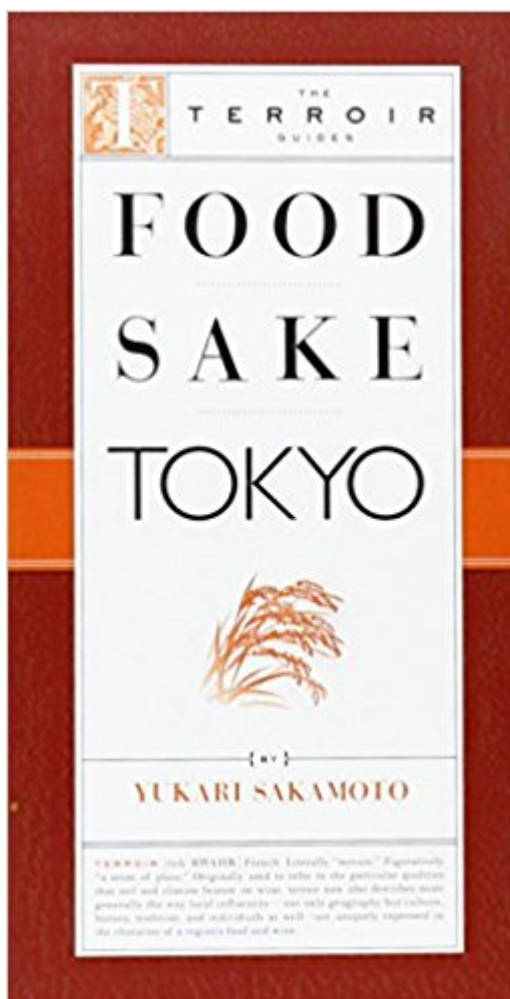


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# Food Sake Tokyo (The Terroir Guides)



## Synopsis

Chef, sommelier, journalist, and restaurant consultant Yukari Sakamoto guides the reader through the gourmet delights of this fascinating city—from the world's largest fish market to the Kappabashi kitchenware district. She is a Japanese American whose insider's view of Japanese cuisine started when she took a unique position in the *depachika* (epicurean food hall) at the world-renowned Takashimaya department store in Tokyo. *Food Sake Tokyo* demystifies the ingredients, traditional dishes, and culture surrounding all things culinary in Tokyo. Sakamoto leads the reader to the best food that Tokyo has to offer, explaining and sampling along the way. You'll learn which sushi fish are in season throughout the year; where to find the best knives, lacquerware, pottery, and kitchen gadgets; how to choose sake and shochu. The guide includes lively primers on sea vegetables and wagashi (Japanese confections), cheap eats, and dining customs, as well as how the specialty foods of Japan are produced and prepared and the country's unique food traditions. For anyone interested in Japanese food, this is a must-have lexicon of the tastes and fashions of Tokyo's cuisine.

## Book Information

Series: The Terroir Guides

Paperback: 304 pages

Publisher: Little Bookroom; Main edition (May 18, 2010)

Language: English

ISBN-10: 189214574X

ISBN-13: 978-1892145741

Product Dimensions: 4.3 x 0.7 x 8.4 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 24 customer reviews

Best Sellers Rank: #190,360 in Books (See Top 100 in Books) #19 in Books > Travel > Asia > Japan > Tokyo #67 in Books > Cookbooks, Food & Wine > Asian Cooking > Japanese #81 in Books > Travel > Asia > Japan > General

## Customer Reviews

"Where to eat sushi in Tsukiji if you don't want to wait in line? How to find the finest wagashi confections, sake or shochu, handmade rice crackers or croissants to rival the best in Paris? These conundrums and plenty more are answered in Yukari Sakamoto's *Food Sake Tokyo*, the first proper English-language guide devoted specifically to eating and drinking in the megalopolis. Sakamoto

has filled her little volume with all the intelligence she has gleaned over many years living and working in the city." -Japan Times

“Tokyo is notoriously hard to navigate, but the densely populated Japanese capital might seem especially overwhelming when it comes to deciphering its restaurants, markets and bars. Never fear” chef, sommelier, journalist and culinary consultant Yukari Sakamoto guides the reader through the best of this city in *Food Sake Tokyo*...

