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# Vegetarian Sushi Secrets

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<i>Vegetarian Sushi Secrets</i>	<i>2020-04-22</i>
STEPHANY MCMAHON	

*1,000 Vegan Recipes* New World Library

Vegetarian Sushi Made Easy introduces over 40 recipes for delicious, easy-to-prepare sushi made with vegetables instead of raw fish. The authors have grouped the recipes into finger sushi with vegetable toppings, sushi rolls, sushi balls, stuffed sushi pockets, tossed sushi, and sushi cakes. Many of these are made with sushi rice in several colors--white, pink, yellow, and even green--so they are not only delicious to eat, but also beautiful to look at. Vegetarian Sushi Made Easy is the perfect introduction for all cooks, both amateur and experienced, to the wide world of healthy, delicious sushi.

**Just One Cookbook** Random House India

A vegan/vegetarian companion to the successful Sriracha Cookbook, featuring 50 inventive, vegetable-based recipes with gluten-free variations. Devoted Sriracha addicts know that this fiery red condiment adds the perfect spicy kick to their favorite foods. But for those who want to take it to the next level, Randy Clemens shows how versatile this garlicky, pungent sauce can be when paired with the almighty veggie in everything from breakfast to dessert, and appetizers to entrées. These delicious plant-based recipes—from Stuffed Sriracha 'Shrooms, Sriracha-Cauliflower Mac 'n' Cheeze, and Cajun Quinoa Cakes with Lemon-Dill-Sriracha Rémoulade to Maple-Sriracha Doughnuts and Watermelon Sriracha Sangria—showcase an exciting range of fruits, grains, and veggies, without the processed fake meat found in many vegan recipes. Featuring 50 flavor-packed, inventive combinations of vegetables and Sriracha (with notes on how to adapt them for a gluten-free diet), The Veggie-Lover's Sriracha Cookbook will take your rooster sauce obsession to bold, new heights.

The Story of Sushi Page Street Publishing

"It is clear that serious research, as well as much imagination, went into every page. It has become my new 'go-to' bible when I need a shot of inspiration." Ken Oringer, internationally renowned and award-winning chef Clio Restaurant, Uni Sashimi Bar, Boston "Congratulations on writing such an aesthetically beautiful, informative and inspiring book. ... I shall not hesitate to recommend your book to those colleagues, who like me, are fascinated by Sushi and who will surely be captivated, like me, turning every page." Dr. Ian C. Forster, April, 2011 • • • In recent decades, sushi has gone from being a rather exotic dish, eaten by relatively few outside of Japan, to a regular meal for many across the world. It is quickly gathering the attention of chefs and nutritionists everywhere. It has even made its way into numerous home kitchens where people have patiently honed the specialized craft required to prepare it. Few have been more attuned to this remarkable transition than Ole G. Mouritsen, an esteemed Danish scientist and amateur chef who has had a lifelong fascination with sushi's central role in Japanese culinary culture. Sushi for the eye, the body, and the soul is a unique melange of a book. In it, Mouritsen discusses the cultural history of sushi then uses his scientific prowess to deconstruct and explain the complex chemistry of its many subtle and sharp taste sensations. He also offers insights from years of honing his own craft as a sushi chef, detailing how to choose and prepare raw ingredients, how to decide which tools and techniques to use, and how to arrange and present various dishes. Sushi is irresistible for both its simplicity and the hypnotic performance-art aspects that go into its preparation. With clear prose and straightforward instructions, Mouritsen looks at every facet of sushi in a book that is as accessible as it is informative, as useful as it is fun.

**Kitchen Confidential** Weatherhill, Incorporated

For the first time, Poil0/00ne, CEO of the Poil0/00ne bakery, provides detailed instructions so bakers can reproduce its unique "hug-sized" sourdough loaves at home, as well as the bakery's other much-loved breads and pastries. Beyond bread, Poil0/00ne includes recipes for such pastries as tarts and butter cookies. cookies.

**Rice, Noodle, Fish** A&C Black

Sushi and sashimi are by now a global sensation and have become perhaps the best known of Japanese foods—but they are also the most widely misunderstood. Oishii: The History of Sushi reveals that sushi began as a fermented food with a sour taste, used as a means to preserve fish. This book, the first history of sushi in English, traces sushi's development from China to Japan and then internationally, and from street food to high-class cuisine. Included are two dozen historical and original recipes that show the diversity of sushi and how to prepare it. Written by an expert on Japanese food history, Oishii is a must read for understanding sushi's past, its variety and sustainability, and how it became one of the world's greatest anonymous cuisines.

