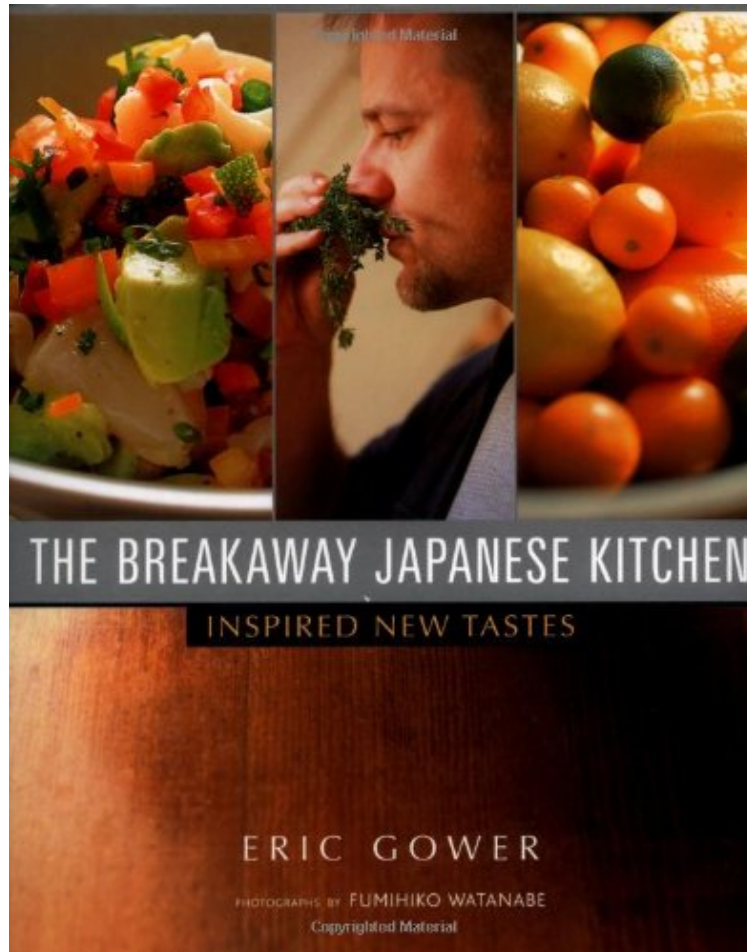


[Get free] The Breakaway Japanese Kitchen: Inspired New Tastes

The Breakaway Japanese Kitchen: Inspired New Tastes

Eric Gower

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Eric Gower : The Breakaway Japanese Kitchen: Inspired New Tastes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Breakaway Japanese Kitchen: Inspired New Tastes:

0 of 0 people found the following review helpful. Innovative recipes that bring a Japanese sensibility to cooking with ingredients available locallyBy R. ReiterThis was a gift for a friend. Although maybe I should have kept it for myself to replace my dog-eared, stained, much used copy. I love Eric's approach to cooking with a Japanese flair. This and his second book, "The Breakaway Cook", are my go-to books for 80% of my cooking now. And check out Eric's site, <http://www.breakawaymatcha.com> for a source of excellent matcha tea.0 of 0 people found the following review helpful. The recipes are easy, delicious, and most are relatively fastBy PWI return again and again to these recipes more than almost any other cookbook I have. They're easy, really delicious (I particularly like the Umeboshi sauce mussels...I substitute clams) and most are relatively fast. Love the fusion of Japanese and Western ingredients. Excellent book.7 of 12 people found the following review helpful. Very Good Fusion of Japanese Tastes and Western

