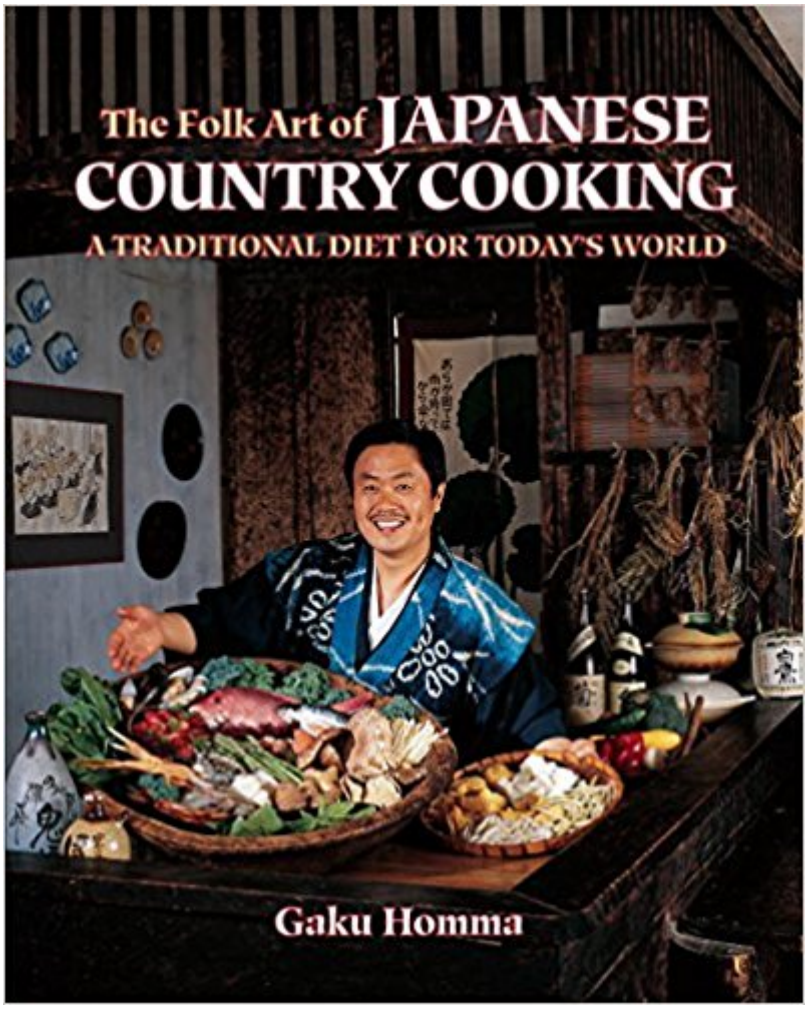
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The Folk Art Of Japanese Country Cooking: A Traditional Diet For Today's World



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Synopsis

Those who love Japanese food know there is more to it than sukiyaki, tempura, and sushi. A variety of miso-based soups, one-pot cooking (nabemono), and vegetable side dishes with sweet vinegar dressing (sunomono) are just a few of the traditional dishes that are attracting many interested in Asian cooking. Homma presents an intriguing mixture of Japanese country cooking, folk tradition, and memories of growing up in Japan. Cooking methods include techniques for chopping vegetables, making udon and soba noodles, making tofu and using various tofu products, and making rich soup stocks. This is a book to use and treasure for its traditional Japanese cooking methods.

Book Information

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Customer Reviews

Gaku Homma, founder and chief instructor of Nippon Kan Aikido and Cultural Center in Denver, Colorado, is owner and head chef of Denver’s highly acclaimed Domo restaurant. His experiences as Aikido instructor combined with his talents as a chef led to the creation of The Folk Art of Japanese Country Cooking: A Traditional Diet for Today’s World.

I love this cookbook, and, unlike several other cookbooks which I also love but don’t use very often, I use it all the time.The first half or third of the book is a long essay on the eating of traditional working people--farmers and fishermen--in Japan. By the time you finish it, the whole domestic economy, the nature of the simple Japanese home, and the origins of the cuisine will have become clear. There is no superficial gauziness here--we get facts, delightfully presented.Next we get the

recipes, arranged by meal. These recipes are mostly simple, and they use the same few ingredients again and again, so that once you buy the handful of staples called for you can try most of the things in the book. In fact, the recipes encourage thrifty recycling and practical use of left-overs--the dried shiitakes and kombu and fish from your dashi can themselves become side dishes for the next meal. There are a few strangely baroque recipes--one chicken dish calls for the same chicken to be successively simmered, then fried, then simmered again--but most of the recipes are such that a busy person can make most of them in a short time. This is also a cookbook for the amateur: there is none of the fussing with precise measurements, and cutting things into exactly the right shape, and simmering things for a precise amount of time, which many Japanese cookbooks involve. Remember, this is peasant cooking--the cooking of people who have a fire in the middle of their kitchen and eat sitting around that same fire. The amazing thing is that Homma makes that cooking accessible to us. And it tastes great!

Great cook book.

This is the best book for true, traditional Japanese cuisine from the ground up. I can’t think of any way to improve upon it except to give more of the same in a new edition. One of my absolute favorites!

If you wanted to learn more about Japanese country food this is the book for you. The first part of the book talks about the history and the second half has some excellent receipts.

Love this book. It is chock full of information on Japanese cooking and the recipes are great. Good explanations and easy to follow.

Good reading and has some very interesting recipes

wonderful ethnography and cookbook. as someone with an anthropology background, a cookbook like this was a dream to find! thank you for this great book!

The most interesting cookbook. More of a history and reader then a cookbook in the usual sense. worth the money!

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