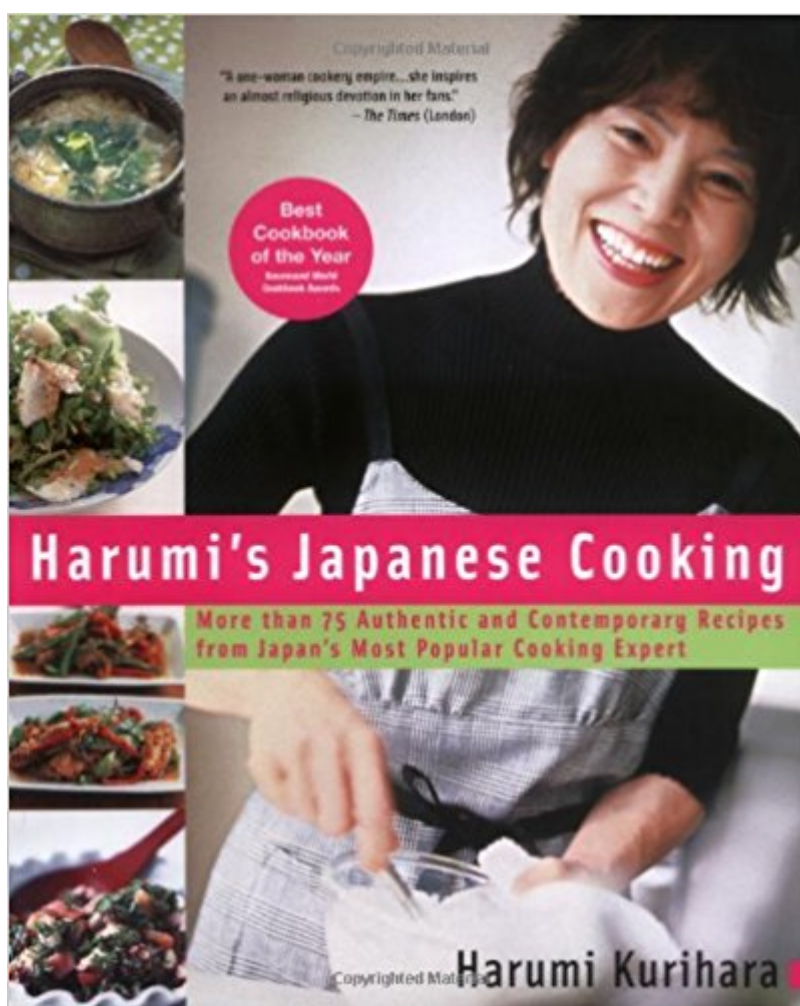




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# Harumi's Japanese Cooking: More Than 75 Authentic And Contemporary Recipes From Japan's Most Popular Cooking Expert



## Synopsis

Cooking expert and lifestyle guru Harumi Kurihara has won over the hearts of Japanese home cooks with her simple, delicious recipes. After selling millions of copies of her cookbooks, magazines, and housewares in her home country, this charismatic former housewife now shares her award-winning kitchen secrets with Americans for the first time. These elegant, effortless recipes reflect Harumi's down-to-earth approach to Japanese cooking. Simply written and featuring everyday ingredients, recipes include Pan-Fried Noodles with Pork and Bok Choy, Warm Eggplant Salad, Japanese Pepper Steak, Seafood Miso Soup, and Harumi's popular Carrot and Tuna Salad, along with a chapter on simple ways to make delectable sushi at home. Demystifying Japanese cooking and celebrating freshness, seasonality, and simplicity, this delightful book introduces Americans to one of the food world's brightest stars, and invites us to cook with her, one gracious dish at a time.

