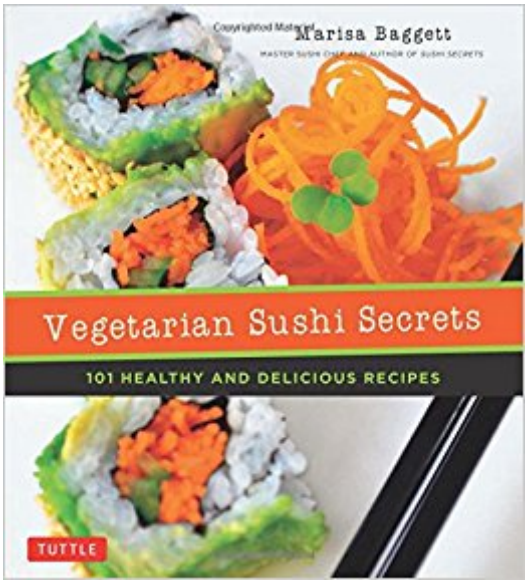
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Vegetarian Sushi Secrets: 101 Healthy And Delicious Recipes



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Synopsis

Everybody loves sushi. Now vegetarians can fully enjoy it too!American sushi expert Marisa Baggett has been working passionately for years to perfect sushi recipes that take full advantage of the freshest garden vegetables, herbs, tofu, mushrooms and spices available at your local farmer's market or co-op. Her innovative use of sustainable ingredients like fresh asparagus, apple, daikon radish, basil, tomatoes, beets, corn, shiitake mushrooms and cucumbers set her sushi recipes apart from all others you may have seen. This vegetarian cookbook offers completely new ways for localvores to enjoy their community supported agriculture and market vegetables with sushi rice. This is the ultimate farm-to-table book with creative Asian flair! Marisa not only shows you how to make the usual thick and thin rolls but other types of sushi that are just as deliciousÃ¢â ¬â •and even easier to make! These recipes are about combining delicious rice with tantalizing pairings you might not have tried or thought of before, such as: Apple & daikon radish Cucumber & peanut Spicy carrot & tomato Pomegranate & basil Ginger & beet Summer corn & pickled okra Sweet potato & shiitake mushrooms Strawberry & rhubarbAll of Marisa's sushi recipes are extra simple to make. For example, her Tempura Avocado Hand Rolls are a snap to put togetherÃ¢â ¬â •even if you've never made sushi before! Marisa starts by giving surefire recipes for making perfect sushi rice every time. She provides tips on which vegetables work best with sushi rice and how to create your own original combinations. Vegetarian Sushi Secrets is a gem of a Sushi cookbook that shows you how to make foolproof thin rolls, thick rolls, inside-out rolls, hand rolls, bowl rice sushi and many more in no time at all!

Book Information

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Customer Reviews

"Customers who loved Sushi Secrets as much as I did will welcome Baggett’s newest contribution to the world of sushi with all-out enthusiasm!" Ã¢â ¬â •Retailing Insight magazine"This is the ultimate farm-to-table book with a creative Asian flair! Marisa starts by giving surefire recipes for making perfect sushi rice every time." Ã¢â ¬â •Midwest Book Review"There are 101 fish-free sushi recipes in this bookÃ¢â ¬â •finally, you have choices! And because making sushi at home can be intimidating for beginners, the book contains information about ingredients and equipment, and lots of step-by-step photos." Ã¢â ¬â •OhMyVeggies.com"Ã¢â ¬Â¦filled with creative recipes for authentic veg-friendly sushiÃ¢â ¬Â¦This book is loaded with inspired recipes for thin sushi rolls, thick sushi rolls, inside-out rolls, hand rolls, soups and appetizers, and even desserts!" Ã¢â ¬â •Vegan Crunk blog"Vegetarian Sushi Secrets: 101 Healthy and Delicious Recipes, is filled with ideas for unique and creative sushi rolls without the fish. Even if you love sushi with fish, this a great way to get more veggies in your diet and the rolls are great for pack and go lunches when you don’t have [a] refrigerator." Ã¢â ¬â •JoyofKosher.com"If you find yourself looking for creative ways to enjoy sushi without fish involved, I have a great cookbookÃ¢â ¬Â¦" Ã¢â ¬â •Just One Cookbook blog"And for you sushi lovers, why not experience a new take on sushi?" Ã¢â ¬â •AsianLifestyleDesign.com"Whether you are vegetarian, or just want to mix it up a little, there’s something in this book for everyone. Gather some ingredients, get the family around the table and have some fun making sushi tonight!" Ã¢â ¬â •Sandra’s Kitchen Nook blog

Marisa Baggett arrived in Los Angeles from her home in Mississippi with one goal in mind: to learn as much as she could about great sushi. At the California Sushi Academy she studied sushi preparation, sushi culture and how to make other Japanese dishes. She became the school’s first black female graduate and returned to her Southern home to share her "Southern-style sushi." She teaches workshops on sushi making, caters sushi events, and works with caterers in the Memphis Jewish community to supply kosher sushi for special events. She is the author of Sushi Secrets: Easy Recipes for the Home Cook. Husband-and-wife team Justin Fox Burks and Amy Lawrence are the authors of The Southern Vegetarian: 100 Down-Home Recipes for the Modern Table. In 2014, Burks and Lawrence were invited to speak at the venerable James Beard House in New York City for the "Enlightened Eaters" series. Justin, Amy, and their recipes have been highlighted in The New York Times, The Washington Post, Woman’s Day, The Kitchn, Local Palate, The Huffington Post, P.

Allen Smith's Garden Home, Food Network, and Memphis magazine. Justin and Amy write their cooking blog, The Chubby Vegetarian, teach cooking classes, write articles about home cooking, and are developing new recipes for their follow-up cookbook. Allison Day is a dancer, web developer and food writer with a degree in economics and a passion for sushi. Allison lives in Southern California where she produces her Sushi Day blog.

Very informative book. I like that it has recipes for not only making sushi rice but also recipes for sushi quinoa. Has recipes for many different sauces. Includes good illustrations with each recipe and a large variety of recipes. The rice recipe assumes that you are using a rice cooker, which is no big deal, I just checked the time on the rice bag, worked well for me. I like the variety of recipes and can't wait to try them. Very informative and a good book for beginners in my opinion.

So excited to try out different recipes. The food pictures makes me want to go out and grab some. Really great pictures, very vivid and interesting.

Love this!!

Made sushi for the first time and it was completely edible. I'm so excited to try all the recipes.The book is beyond easy to understand and they even dedicate the beginning of the book explaining what is what.

With this book, Baggett takes what could be a difficult culinary concept and makes it simple to understand. The visuals and brief descriptions of sushi ingredients were especially helpful. I like that alternative ingredients like quinoa and brown rice sushi are also discussed. And mostly... I'm looking forward to trying the wasabi deviled eggs - yum!

This book is for those that fear sushi and also for those that already love sushi. Great ideas and techniques to get you motivated enough to make your own at home.

Beautiful pictures and details descriptions. Love this book.

Bought as a present and they loved it! Good informative book!

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