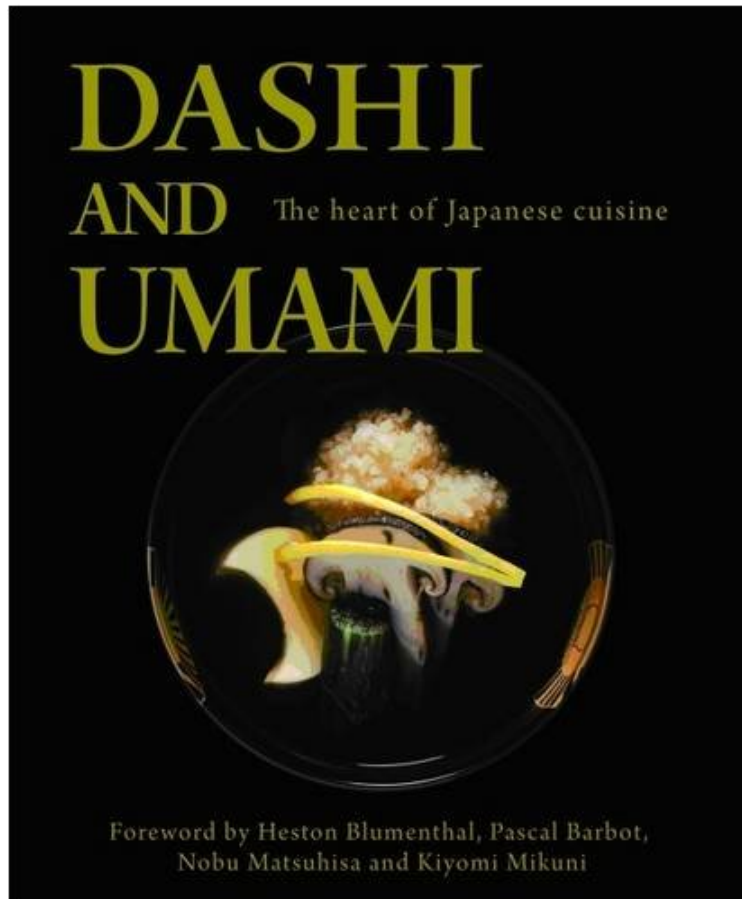


(Mobile book) Dashi and Umami: The Heart of Japanese Cuisine

## Dashi and Umami: The Heart of Japanese Cuisine

*Nobu Matsuhisa, Kiyomi Mikuni, Heston Blumenthal, Pascal Barbot*  
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**Nobu Matsuhisa, Kiyomi Mikuni, Heston Blumenthal, Pascal Barbot : Dashi and Umami: The Heart of Japanese Cuisine** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dashi and Umami: The Heart of Japanese Cuisine:

2 of 2 people found the following review helpful. Superb item - for collectors and fanatics! By FoodCraftersWow.As of today, the cheapest price for this book is 289 USD. And honestly... I can understand the demand for it! This book is superb, both in content and in form. Anything but a practical Japanese cookbook, this is the most serious reference about umami you will find. For anyone who's been to Japan and eaten the real thing, vivid memories of tasty, succulent, juicy, intense, and flavourful sauces and soups are pavlovian reflexes to the words "japanese food" - and the reason of this is dashi. Just like the core of french cooking are sauces and stocks, the heart of Japanese food is dashi - a basic bouillon made with water, konbu seaweed, and bonito flakes. This book goes into the heart of how to make dashi, and how much variation there can be with such a simple recipe! This books recalls traditional japanese chefs anecdotes, histories and ideas around dashi (and how one chef exclusively uses water from Kyoto transported to his restaurant in Tokyo just because it's a little different). This is simply a work of art. Just like all things in Japan, details

