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A Taste of Japan

Lesley Downer

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Lesley Downer : A Taste of Japan before purchasing it in order to gage whether or not it would be worth my time, and all praised A Taste of Japan:

Based on a six part BBC TV series, this book aims to make Japanese cookery accessible to the home cook, while offering insight into some of the techniques of the professional chef. Part of the appeal of Japanese food is that because it is low in fat and high in minerals, it is very healthy.