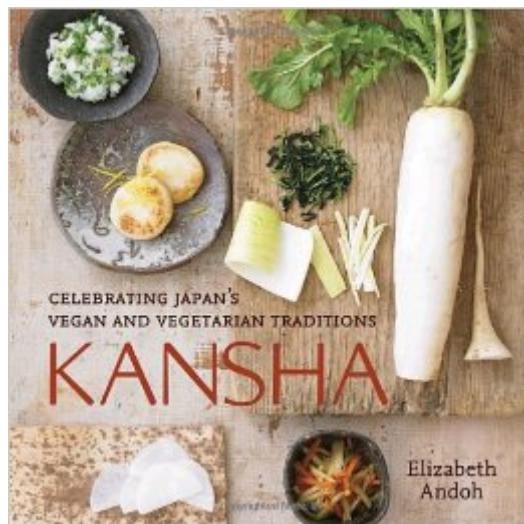


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Kansha: Celebrating Japan's Vegan And Vegetarian Traditions



Synopsis

The celebration of Japanâ™s vegan and vegetarian traditions begins with *kansha*â” appreciationâ” an expression of gratitude for natureâ™s gifts and the efforts and ingenuity of those who transform natureâ™s bounty into marvelous food. The spirit of *kansha*, deeply rooted in Buddhist philosophy and practice, encourages all cooks to prepare nutritionally sound and aesthetically satisfying meals that avoid waste, conserve energy, and preserve our natural resources.â In these pages, with *kansha* as credo, Japan culinary authority Elizabeth Andoh offers more than 100 carefully crafted vegan recipes. She has culled classics from *shÅ•jin ryÅ•ri*, or Buddhist temple cuisine (Creamy Sesame Pudding, Glazed Eel Look-Alike); gathered essentials of macrobiotic cooking (Toasted Hand-Pressed Brown Rice with Hijiki, Robust Miso); selected dishes rooted in history (Skillet-Scrambled Tofu with Leafy Greens, Pungent Pickles); and included inventive modern fare (Eggplant Sushi, TÅ•fu-TÅ•fu Burgers). â Andoh invites you to practice *kansha* in your own cooking, and she delights in demonstrating how âœnothing goes to waste in the *kansha* kitchen.â • In one especially satisfying example, she transforms each part of a single *daikon*â” from the tapered tip to the tuft of greens, including the peels that most cooks would simply compostâ” into an array of wholesome, flavorful dishes.â Decades of living immersed in Japanese culture and years of culinary training have given Andoh a unique platform from which to teach. She shares her deep knowledge of the cuisine in the two-part *A Guide to the Kansha Kitchen*. In the first section, she explains basic cutting techniques, cooking methods, and equipment that will help you enhance flavor, eliminate waste, and speed meal preparation. In the second, Andoh demystifies ingredients that are staples in Japanese pantries, but may be new to you; they will boost your kitchen repertoireâ”vegan or omnivoreâ”to new heights. â Stunning images by award-winning photographer Leigh Beisch complete *Kansha*, a pioneering volume sure to inspire as it instructs.

Book Information

Hardcover: 304 pages

Publisher: Ten Speed Press; First Edition edition (October 19, 2010)

Language: English

ISBN-10: 1580089550

ISBN-13: 978-1580089555

Product Dimensions: 9.9 x 1 x 9.7 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsâ” See all reviewsâ” (36 customer reviews)

Best Sellers Rank: #156,896 in Books (See Top 100 in Books) #67 in Books > Cookbooks, Food & Wine > Asian Cooking > Japanese #391 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #1915 in Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

I was stationed in Japan for six months, and while there, I took four Japanese cooking classes. I purchased Kansha from Japan in December 2010, and enjoyed leafing through the many intriguing vegan recipes inspired by traditional Japanese Buddhism (because of my living arrangements in Japan, I didn't have a kitchen in which to try out these recipes). Being vegetarian in Japan is more difficult than it sounds; nearly every Japanese dish (with the exception of shojin ryori, vegan Buddhist temple cuisine) contains fish in some form, whether in the dashi (stock) or shavings of katsuobushi (dried bonito flakes). The traditional Japanese diet, which was heavy on fish and fresh and pickled vegetables, is being replaced by deep-fried cutlets and American-style fast food joints like Mos Burger. I was lucky enough to attend one of Elizabeth's Kansha workshops in Osaka shortly after the March 11 earthquake, and it was a much-needed chance to focus on appreciation (the English translation of "kansha") that my Japanese coworkers' and students' friends and families were safe. We made several of the recipes from Kansha around a hanami (cherry blossom viewing) theme, including Thick Fried Tofu & Broiled Tofu Braised with Root Vegetables, Simmered & Blanched Mountain Vegetables Tossed in Nutty Tofu Sauce. Rice with Salted Cherry Blossoms, Burdock and Wheat Strips in Dark Miso Broth, and Home-Made Nuka-Zuke. After the class, we went on a supermarket tour, where Elizabeth pointed out various types of sansai (wild mountain vegetables) and gave us a primer on soy sauces and basic pantry staples.

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