WinesBy B. Marold 'The Breakaway Japanese Kitchen' is a very nice little book by private chef Eric Gower of San Francisco. It should appeal to anyone who has an ongoing interest in Oriental tastes or has a serious commitment to opening an investigation of Oriental, specifically Japanese, tastes and techniques. While the book involves very few unfamiliar Oriental cooking techniques such as stir-frying or tempura or sushi rolling, the recipes do involve access to some very serious oriental ingredients such as Kabocha (Japanese pumpkin), Kabosu (Japanese green citrus), Konbu (dried kelp), Meyer lemons, Shiso (perilla, or beefsteak plant), Sudachi (Japanese limes), Togarashi (red chilis), Umeboshi (Pickled salty plums), and Yuzu (small Oriental citrus). And this doesn't include things like dashi broth, edamame (fresh or frozen), miso, nam pla, sake, soba noodles, and udon noodles which I know are available in a good megamart. Naturally, you can imagine relatively easy substitutions of lemons or limes for the esoteric citrus and sweet pumpkins for the Kabocha and southwestern chilis for Togarashi. But this doesn't entirely satisfy the reader when the author says that the tofu available in the United States is a poor cousin to the type available in Japan. The author is based in San Francisco, where the best Japanese versions of many of these products are probably available, but I suspect that many of these things are available only on the West Coast, and this annoys me a bit. I welcome any entree to Japanese tastes for the average American, but since the author is doing fusion recipes in the first place, why not make the effort to prepare recipes freely accessible to the housewife in Topeka. I typically give five stars to books which inspire me or which I believe will inspire the average foodie and amateur cook such as books by Jamie Oliver and Jacques Pepin, or, which I believe should be read by the average foodie / amateur cook such as works by Shirley Corriher, Marcella Hazan, or Paula Wolfert. I will also give five stars to cooks which surprise me or do an exceptionally good job of serving a special audience, such as Rachael Ray (fast cooking) or Flo Brakker (desserts) or Peter Reinhart (bread). I will give only three stars if a book is good, but the average prospective buyer may not easily be aware that the book is aimed at a very special audience, and the buyer is not a member of that audience. The best example of this case is Charlie Trotter's book, 'Raw'. In the end, this book did not inspire me to run out in search of the perfect miso or the elusive Meyer lemon. But, the book does contain several recipes with few or no ingredients for which you cannot find suitable substitutions. And, several of these recipes interested me enough to make them, and I found them as good as promised. I was especially pleased to find the author do interesting things with very common ingredients such as potatoes in a book where rice is king. As the book is quite obviously for people who like or are disposed to like Japanese food, I give it four stars rather than the cautionary three stars. As Mr. Gower has a very Occidental culinary background before he took up Japanese cuisine, he does us the rare service of pairing his Japanese dishes with very European / California wines. I am not a big fan of wines, but I believe this feature significantly increases the value of the book, especially joined with the relatively easy recipes. This makes the book a better than average source for entertaining if you have average chops in the kitchen and a good nearby megamart or good nearby oriental food market. The author and his publishers have done a better than average job of food styling and culinary photography. The photographer performed the same service for 'Nobu, The Cookbook' and the talent with the camera shows. Many dishes are plated and visually garnished with Japanese art objects. The effort pays off. The book is a good introduction to Japanese tastes with largely western cooking techniques and wine pairings. A bit pricy for the size, but I'm sure you can find do it's usual discounting.

The Breakaway Japanese Kitchen is a coup d'etat. Its elegant, easily prepared, and highly original dishes combine Japanese and Western elements in ways that produce completely new tastes. Author and Chef Eric Gower artfully combines staple ingredients or seasonings from Japanese cooking-like edamame, shiitake, ginger, or soy sauce-with the easygoing, flexible approach of his native California. His dishes are born of passion for good home-cooked food and experimentation over 15 years spent living in Japan. He achieves his big flavors with citrus fruits, vinegars, ginger, shallots, fresh herbs, and plenty of coarsely ground black pepper. Edamame Mint Pesto with almonds and garlic is an aromatic and satisfying departure from the usual basil. Tofu Salmon Mousse, lightly flavored with walnuts, is a smooth, rich-tasting spread for thinly-sliced toast and perfect for a Sunday brunch. Scallops with Miso, Ginger, and Ruby Grapefruit is an unforgettable blend of flavors, with citrus offsetting the deeper miso. Many of the dishes can be made in ten minutes, and can be paired with a salad and bread to make a meal. While incorporating Asian ingredients, the author tailors the recipes directly to American kitchens, and frequently offers suggestions for substitutions, such as fresh tarragon in place of shiso seeds.

"Japanese and fusion are two cuisines that make me nervous. One is daunting and the other usually a disaster. But the best new book I've cooked from in months dabbles in both-and nothing is lost in translation.... A mad-scientist approach...amazing...gorgeously photographed.... Gower borrows concepts and tastes to produce Western food with just enough Eastern exoticism...lively...a wonderment...borders on brilliant...At a time when originality seems to be the missing ingredient in far too many cookbooks, The Breakaway Japanese Kitchen is a good cure for the comfort-food blues." -The Los Angeles Times"California native Eric Gower recently returned after a decade or so in Japan exploring aspects of Japanese cooking - using shiso, ginger, sake and tofu, and fresh produce, fish and meats. Now he's put the results of his own experiments into a book The Breakaway Japanese Kitchen, full of easy recipes for American