## Book Information

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## Customer Reviews

The publisher calls Kurihara "Japan's Martha Stewart" because of her numerous bestselling cookbooks, her lifestyle magazine and line of kitchenware, but judging by the overall simplicity of these recipes "and that Kurihara is "not interested in decorating [her] food for the sake of it" that comparison is questionable. The recipes in this volume are divided into basic categories: appetizers, soups and noodles, rice, tofu, seafood, chicken and egg, beef and pork, sushi, vegetables, and desserts and drinks. They range from extremely accessible, such as Beef on Rice and Chicken with Red and Green Peppers, to more intimidating, such as Shrimp and Squid

Tempura. But even the more involved entries are doable thanks to Kurihara's encouraging and straightforward (if not always elegant, thanks to an occasionally awkward translation) prose. She covers traditional Japanese favorites like Okonomiyaki Hiroshima fu (Japanese-Style Savory Pancake) and more contemporary takes with international influences, like Tofu with Basil and Gorgonzola Dressing, which she describes as "a rather Italian way to serve up tofu." Throughout, the emphasis on eating mindfully, varying ingredients and keeping portions small (especially for dessert) means that this is a healthful cookbook that doesn't try too hard to be one. Photos. (Apr. 4) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Harumi Kurihara is Japan's most popular cooking and lifestyle personality. She has sold more than seven million copies of her cookbooks, as well as more than five million copies of her cooking magazine. A nationwide sensation in her home country, she also appears on Japanese television and runs housewares shops and restaurants. This is her first book to be published in the U.S.

Great book; I learned a lot about Japanese cooking. Most of the recipes are great. I had a couple of so-sos - her okonomiyaki batter is unusual, not the same as other recipes I've seen and it was a bit gummy. She also has a salmon recipe where she cooks the salmon plain in the microwave before assembling the dish. Sorry Harumi, but the thought of microwaved salmon was a bit horrifying; I pan-fried it instead. But overall a great cookbook. The best thing about it is that while Japanese cookbooks can tend toward the haute, with ornate, beautiful, technical dishes, Harumi's book focuses on homestyle recipes cooked every day in Japanese households, which is exactly what I was looking for.

This is a fabulous cookbook. The recipes are delicious, simple and healthy. Some recipes are workout friendly if you control the portion of dressing. I used some recipes for party and my friends love it.

Creative Japanese home cooking

LOVE, LOVE, LOVE!

Harumi's cookbooks are great. After owning this book for several years, decided to gift it and the recipient also loves the book.

I've only cooked two recipes from this book, but I've also tasted some recipes taken from her other books, and I believe this woman knows what she's doing! Each recipe has a picture, so you have an idea of what you're aiming to make, and she does a pretty good job of explaining what certain ingredients are and what good substitutions would be if that ingredient is not easily accessible. There are some instances in which she'll say, "cook" but not for how long, but I think it's pretty easy to deduct about how long something should cook for. I'm definitely planning on buying her other books at some point.

Japanese food is famous for being great to look at and great for your body. But it is not easy to make it using traditional methods. Kurihara's book removes that problem. She makes it easy to create both the traditional family meals and some unusual concoctions of her own. This book does not cover the kinds of foods you will be able to buy at Japanese restaurants but rather the kinds of foods that Japanese eat at home. Her recipes make it easy to make them in your home. She has tested these recipes in Europe and has found some interesting substitutes for materials not easily found outside of Japan. If you like Japanese cooking and would like to try to make it at home, this is the best introduction. Once you get accustomed to her cooking style, you can then move on to the more difficult methods of Tsuji and Suzuki. But you will find yourself returning to this book regularly because your family will keep requesting her foods.

Harumi's recipes are just the thing if you'd like to try your hand at some simple Japanese dishes. Her directions are clear and most of the ingredients are not too hard to find. If you try her recipes for green beans with ground meat or green beans with black sesame sauce, for instance, you will have created dishes that are simple, pleasing, and, well, Japanese. And if you've ever been to Japan and had that delicious pancake called okonomiyaki, then longed to reproduce it, Harumi gives you a pretty good recipe for making it right at home. Her variations on miso soup are good, too. I am less tempted by the "fusion" type dishes like "tofu with basil and gorgonzola dressing," which seem a bit odd to me. And the book does, annoyingly, lack an index, although it has a good glossary. I haven't tried all of her recipes, but my favorite so far is her easy and homey take on gyoza (dumplings). And although she has some recipes for making sushi, I'm leaving that job to the excellent sushi chefs in Portland (Maine).

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