make the difference. Poetry at places and practical advice at others, readers won't find many recipes or secret tricks to make successful Japanese goodies. But they will discover the depth of Japanese mentality, and learn how the simplest things are the hardest. A wonderful and intemporal gift for someone who loves Japan, its food and its traditions. A beautiful book with a tangible soul. 14 of 14 people found the following review helpful. an in depth look into umaminess and dashi By Intilde;igo Aguirre Polo I absolutely (please excuse my spelling, i'm Spanish) loved this book, not only the content, the book in itself is a beautiful object, printed with care, and the pictures are incredibly beautiful. The 1st part has 4 different subchapters where 4 chefs of great Japanese restaurants explain how they make dashi and produce recipes with dashi for each of the 4 seasons of the year. After that there is a comprehensive explanation on each of the ingredients used for dashi and on umami's taste perception. To make a long story short, beautiful and perfect in content. and for a passionate lover of Japanese cuisine. hope you find this interesting regards, [...] 19 of 20 people found the following review helpful. A hidden facet of Japanese cuisine By Neal Oshima I lived in Japan for a few years in the early sixties. I was a kid and my father was teaching at a university there. Food then was very traditional, few western foods were available, even in Tokyo. What is now thought of as Japanese food: tempura, sukiyaki and sashimi, were rarely prepared in home kitchens and were only found in restaurants. In homes, in ryokan and country-side restaurants the cuisine was very different, more seasonal and with less meat. Dishes had few ingredients but very specific, painstaking cooking techniques. Dashi and Umami nearly perfectly describes this cuisine and, in the process, strips Japanese food to its bare essentials. If the heart of French cuisine is its sauces and the basis of Chinese food lies in the principal of ying-yang, dashi, the ubiquitous kelp broth, is the essence of Japanese cooking. This wonderful book is a great corollary for its subject: simple yet deep. Graphically it is warm, yet minimal. The beautiful photographs tell exactly what you need to know but no more. Though it has only thirty-odd recipes, they are organized seasonally, precisely chosen to illustrate the concept of umami. A couple of the recipes I cook often. They remind me of my grandmother, who ran a restaurant in the Japanese ghetto of downtown Honolulu before WW2. She was from Wakayama and cooked in a regional, provincial style. Like this book, her food was odd, slightly exotic but ultimately hearty, satisfying and full of umami.

Japanese cuisine is appreciated worldwide for its healthiness and its beauty in both appearance and flavour. The characteristic 'savoury-ness' (umami) is achieved despite minimum use of oil, salt and flavourings. Dashi ('stock') and the resulting umami are said to be the reason Japanese cuisine is special. But what are they? How do they work? And why? This beautifully illustrated book reveals these secrets through both explanation and superb recipes introduced by Japan's top chefs. It is not only an essential read for people in the food industry, it is also a godsend to anyone who cares about what they eat. The body of the book is in 3 parts. "Discovering Japanese Cuisine" introduces the background and essence - nature and the four seasons, ingredients, philosophy, and history and development in the art of dashi by Japan's four finest top chefs. Each introduces a dashi-based recipe for spring, summer, autumn and winter. It is a practical guide to dashi and umami explains what dashi is, what the ingredients are, how it is made and used in the kitchen - also the nature of umami and how and why it was discovered. A concluding section Umami - the science of dashi - introduces the principal natural elements that constitute or combine to produce umami: glutamate (from konbu), inosinate (from katsuobushi), guanylate (from dried shiitake). The endmatter includes a Glossary, Index, Conversion Tables and Bibliography. This title includes: the true secrets behind the healthiness and deliciousness of Japanese cuisine revealed for the first time in a sumptuously illustrated book backed by the biggest world chefs; hundreds of colour photos, recipes by the 4 leading chefs of Japan, and lucid explanations and nutritional/scientific explanations that combine to offer a full understanding of umami dashi.

"Umami, as part of dashi, is essential to Japanese cuisine. It is umami that maintains the balance between salty, sweet, sour and bitter; in short, you could call it the origin of 'deliciousness'. - Nobu Matsuhisa Umami is a subject close to my heart. (It) actually exists naturally in many foods familiar to Westerners... In the Fat Duck, I like to use umami-rich Japanese ingredients in more Western style preparation in order to get that umami hit. - Hester Blumenthal Umami should be thought of as a vital tool when creating recipes, incorporated into meat juice and fermented fish sauces, and in the form of cheese to give character to a dish. To 'umamise' a dish such as roast chicken, serve with a Parmesan fondue. - Pascal Barbot"