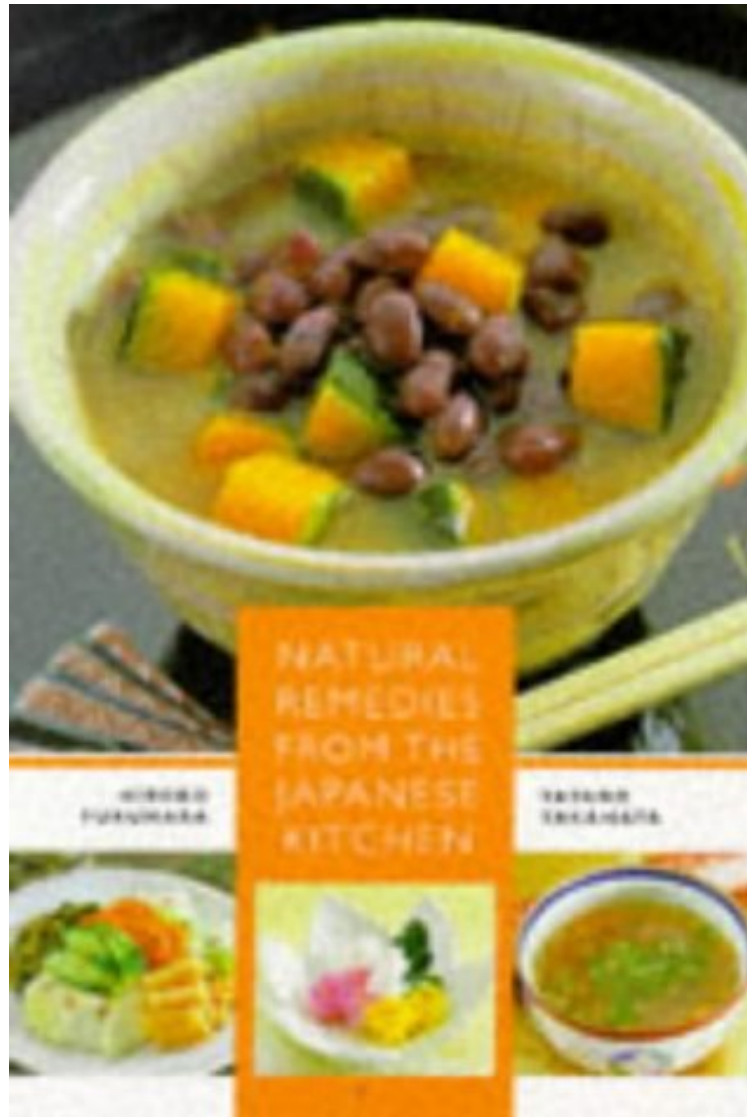


## Natural Remedies From The Japanese Kitchen

*Hiroko Fukuhara*

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**Hiroko Fukuhara : Natural Remedies From The Japanese Kitchen** before purchasing it in order to gage whether or not it would be worth my time, and all praised Natural Remedies From The Japanese Kitchen:

1 of 1 people found the following review helpful. Traditional, ethnic Japanese delightsBy MaryI lived in Okinawa for a while and my host made me such amazing, delicious, nutritious food that I could never find how to make.... Well, now I've found it! You will need to get most of the ingredients from a Japanese market (like natto, umeboshi, kabocha etc...). I just love this great book and it's totally ahead of its time.1 of 1 people found the following review helpful. I treasure this cookbook and use it all the timeBy the bibliographerThe recipes are simple and delicious and

vegetarian. And as the other reviewer says, the photos are beautiful. I use this cookbook all the time and have never found another like it. 7 of 8 people found the following review helpful. Great for health nuts, but... By C.S. This is a Japanese cookbook, but you won't find any recipes for sushi, katsu, teriyaki, or anything you might recognize from a Japanese restaurant outside of Japan. This book is strictly vegetarian, and VERY obscure. I have no idea if the recipes are traditional, because I've never seen them before until now. That said, the recipes are distinctly Japanese, and this book is pretty informative. The introduction to the book presents a discussion of traditional Japanese ingredients and their health benefits, and the recipes themselves are organized by main ingredient so that you can choose the appropriate recipe for your symptom. More than a third of the recipes come with full color photographs, so you can see what the dish is supposed to look like-- and they are beautiful. Unfortunately, they are also very strange. I love these recipes and the ingredients they are made from, but I grew up in Hawaii and ate most of those things as a child. I've given these foods to my friends here on the mainland, and they've found them repulsive. If you don't already like things like brown rice, ume (pickled plum), natto (fermented soybeans), yamaimo (sticky yam), or gobo (burdock), you're going to need really strong willpower or you're really not going to be able to eat anything in this book. Most of the recipes make good side dishes, but not whole meals. By the way, if you don't have access to an Asian market, you won't be able to make most of these dishes.