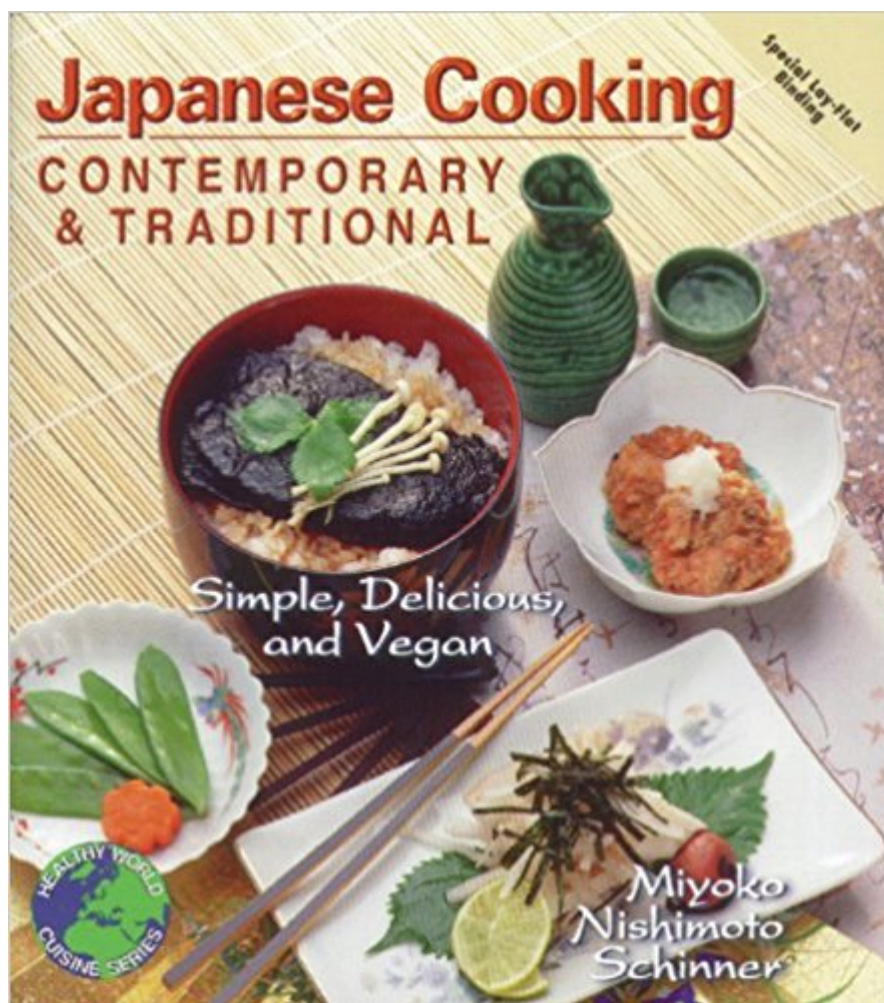


The book was found

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

Paperback: 174 pages

Publisher: Book Publishing Company (TN); 1st edition (August 19, 1999)

Language: English

ISBN-10: 1570670722

ISBN-13: 978-1570670725

Product Dimensions: 0.5 x 7.2 x 8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 38 customer reviews

Best Sellers Rank: #80,844 in Books (See Top 100 in Books) #18 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #27 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Japanese #332 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Recipes feature traditional Japanese dishes and regional specialties 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.

[Download to continue reading...](#)

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Japanese Cooking: Contemporary & Traditional [Simple, Delicious, and Vegan] Japanese Gardens: An Introduction to Japanese Gardens and Their Design Principles (Japanese Gardens, Japanese Garden Designs, DIY Japanese Gardening, Japanese ... Japanese Landscape Design Book 1) I Love My Dad (japanese kids books, japanese children books): kids books in japanese, japanese baby books, children japanese books (Japanese Bedtime Collection) (Japanese Edition) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan:

Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) I Love My Mom (japanese kids books, japanese children stories, bilingual japanese books): japanese for kids (English Japanese Bilingual Collection) (Japanese Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)