



Washoku: Recipes from the Japanese Home Kitchen

By Elizabeth Andoh

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In 1975, Gourmet magazine published a series on traditional Japanese food — the first of its kind in a major American food magazine — written by a graduate of the prestigious Yanagihara School of classical cuisine in Tokyo. Today, the author of that groundbreaking series, Elizabeth Andoh, is recognized as the leading English-language authority on the subject. She shares her knowledge and passion for the food culture of Japan in **WASHOKU**, an authoritative, deeply personal tribute to one of the world's most distinctive culinary traditions. Andoh begins by setting forth the ethos of washoku (traditional Japanese food), exploring its nuanced approach to balancing flavor, applying technique, and considering aesthetics hand-in-hand with nutrition. With detailed descriptions of ingredients complemented by stunning full-color photography, the book's comprehensive chapter on the Japanese pantry is practically a book unto itself. The recipes for soups, rice dishes and noodles, meat and poultry, seafood, and desserts are models of clarity and precision, and the rich cultural context and practical notes that Andoh provides help readers master the rhythm and flow of the washoku kitchen. Much more than just a collection of recipes, **WASHOKU** is a journey through a cuisine that is rich in history and as handsome as it is healthful. Awards 2006 IACP Award Winner *Reviews* “This extensive volume is clearly intended for the cook serious about Japanese food.” —Minneapolis Star Tribune “. . . scholarly, yet inspirational . . . a foodie might just sit back and read for sheer enjoyment and edification.” —Milwaukee Journal Sentinel

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Editorial Review

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If the food of a culture has a pulse, in Japan that pulse would be called *washoku*. It's a set of principles in fives that takes into account color, taste, ways of preparing food, the diner's senses, and the outlook brought to bear on both the cooking and the dining experience. The result? Meals that are balanced, pleasing, invigorating, healing, and satisfying--all in ways that seep deep into the soul. It's the great good luck of the West that Elizabeth Andoh chose a life in Japan and a focus on food. Her expertise has brought forth the award-winning *An Ocean of Flavor* as well as countless newspaper and magazine pieces.

With *Washoku* Andoh takes the reader into the heart of the Japanese home kitchen. She explains the guiding philosophy then brings it into practical terms with a section on the essential *washoku* pantry. Her section on the *washoku* kitchen begins with cutting and ends with shaping and molding. Recipes are found in chapters on Stocks and Condiments; Soups; Rice; Noodles; Vegetables; Fish, Meat and Poultry; Tofu and Eggs; and Desserts.

You might never prepare an entire Japanese meal from beginning to end (though with this book in hand you certainly could), but there's no reason not to believe you wouldn't begin to include some of these recipes in an expanding foodway. The sauces and condiments are particularly exciting. As is the underlying thinking that goes into how you are cooking and why you are cooking--the *washoku* of it all. Not a bad lesson to learn from an exemplary teacher. --*Schuyler Ingle*

From the Publisher

* A full-color cookbook featuring more than 140 recipes for the classics of the Japanese home kitchen, written by the leading English-language authority on the cuisine, Elizabeth Andoh, Gourmet magazine's correspondent in Japan.

* The essentials of the Japanese pantry — the array of herbs and spices, the numerous varieties of miso, tofu, and noodles — are illustrated in full-color photographs.

* Andoh's *An Ocean of Flavor* won the IACP cookbook award for Seafood, Meat, and Poultry in 1998.

About the Author

ELIZABETH ANDOH is the American authority on Japanese cuisine. She has made Japan her home since 1967 and divides her time between Tokyo and Osaka, directing a culinary program called A Taste of Culture. Her book *Washoku* won the 2006 IACP Jane Grigson award for distinguished scholarship in food writing and was nominated for a James Beard Award.

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