Sakamoto provides a glossary of food terms and a guide to restaurant etiquette. In the first half of the book, she demystifies the central ingredients of Japanese cuisine. In the second half, she lists restaurants, shops and bars organized by neighborhoods, with addresses in English and Japanese.

• “Pittsburgh Tribune” *Food Sake Tokyo* is the ideal guide for indulging in the best of Tokyo dining and drinking, whether you’re a first-time visitor or a Japanophile foodie keen on discovering new favorites.

• “The Examiner” Chef, educator and food journalist Yukari Sakamoto has just published a new book: *Food Sake Tokyo*, a fabulous guide to the city’s eats. Go Yukari! I first met Yukari a few years ago; I’ve always learned a ton when she lectures on Japanese food. Her book reflects her deep, deep knowledge -- what I love about it is the incredible, broad and extensive details she shares, from the phrase for “juicy meat” to a detailed rundown of the stores in Kappabashi, the city’s restaurant supply district, to a listing of “antenna shops” (read the book to find out what that means!) to wonderful culinary itineraries. I am so impressed by how much work Yukari has put into this book. If you’re into food and heading to Tokyo, this is your guide.”

• Harris Salat, *The Japanese Food Report* “Japanese-American chef and sommelier Yukari Sakamoto unveils the diversity and subtlety of Japanese food...She explains Japanese food philosophy, offers advice on basic etiquette and proper attire, introduces the basic ingredients of the Japanese pantry, and describes the astonishing number and types of restaurants.”--The Chicago Tribune

• PRAISE FOR THE TERROIR GUIDES: “Getting to the heart of regional cuisine can be a tall order, but *The Terroir Guides* ably examine the interplay between markets, local food artisans, winemakers, and chefs on a town-by-town basis, taking the reader from field to plate and making a great companion for any food-obsessed tourist...packed with local history, food lore, and useful translations.”

• Sherman’s Travel “When I travel, food is naturally a primary focus, but most guidebooks provide minimal information in that realm. Thankfully, The Little Bookroom is publishing *Terroir Guides*, a series for the foodie traveler that focuses entirely on culinary delights.”

• Cravings “I love *The Terroir Guides*. They give me everything I want. They’re a tactile pleasure, compact, meaty. They’re lovely to look at, elegantly laid out, mutedly and tastefully colored...positively overflowing with the Who, What, Where and How even an intrepidly independent traveler should know...The Little Bookroom has a knack for putting guidebooks into print that are as

useful as they are beautiful." &mdash;Wine News "I advise you not to go [to Tokyo] without Food Sake Tokyo tucked into your tote. Digest [Sakamoto's] preamble on the mysteries of Japanese dining rules and rituals and then follow her footsteps to the best places to eat and drink and shop, to snack and splurge."Gael Greene, Forkplay

Trained at the French Culinary Institute and the American Sommelier Association, Yukari Sakamoto was the first non-Japanese to pass the rigorous exam to become a *shochu* adviser. • She has taught classes on food, wine, and *shochu*, and has conducted culinary tours of Tokyo's shops and markets. Her writing has been featured in such publications as Food & Wine, Travel & Leisure, Time, The Washington Post, and Time Out Tokyo. She divides her time between Tokyo and New York City. Tokyo native Takuya Suzuki specializes in food, travel, and culture photography. His work can be seen in magazines like Brutus, Goethe, Sotokoto, and Hers, among others.

