it, and they weren't just being nice. This book is the real deal and I highly recommend it.

This book is beautifully presented and showcases the author's deep love of growing, cultivating, and raising the food/animals that are used in the recipes that she presents. I like that the book is more than a cookbook. It is imbued with an appreciation for Japanese culture and graciousness towards the community that inspires the recipes. It is also interesting to read the perspective of an American

who has assimilated into Japanese culture and now calls it her own in a cookbook. The recipes themselves are simple and easy to follow. This is not the cookbook for someone who looking to find complex, fancy Japanese dishes, but presents hearty, delicious home-cooking. I would say this is a good starter book for anyone starting to delve into Japanese cooking.

Japanese Farm Food takes Japanese food a long way from sushi! There are sumptuous soups and stews. There are instructions on how to make the perfect rice. The book is so inspiring that I am now determined to make ramen noodles and tofu from scratch! The great thing about this book is that the the techniques and even some of the recipes can be used for any style of cooking. For instance, the beautiful fish broth made from a whole fish can be used in dishes like clam chowder or any kind of seafood bisque. Beyond the recipes, there were the wonderful stories about Nancy Singleton Hachisu's life on the farm. Japanese Farm Food is a delightfully readable and inspiring cookbook!

I almost wish this was more of a personal journal although I bought it for the recipes. Nancy successfully combines tidbits of her life on a Japanese farm with instructions for making hearty food, leaving me wanting to know more about her farm and her life in Japan. The most helpful part of the cookbook is the concept of recipe ratios - it makes perfect sense and I'm so glad she uses it. I think my grandmother cooked using the same method in Ohio but the knowledge seems to have gotten lost in the last 30 years. Great book!

Nancy's book is a example of how an outsider can sometimes better describe a product, process or thing than a "local". This book taught me so much about the country I live in and the foods I eat. There is so much to learn and the author delivers in spades. Highly recommended on details and breath of information. I enjoy rereading it.

Very Good Book and quite factual. I like Nancy lived in Japan for 5 years while serving in the Air Force. Bought a house and got married. She brings back many memories and anyone that has ever visited Japan would enjoy this book. We enjoyed the receipes although my wife puts a different spin on some of them since she lived in a different area of Japan. This book is very factual and a must read if you visited Japan. Read the book and try to make some of the dishes. You will enjoy the book even more.

The compelling and very skillfully written intimate journal/recipe book of an American woman's adaptation to and love of all things Japanese after meeting and marrying a native farmer in Japan. A charming chronicle of her family's daily way with what the seasons offer; Japan's cultural, spiritual and spirited context and the contemplations of its author "a hearty and vivid cook, wife, mother and community nurturer. Inspirational, international, very individual, practical. Worth being widely read.

I love this book! Sometimes I wish I was the author! Obviously not everyone's life is perfect, but with regards to the culinary world, she is living my dream! The pictures are beautiful, and I really appreciate the cultural introductions the book gives because it's a part of Japan that I haven't seen before in media, film, etc. The recipes look simple and delicious!(I haven't made anything yet!) I would recommend this to a friend because it provides a different side of Japanese cuisine.

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