



Harumi's Japanese Cooking: More than 75 Authentic and Contemporary Recipes from Japan's Most Popular Cooking Expert

By Harumi Kurihara

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Cooking expert and lifestyle guru Harumi Kurihara has won over the hearts of Japanese home cooks with her simple, delicious recipes. After selling millions of copies of her cookbooks, magazines, and housewares in her home country, this charismatic former housewife now shares her award-winning kitchen secrets with Americans for the first time.

These elegant, effortless recipes reflect Harumi's down-to-earth approach to Japanese cooking. Simply written and featuring everyday ingredients, recipes include Pan-Fried Noodles with Pork and Bok Choy, Warm Eggplant Salad, Japanese Pepper Steak, Seafood Miso Soup, and Harumi's popular Carrot and Tuna Salad, along with a chapter on simple ways to make delectable sushi at home.

Demystifying Japanese cooking and celebrating freshness, seasonality, and simplicity, this delightful book introduces Americans to one of the food world's brightest stars, and invites us to cook with her, one gracious dish at a time.

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Editorial Review

From Publishers Weekly

The publisher calls Kurihara "Japan's Martha Stewart" because of her numerous bestselling cookbooks, her lifestyle magazine and line of kitchenware, but judging by the overall simplicity of these recipes—and that Kurihara is "not interested in decorating [her] food for the sake of it"—that comparison is questionable. The recipes in this volume are divided into basic categories: appetizers, soups and noodles, rice, tofu, seafood, chicken and egg, beef and pork, sushi, vegetables, and desserts and drinks. They range from extremely accessible, such as Beef on Rice and Chicken with Red and Green Peppers, to more intimidating, such as Shrimp and Squid Tempura. But even the more involved entries are doable thanks to Kurihara's encouraging and straightforward (if not always elegant, thanks to an occasionally awkward translation) prose. She covers traditional Japanese favorites like Okonomiyaki Hiroshima fu (Japanese-Style Savory Pancake) and more contemporary takes with international influences, like Tofu with Basil and Gorgonzola Dressing, which she describes as "a rather Italian way to serve up tofu." Throughout, the emphasis on eating mindfully, varying ingredients and keeping portions small (especially for dessert) means that this is a healthful cookbook that doesn't try too hard to be one. Photos. (Apr. 4)

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About the Author

Harumi Kurihara is Japan's most popular cooking and lifestyle personality. She has sold more than seven million copies of her cookbooks, as well as more than five million copies of her cooking magazine. A nationwide sensation in her home country, she also appears on Japanese television and runs housewares shops and restaurants. This is her first book to be published in the U.S.

Users Review

From reader reviews:

William Meadows:

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