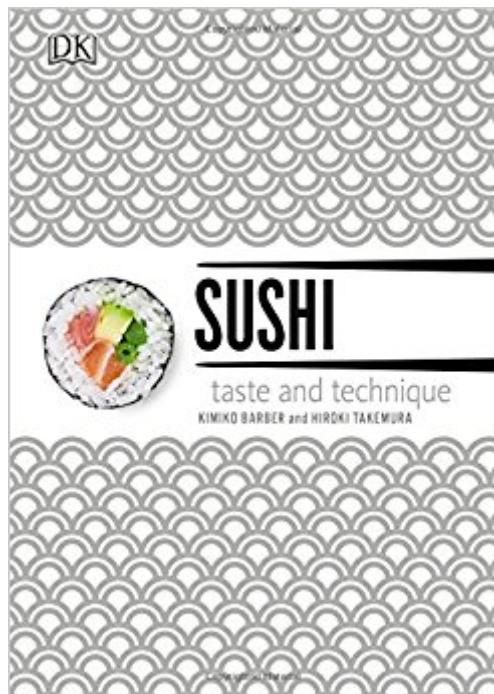


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# Sushi: Taste And Technique



## Synopsis

An updated classic guide to creating a variety of delicious and beautiful sushi, including bowls, omelettes, and sandwiches. Learn how to make your favorite sushi rolls at home or discover a new recipe in the updated *Sushi: Taste and Technique*. This classic guide to making a variety of homemade Japanese sushi features traditional rolls plus the latest trends, including modern sushi bowls, omelets, and burritos. Detailed step-by-step photographs and foolproof recipes by Kimiko Barber and Hiroki Takemura help you master the knife skills and hand techniques you need to prepare perfect sushi and sashimi, from authentic pressed, rolled, and stuffed sushi to a sushi sandwich. Reference the fish and shellfish guide to learn how to select and cut the appropriate meat for your sushi, and get the best recommendations for your desired meal. Read about the history of sushi, make sure you have the appropriate utensils in your home and make sure they are being used correctly, and learn the proper etiquette for serving and eating sushi. Elevate your home menu with *Sushi: Taste and Technique*, a beautiful and in-depth reference guide to everything sushi.

## Book Information

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## Customer Reviews

**Slicing Fish Fillets** Although it is ideal to buy a whole fish, it is not always practical. Large fish such as tuna, salmon, or halibut are usually sold in blocks or fillets. This technique shows how to slice fish fillets to use in different types of sushi and sashimi. [View larger](#)

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Spicy, Seared Tuna and Avocado Sushi

**Bowl** This recipe captures the free-and-easy appeal of scattered sushi with spicy tuna and plenty

of salad vegetables, all served in one bowl like Tokyo-style sushi.      **Salmon and Ginger Thick Rolls** Traditionally, cooked vegetables and omelet are used as fillings for thick rolls, but there are no rules against using fresh fish or shellfish. Here is one suggestion that pairs salmon with refreshing ginger and crisp vegetables.      **Savoy Cabbage Leaves with Herb and Egg Rice** The bright green color and crinkled texture of Savoy cabbage makes it an interesting wrapping material. The leaves are blanched very briefly then immersed in cold water, which helps them to retain their color.

**Preparing Crab** Cooking a live crab at home isn't for the fainthearted, and if it isn't done expertly and humanely, it can cause unnecessary suffering for the animal and produce disappointing results.      [View larger](#)

[View larger](#)      [View larger](#)      [View larger](#)      **Sushi Burritos** This Mexican-Japanese street food hybrid is an example of innovative, modern sushi. The filling is generous and the rolling technique is similar to that of thick rolls. Here is just one filling suggestion—have fun experimenting with others.      **Other Seafood for Sushi** Sushi has a wide variety of toppings and fillings, some familiar and some more unusual than others. You may first come across some of the fish, shellfish, and other seafood listed here in sushi bars, but as you become more confident with sushi-making, consider using some of the following to broaden your range.      **Mix-and-Match Sushi Balls** These cute, pretty sushi balls are a favorite for hinamatsuri, or Girls' Day, celebrations in Japan. Make them as a starter dish for your own festivities with a variety of colorful toppings, and serve them mix-and-match style.