Food should be one of the highlights of any trip to Japan, and eating your way through Tokyo really is a joy. But where to eat? There are thousands upon thousands of restaurants, many of which specialize in just one thing. Websites like TripAdvisor have extensive coverage of Tokyo these days, but the amount of information is so overwhelming and Tokyo can be so complicated to navigate, that you could probably spend hours with a map in one hand and a cell phone or tablet in the other, stuck in "analysis paralysis" trying to figure out where to eat. Frustrated, you might end up lured into an overpriced tourist trap by the promise of English menus. What you need is a guide you can trust, and this is just the one for you. Food Sake Tokyo identifies a manageable number of eateries, provides a map and brief description, then leaves the rest up to you. Most of these places are in popular areas, but just off the beaten path--down an alley here, around a quiet corner there. As a result, you're rewarded with a delicious and authentic meal, and may likely find yourself as the only non-Japanese customer there. This is a good thing! Don't be intimidated--even if you don't speak Japanese, at a good establishment the staff will be patient and friendly, and committed to you having a good experience at their restaurant. Moreover, this book isn't just about restaurants, but food and drink conceived more broadly. Department stores, sake shops, tea houses, utensil and pottery stores, fish markets ... it's all in here. If you like food and you're going to Tokyo, this book is a must-buy. 7/9/14 UPDATE: I'm back in Tokyo and still enjoying this book ... my only small complaint is that I wish the index also listed restaurants by the type of cuisine. For instance, if you're in the mood for *soba*, you can't look up "*soba*" in the index. Some of these places can be found where the cuisine is described in Ch.2, but many others are in Ch.4, which is divided by

neighborhood rather than by cuisine. Other than that, an excellent book that's recommended some really good places on this trip too.

This pocket sized book is packed full (great use of small font to make the guide portable!) of information on how, what and where to eat in Tokyo. The author's voice is at once authoritative, informative and thoroughly enjoyable - almost like having a friend in Tokyo share dining and food-related secrets for a city that can seem overwhelming in it's gustatory offerings. The etiquette tips on dining in Japanese restaurants, as well as the guide to department store food halls, are especially interesting and it is helpful that the author provides recommendations for dining options at a variety of price points. For a traveler that usually relies on the internet to prepare for travel and dining, this book was worth every penny + the space that it will take up in the carry-on!

I was a little hesitant about ordering this book since there were so few reviews. Thank goodness I did! Because of this author we experienced some of the best restaurants in Tokyo. Whenever we strayed from his suggestions we found ourselves underwhelmed by comparison. Every type of Japanese cuisine is covered- from ramen to soba to sake and sushi. The author does an excellent job describing each place and often mentions what a shop/restaurant is really known for as sometimes it is different from what might be expected. This guide has other fantastic tips, such as seasonal food lists, helpful phrases and foods special to different regions. Amazing shops are also included- we actually spent an entire afternoon in one of the department store food halls sampling so many wonderful (and some less so) new foods- something that was not mentioned in our other two guide books. We were able to find a sake tasting and knew what uncommon-to-the-states sake to ask to try. And we were happy we did because there was one I'm relieved to have only had a small taste of, I would have been bummed if I had ordered a full bottle at a sake bar. My only regret is that I did not spend time on his website prior to our visit. We heard that Tokyo only has great food and while this is largely true, it is not entirely true. Bad sushi does exist. Which is why we kept going back to this book on our visit. My only \*complaints\* are minor- for me, personally, the shape of the book is a little awkward as the spine doesn't allow it to fully open and the glossy pages are difficult to highlight. Far from being a deal-breaker but a little annoying. Certain areas are not covered which made it a little challenging when we were visiting some sites and wanted to eat which is how we discovered the \*bad\* sushi. I would HIGHLY recommend getting this book if you plan to visit Tokyo- a few places are mentioned in Kyoto but kyoto foodie dot com was great for more suggestions there- especially Mamazen.

Just got back from a two week trip to Japan. The book was invaluable. First it was a great introduction to Japanese food. Japanese food is so much more than just "sushi" and the book does a good job of explaining what you're going to be coming across when you're in Japan. The book also did a good job of recommending various restaurants and food related activities in Tokyo. The most valuable parts of the restaurant reviews was the address was in Japanese format. Japanese addresses are not formatted the same as addresses in the US. Guides such as Zagats and Michelin guide formats the addresses in "US" format and google maps in Japan cannot find those addresses. Plus the book gives information regarding what floor the restaurant is on and what the building looks like. That is invaluable! Unlike the US Japanese restaurants can be located anywhere in a building and are not visible from the street aside from a small sign. That combined with the fact that buildings are not numbered makes restaurants hard to find. The additional description that the book has regarding restaurant location is very helpful! Something else that was helpful was the maps. The maps use large buildings as reference points which makes finding things much easier.

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