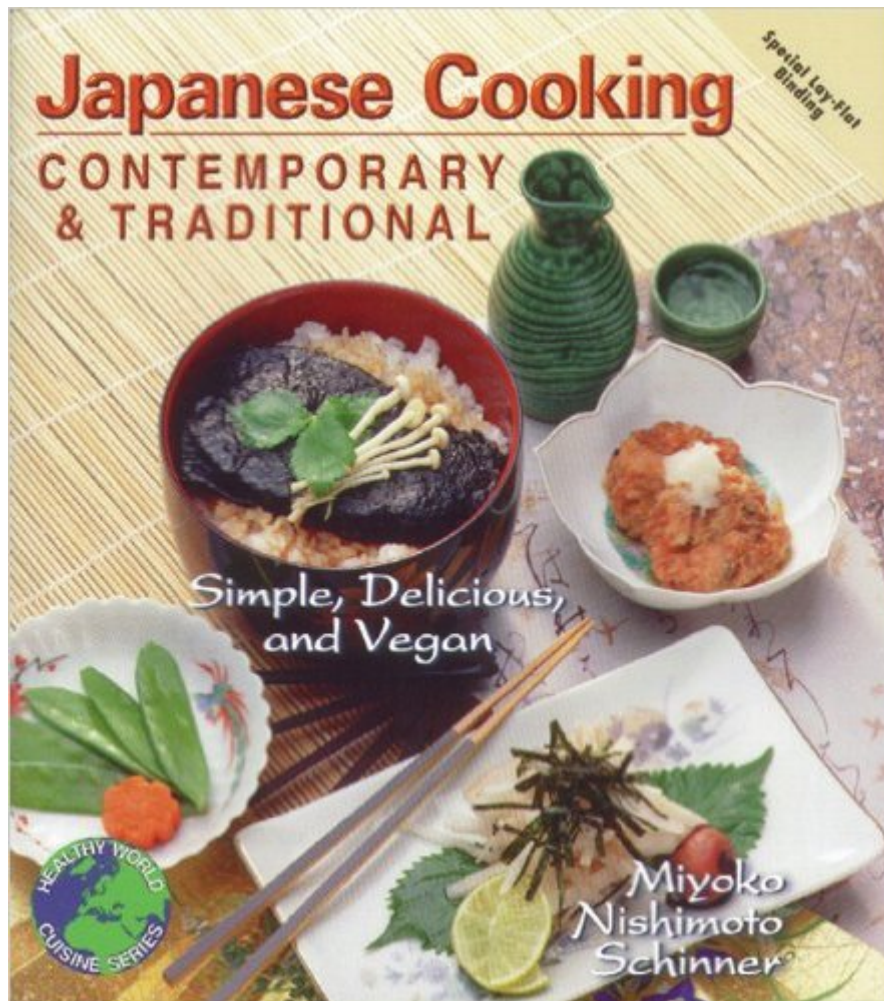


The book was found

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: 4.4 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #83,946 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#) #44 in [Books > Cookbooks, Food & Wine > Asian Cooking > Japanese](#) #228 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

Customer Reviews

This is a great cookbook. As a Japanese-American and a vegan, this is by far the best vegetarian Japanese cookbook I've come across. The veg-anized recipes in this book mimic the real thing--the Japanese curry out of this cookbook tastes the same as I remember the beef/pork/chicken version tasting. The ramen recipe is as close to the real thing as I can imagine, and I'm not referring to the 6 for a dollar insta-packs from the supermarket. The author includes traditional and modern foods, and recipes which are traditionally vegetarian and not. Most of the ingredients can be bought at your local supermarket. This is the book to get for healthy, completely vegetarian Japanese food.

I came across this book while researching vegan recipes for a family member who is on a really restricted diet. I am not a vegan, but I have loved every recipe from this book that I've made. The maze gohan (Japanese pilaf) and Yasai Zosui (mixed vegetable 'risotto') have become some of my

favorite foods. The book is nicely laid out and it's the perfect size book. It's long enough to contain a wealth of recipes, but not so large that it is unwieldy and awkward to actually have in the cooking area. The directions are extremely clear, and the author does a good job of explaining unfamiliar ingredients. Vegan or not, this is one of my favorite cookbooks.

This is my favorite cookbook. The recipes are simple, healthy, and they don't taste like they are missing anything. After becoming a vegan, I thought that I would be deprived of all the tastes that I grew up with. I happened upon this book at Borders and have been pleasantly surprised by every recipe that I have tried. Even my anti-vegan sister loves this book. The recipe for gyoza is a real winner.

It's hard to search for a cookbook when you can't view it personally so I took a chance buying this and am extremely happy with it! The recipes are authentic and easy. There aren't any photographs but a few drawings to illustrate technique. The recipes are the core of Japanese cooking and the ingredients are consistent and easy to find. Exactly what I was looking for and would definitely say it was not a waste of money. This is getting a lot of use.

I have owned this cookbook for many years now, and it is one of my very favorites-- friendly and appealing. The elegant recipes are simple, unfussy, always delicious. And they lend themselves well to improvisation. I agree with those who say that these are recipes that never have you missing meat or fish. The "vegan"ness of these recipes seems completely natural, unlike other vegan cookbooks which are so often trying to create vegan versions of meat classics, to varying degrees of success. In fact, if you like Japanese food, you might find this cookbook to be an excellent segue into going completely vegan. My favorites are the cozy, hearty soba noodle soups, so perfect for a winter's day, and featuring any number of different vegetables. Yum!

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 was really missing Japanese food since going Vegan and I am so glad I bought this book. The recipes I have tried so far are delicious. I loved the beginning when the author talks about the history of vegetarianism in Japan and shojin-ryori cooking! It was very interesting. The author even includes vegan alternatives to traditional Japanese ingredients, for example there is a vegan version of dashi! My favorite thing so far was the wakame salad, it was delicious! Another great thing about this cookbook is it really feels like authentic Japanese food even with the substitutes! I recommend this for any vegan Japanese food lover!

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

Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) 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: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) 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,) Bento Box Cookbook: Delicious Japanese Cooking Recipes For Lunch And Dinner (Bento Box Recipes, Japanese Cooking, Japanese Recipes, Japanese Bento, Sushi, Rice Cooker) Japanese Cooking: Contemporary & Traditional [Simple, Delicious, and Vegan] Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) 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) Vegan Mastery Cookbook: Simple Vietnamese Spring Roll Recipes to Cook at Home (International Vegan Cookbook Series, Vegan Spring Rolls, Vietnamese Spring ... Vegan Recipes, How to Make Spring Rolls) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) Vegan Keto: The Vegan Ketogenic Diet and Low Carb Vegan Diet for Rapid Fat Loss (Works as a Vegetarian Keto Diet As Well) (Simple Keto Book 4)

[Dmca](#)