"This unique book is recommended for most collections." — Library Journal

This is a beautiful book from cover to cover. The colors and pictures pop on every page, and the step by step guide leads you through each step as if you had an actual sushi master right by your side telling you what to do in person. The instructions are clear and easy to understand as it walks you through the basics from which tools you need, to the types of fish to buy, to how to prepare and serve your sushi creation. This book isn't just about sushi rolls either. This book covers various soups, salads, omlettes, stuffed sushi, sandwiches and everything in between! This is a great book for any beginning homemade sushi enthusiast, as it takes the fear out of home cooking and puts you in the driver's seat for a new adventure. I love everything about this book and the recipes are so

easy. We tried out a couple of recipes so far such as the Spicy, seared tuna and avocado bowl and the clear soup with egg and shiitake mushrooms and both were amazing! I couldn't believe that I had made it myself and didn't buy it from a restaurant! The flavors are thoughtfully brought together in every recipe and the instructions never left me confused or wondering if I was even doing it right. It was easy to understand, easy to execute, and so incredibly easy to eat and enjoy! This is a marvelous book and I would recommend it to anyone wanting to step up their at home culinary skills to include some basic and not so basic sushi creations!

Since I've been taking Japanese Saturday School lessons for the past few years, I've gotten into making lots of Japanese dishes. I have a few books on Sushi, but they are inferior to this book by far. A nice history of where Sushi originated and what it was initially which is profoundly different from what we think of it today. The book provides information on all the various types and how to make them. It gives a nice introduction to the things you'll need and how to implement them. Among the details are what kinds of fish or seafood, what time of year it's best, how fast it spoils and how to filet it to make the sashimi portion (raw fish) of the Sushi. They list all kinds of fish and the different characters of each for using in or on top of Sushi. They also give instructions on how to make Japanese rolled omelets. Talk about the seasonings and the proper way to eat Sushi. There is also an order to eat which may vary by restaurant, but has to do with going with the blander tasting fish early and working up to the most flavorful. The proper use of Wasabi, and pickled ginger, and of course soy sauce. They show how to roll Sushi, and how to fix a torn nori sheet if you split one with a second sheet. I have some trouble with that, so I often use my Japanese teachers method, in rolling the nori inside with the rice on the outside and rolled in toasted sesame seeds. There a lot about the art and the culture in a very compact little book, so it came as a surprise to me. An easy read and if you want to create your own, you can do it like a pro without breaking the bank. I'm a little cautious with raw fish, but smoked salmon, tuna and sardines are fair game. Still when I read this book, felt compelled to try some other fish or seafood types raw, I just need to make sure the catch is fresh and my prep is clean. I'd hate to poison myself. They don't cover puffer fish although it's common in Japan, but you'd have to be licensed to filet one there or you can kill someone with the meal. Highly recommended if your a Sushi fan, and most varieties make an inexpensive and classy meal.

This book is a gem. The compact size belies the wonderful photography, and readable typesetting inside. The chapters are organized in a logical manner, and the introduction touches all the bases on presentation, basic settings, tools, and ingredients. New sushi lovers will appreciate the tips on

etiquette, chopstick handling, and technique. Launching into the basics, the book presents essentials, add-ons, and best of all, inexpensive substitutes for equipment. Numbered pictorials with clear color photos help explain the basic steps. You won't need an Internet connection to learn how to make proper sushi rice, stock, garnishes, or basic soups! The portion of the book I most appreciated, being fortunate to live on the tropical Gulf Coast, deals with fish and shellfish. Knowing how to judge quality of fresh fish or crustaceans is extremely important! You'll also see how to properly filet fish (a task I'm going to assume few readers will attempt unless living in an area with an abundance of fresh fish and fishing). However, knowing how to slice fresh fish fillets for sushi, also covered, will be a valuable skill for readers with access to a good monger. You also learn how to marinate certain cuts/species for use! The next section of the book covers preparation. The book progresses through fish, crustaceans, cephalopods, and mollusks. For Americans, common seafood available in groceries, such as king crab, crawdads, clams, and flounder are also covered. Halfway through the book, you'll see how to make sushi in a variety of ways: scattered, omelets, bowls, canapes, parcels, purses, and sandwiches. One type of sushi not offered as commonly prepared fare is pressed. But you'll see how to make it. And of course, rolled sushi is covered as well. As most experienced home sushi makers know, inside-out sushi is very easy to make. But you'll see that you too, can make great California (and other) rolls! Lastly, a few classic sashimi plates are shown. I've been making sushi for nearly 40 years, and I have found new and wonderful inspiration in this book. I will also keep and use this book; it is that good!

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