

## Okonomiyaki: Japanese Comfort Food

*Yoshio Saito*

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#1141686 in Books Yoshio Saito 2012-08-08 2012-08-08 Original language: English PDF # 1 11.00 x .28 x 8.50l, .63 #File Name: 1466908149116 pages Okonomiyaki | File size: 38.Mb

**Yoshio Saito : Okonomiyaki: Japanese Comfort Food** before purchasing it in order to gage whether or not it would be worth my time, and all praised Okonomiyaki: Japanese Comfort Food:

17 of 18 people found the following review helpful. A Wonderful (and Practical) Introduction to one of the tastiest Japanese cooking traditions By PL For those not inclined to read a long review, I'll start with the punchline: this book should be considered indispensable by any fan of this wonderful Japanese dish. I strongly encourage anyone new to Okonomiyaki to start with Osaka (Kansai) style. Those experienced with any given style will find Mr. Saito's book to be an inspiring guide on their trip down the Okonomiyaki rabbit hole! We first looked into Okonomiyaki after a friend from San Diego posted a picture of what turned out to be an Osaka-preparation to her Facebook page without a caption. Being foodies, we couldn't let something as unusual-sounding as a pancake made with shredded cabbage and garnished with shaved dried tuna, pickled ginger, seaweed and a special sauce made specifically for the dish go untried. Though we're happy to try new recipes on our own, given the unusual list of ingredients we decided that our

first experience should be with a professionally-prepared dish made by an experienced chef- that would give us a benchmark. Though we live in a large metropolitan area, not a single restaurant seemed to have Okonomiyaki on the menu. A google search yielded one attempt to provide a worldwide list of places serving Okonomiyaki, however. ... and jackpot! The one place listed in our area no longer had it on the menu, but the 85-year-old chef was experienced in making five different styles, and was only too happy to make it to order with a day's warning! After trying a few different styles for inspiration and as a measure of the quality of our own attempts, our friend in San Diego sent a "care package" containing Okonomiyaki flour, Okonomi sauce, tempura bits (Tenkasu) , and shaved bonito flakes (Katsuobushi). We were instantly hooked. It was the night after our first (happily, successful!) attempt at Kansai Okonomiyaki that we found this wonderful guidebook to the broader world of this delicious dish. Our favorite (thus far) is Kansai/Osaka style with pork belly (just ask your supermarket butcher if they don't normally have pork belly on the shelf). We make the dish healthier by trimming all of the fat off of the pork belly and just using the meat (chopped). We find one pound or so of untrimmed pork belly yields enough meat for two Okonomiyaki. If you don't have a Japanese market in your area, you might try eBay and for the flour, Beni Shoga (red pickled ginger), Katsuobushi, Tenkasu, Aonori (seaweed flakes) and Okonomi sauce. We use Kewpie brand mayonnaise (a Japanese favorite) but I think most any high-quality relatively neutral (not sweet) mayonnaise would work well. If you're in a hurry, try using the angel hair shredded cabbage sold in 10 oz bags in many supermarkets for use in making cole slaw. Okonomiyaki is quick and easy-to-make, probably unlike anything you've ever tasted, and almost impossible to describe in terms of other familiar flavors. It instantly became (and remains) our family's favorite comfort food. I'm sure we'll keep coming back to Mr. Saito's book for ideas and inspiration for years to come- it's written with the love, thoughtfulness, creativity, and sense of culinary adventure that a cooking tradition this wonderful deserves. 1 of 1 people found the following review helpful. Easily accessible recipes that taste fantastic By Stargirl I loved this cookbook; I have made several recipes already, and all have turned out wonderfully. I had to order a handful of ingredients online, but I was able to obtain the majority from my local grocery store, which was really helpful for those spur of the moment dinner decisions. I found the cookbook well organized and easy to follow; my only minor complaint is the paucity of photographs. I like to know what my recipe should look like at various stages of preparation, and I like having the final product shown so I can compare my efforts to the master version. But it is a minor complaint, and I am very happy to have added many great recipes to my repertoire. I was so glad to find out that I could make really good, semi-authentic ramen at home with just a little planning. Everyone in my family has loved each meal I've made from the book, which is a miracle in my house. 5 of 5 people found the following review helpful. Great By Customer Wow, just finished the cookbook, my daughter loves Japanese cooking so I had bought it to have a day shopping for the Asian ingredients meaning driving two hours one way to a larger city with an Asian store, another time planning the fresh food meats and vegetables picking out what we wanted to try if it was over emails or the phone, then a day spent cooking for ourselves, followed by a day spent with the rest of our now grown adult family and the little ones making a wide variety on multiple electric fry pans and griddles. Watching the stars and munching out on food, song, and family time. Thank you for the etc med and cheese options to please our family taste buds. We had been looking for some way to increase our recipe base to add more vegetables to our diet, too.

For Chef Yoshio Saito, learning to cook traditional Japanese food at his mother's side was a treasured part of his childhood. When she died when he was fourteen, he decided to honor her memory by learning how to cook her recipes and more. In this cookbook, Chef Yoshio, a Tokyo native and trained French/Japanese fusion chef, introduces today's modern home cook to Okonomiyaki, one of the most popular comfort foods in Japan. Okonomiyaki, although difficult to describe, can be likened to a savory pancake or pizza-like dish that is cooked on a griddle. Following on the tail of the popularity of sushi, Okonomiyaki is an exciting dish just becoming known in the United States. It uses a wide range of ingredients, including meat, seafood, vegetables, pasta, and more. When Chef Yoshio walks into an Okonomiyaki restaurant, he always gets the sense that his mother is there, helping to create the wonderful smells. For him, the taste of Okonomiyaki is the taste of home. Gathering his favorite recipes, Chef Yoshio shares his tips for three major regional styles of this comfort food in this cookbook- Hiroshima, Osaka, and Tokyo styles. As well as introducing classic Okonomiyaki dishes, Chef Yoshio shares his creative new dishes that expand the possibilities of Okonomiyaki.

About the Author Chef Yoshio Saito learned to cook at his mother's side in Tokyo, cooking his first curry at fourteen, right before his mother's death. Although his traditional father discouraged his passion for cooking, Yoshio persevered, learning classical Japanese and French cooking from his older sister, a student of Miyuki Iida, the Julia Child of Japan.