home cooks to try." -Associated Press"Curious cooks will find surprisingly wonderful flavors in the Breakaway Japanese Kitchen by Eric Gower, who lived in rural Japan for ten years. His experiments with local staples like shiso leaves, ginger, and sake have led to such pitch-perfect dishes as 'Udon with Fig Herbs' and 'Edamame Mint Pesto'." - Fine Cooking"Eric Gower's cooking freely mixes Japanese ingredients and Western ideas, but don't call it fusion. He thinks of his cooking as a break with sometimes limiting traditions, and the title of his cookbook-The Breakaway Japanese Kitchen: Inspired New Tastes- perfectly expresses that philosophy." -Sunset Magazine"Chef and author Eric Gower can whip up a fine-tasting Japanese dish....The Breakaway Japanese Kitchen, his latest cookbook, melds Japanese and Western ingredients and techniques into altogether new tastes...Gower's recipes would likely be considered renegade in Japan: there's scallops with miso and ruby grapefruit, and udon (wheat noodles) served with a sauce of figs and herbs, to name some combinations ... but even 'total neophytes' can follow the recipes." -Stars Stripes"Japanese food is associated with strict rules about flavor, balance and visual harmony, but Gower's book takes a relaxed approach. The recipes are a breeze to make; many of them can be put together in 15 minutes... and the lively flavors are here in the recipes without all the fuss." -The Globe Mail (Toronto)"Eric Gower uses an interesting mixture of American and Japanese ingredients to create unusual dishes with a Japanese flair: tofu salmon mouse shitake pesto. The results are more Californian than Japanese, but Gower's recipes are clear and ingredients are available in most American supermarkets. The photographs by Watanabe display a Japanese style of presentation that is both aesthetic and appealing." -Persimmon Magazine"A bit like fusion approached from the other side, Eric Gower's The Breakaway Japanese Kitchen has its foundation on the classic tastes and presentations of Japan. However, Gower has given himself permission to play.... Gower's dishes are almost all exceedingly simple, his instructions direct and concise." - January Magazine ("Best Cookbooks of the Year Issue," fall 2003)"It's easy to dismiss books, ideas, and recipes if one is unfamiliar with the ingredients and unwilling to try something new. This should not be the case with Eric Gower's The Breakaway Japanese Kitchen. After living in Japan for 10 years, Gower returned to California and started experimenting with the widely available once exotic ingredients such as soy, ginger, sake, and tofu. The results are not only terrific, they are healthy and most can be made quickly and easily....The secret of all the recipes is the author's imagination in combining Japanese and Western favorites to produce completely new tastes. Watanabe's photographs are as inspirational and mouthwatering as the recipes. Here's a case where fusion is not confusion." -Culinary Thymes"Gower's cooking philosophy has two main tenets: first -eating healthy, delicious food does not mean you need to spend hours in the kitchen; second-it is not a sacrilege to experiment with Japanese food... Japanese cooking is rigid in terms of which ingredients can go together. Gower bends the rules with each recipe. Cooking his way is all about combining and emphasizing the flavors of the ingredients...The Breakaway Japanese Kitchen is an excellent source of deliciously seditious dishes to delight your palette and amaze your Japanese and other friends." -Eat Magazine"The Breakaway Japanese Kitchen by Eric Gower is his modernist/contemporary interpretation of Japanese food. The dishes are the result of a passion for good home-cooked food and experimentation." -The Global Gourmet"These dishes add modernity to the Eastern staples of rice and tofu. Seemingly easy and quick to prepare, they will suit anyone who truly enjoys healthy, natural, and tasty food. Titles like 'Smoked Salmon with Edamame,' 'Cherry and Shiso,' and 'Beet Salad with Ginger, Smoked Trout, and Walnuts,' reveal how Gower 'breaks away' from the standard repertoire of our daily bread." -Kyoto Journal" In The Breakaway Japanese Kitchen...Gower combined literary easy reading with an imaginative culinary brain unrestricted by formality...As traditional cookbooks go, this publication fails completely. It fails so gloriously and in such impressive style however, that it fully belongs on the bookshelf or, better still, open on the kitchen counter." Mainichi Daily News"This is not a Japanese cookbook, but rather an eclectic selection of dishes incorporating Japanese staples like soy, persimmons and shiso with the olive oil, butter and fresh herbs such as mint and coriander found in a Western kitchen....The book gives a much-needed reminder that there's a whole lot more you can do with any given ingredient if you leave the straight and narrow conventions behind and try something new." Kansai Time Out Magazine"The Breakaway Japanese Kitchen is a lovingly presented, hands-on cookbook with creative ideas for simple and fast Japanese-style interpretations of Western food. For readers less familiar with Japanese cooking, the book is certain to offer interesting new ways of adding an exotic accent to the meals they serve, while for Japanese amateur chefs it presents novel approaches to food using the ingredients they have always had around them." Skyward Magazine"A flick through Gower's cookbook proves that he follows a passion for flavor rather than fancy style or presentation. Not once does he call his work fusion cuisine, or California-style, and thankfully there's not a single funny-named, rainbow-colored seaweed roll in sight. Instead Gower's introduction is down-to-earth, and his numerous recipes are simple, quick and unpretentiously minimalist. He focuses on unusual flavors... Breakaway Japanese Kitchen is a casual and un-daunting book that proves Japanese ingredients are versatile." Japan Times"I discovered a new approach to tofu and other Japanese ingredients in a cookbook called The Breakaway Japanese Kitchen by Eric Gower... His book has transformed my view of tofu. I used to think of it as a soft, inert, white blob. Now it is a gourmet treat." Shukan STF from the PublisherThe Breakaway Japanese Kitchen is a coup d'etat. 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About the Author Eric Gower is a writer and private chef. He divides his time between San Francisco and Kamakura, Japan. The food is beautifully photographed by Fumihiko Watanabe, photographer of *Nobu: The Cookbook*, which was nominated for the 2002 James Beard award for best food photography.