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Cook Japan, Stay Slim, Live Longer

Reiko Hashimoto

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Reiko Hashimoto : Cook Japan, Stay Slim, Live Longer before purchasing it in order to gage whether or not it would be worth my time, and all praised Cook Japan, Stay Slim, Live Longer:

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Debunking myths surrounding the complexity and accessibility of Japanese food, Reiko Hashimoto's new book is packed with delicious dishes for a slimming and sustainable healthy lifestyle.In Cook Japan, Stay Slim, Live Longer, Reiko Hashimoto explores the benefits of the Japanese diet--including slim physique, stable blood sugar, increased joint flexibility and a longer lifespan--in detail, followed by an introduction to key Japanese fresh and store cupboard essentials.With easy to follow instructions, the 100dash;120 recipes found in this book vary from basics to the more technically complex, perfect for all those wishing to perfect the art of Japanese home cooking. Brand new photography

accompany the majority of the recipes, and menu plans allow the reader to plan for dinner parties and special occasions. Nutritional details give context to the recipes and allow those following a fast or calorie-based diet to enjoy the recipes. With Japanese food so enjoyed in restaurants, from high-end gourmet to mid-price sushi and takeaways, this is the perfect book for home cooks.

About the Author Reiko Hashimoto grew up in Kyoto, Japan. By watching her mother cook fresh food for every meal and use vegetables that changed with the seasons, Reiko's dedication to authentic Japanese flavors was born. After becoming educated in international cuisine, Reiko settled in London and opened her culinary school, Hashi Cooking. She now has students from amateurs to chefs of the Cordon Bleu, and teaches traditional and healthy Japanese dishes while debunking myths surrounding Japanese cooking. hashicooking.co.uk / [@hashicooking](https://www.instagram.com/hashicooking)