**Sushi Secrets** Houghton Mifflin Harcourt

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie

and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

**Minimalist Baker's Everyday Cooking** Susan Schadt Press LLC

Now, anyone can go from sushi novice to sushi samurai--slicing, filleting, and making rolls like a master! Never before have the techniques of this most popular Asian cuisine been as attractively presented, as easy to follow, and as temptingly photographed as this beginner's guide. With the help of an unbelievable number of close-up photos, expert Aya Imatani virtually takes would-be chefs by the hand, leading them through every delectable step of the process. She discusses all the tools, foods, and paraphernalia; lays out the methods for making vinegars and sauces; and demonstrates how to make sashimi creations so special they aren't even found in many sushi bars. The menu of sushi recipes is expansive, encompassing hosomaki, saimaki, and all-vegetarian varieties. You will even learn all the right Japanese names for each dish. And everything seems wonderfully doable. The big finish: Aya's specials, the kind of dishes you'll never find in sushi bars--such as Sushi Cake (Chicken &Teriyaki) and Temarizushi (made of tuna, salmon, and avocado)--but that a Japanese mother or grandmother would make for her own family.

*The Southern Vegetarian* HarperCollins

Secrets of Delicious Vegan Cuisine from the Beloved New York Eatery For over 40 years the landmark Angelica Kitchen served mouthwatering, plant-based dishes to tens of thousands of customers in New York City. While the restaurant has since closed, more than 100 of its most popular recipes live on in this inspirational cookbook. From essential rice and beans to exotic Asian root-vegetable stew, this volume showcases the range of this famous eatery's artful technique, with instruction perfect for the home cook. The Angelica Home Kitchen explores the economic, social, and ecological impact that our food choices have outside the kitchen. This iconic work delves into philosophies and principles of consumption while offering delicious, well-balanced, healthy dishes made from-the-heart and at an affordable cost. Author Leslie McEachern, the owner of Angelica Kitchen, shares her locally-sourced, farm-grown path to nourish the body and spirit. In balance, we rekindle our connection between ourselves, the earth, and our community. This must-have cookbook is beloved by vegetarians and omnivores alike for its passion, creativity, and above all—flavor!

*A Visual Guide to Sushi-Making at Home* Hachette Illustrated

Plant-based sushi made simple You don't need to be an experienced sushi chef to serve up satisfying rolls at home. This garden-fresh collection of veggie-focused recipes walks you through the process of creating your own sushi from start to finish. You'll learn how easy it can be to properly cook sushi rice, prepare common ingredients, and assemble them all into beautiful and tasty rolls that anyone can enjoy. The Vegan and Vegetarian Sushi Cookbook for Beginners features: A variety of recipes--Discover traditional vegan- and vegetarian-friendly recipes, as well as new takes on maki, temaki, sashimi, chirashi, and more. Step-by-step instructions--Ensure each roll comes out perfectly with detailed directions that show you how to combine ingredients--no guesswork required. Sushi essentials--Make sure you have everything you need to make sushi in your kitchen with a list of must-have tools and staple ingredients. Go from a novice to an experienced sushi chef with a little help from this vegetarian and vegan Japanese cookbook.

**Poilâne** America's Test Kitchen

Shivya Nath quit her corporate job at age twenty-three to travel the world. She gave up her home and the need for a permanent address, sold most of her possessions and embarked on a nomadic journey that has taken her everywhere from remote Himalayan villages to the Amazon rainforests of Ecuador. Along the way, she lived with an indigenous Mayan community in Guatemala, hiked alone in the Ecuadorian Andes, got mugged in Costa Rica, swam across the border from Costa Rica to Panama, slept under a meteor shower in the cracked salt desert of Gujarat and learnt to conquer her deepest fears. With its vivid descriptions, cinematic landscapes, moving encounters and uplifting adventures, The Shooting Star is a travel memoir that maps not just the world but the human spirit.

*The Cauliflower Diet* Penguin Random House India Private Limited

Nobu's restaurants are known the world over for the quality of their ingredients and for the skill and originality with which the food is prepared and presented. Now, in this first cookbook by Nobu to focus on vegetable dishes, the master chef shares his expertise and deep knowledge of Japanese cuisine in sixty recipes that showcase vegetables in all their variety. Throughout the book, the emphasis is on fine and healthy Japanese dining. Nobu uses a wide range of cooking techniques--from marinating and pickling to steaming, roasting, boiling, frying, grating, etc.--to bring out the full flavors and textures of the vegetables. He also introduces tofu and yuba, both traditional Japanese ingredients made from soybeans, and offers ten recipes for vegetable sweets and fifteen for cocktails.

Sushi: The Beginner's Guide Penguin

America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-

tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking. *Vegan for Everybody* Ryland Peters & Small

"Expertly takes readers into a world of Japanese home cooking far from the austere precision of the sushi counter, or the late-night rush of the ramen-ya. . . .This welcome primer goes a long way toward making Japanese cooking accessible to home cooks curious but perhaps intimidated by the cuisine." Publishers Weekly Learn how to make the enigmatic and umami-rich comfort food of Japan, with over 75 recipes straight from Atsuko Ikeda's authentic yet modern Japanese Kitchen. Japanese home-cooking is full of comfort, but a version of comfort food that is stylish, mouth-watering and less unhealthy than most. For those who aspire to recreate the Japanese dishes enjoyed in restaurants or on holiday, and to discover even more about the secrets and techniques involved in Japanese home cooking, you are invited into Atsuko's Kitchen. Learn the subtle art of creating a balanced meal as demonstrated with an easy-to-follow infographic. Learn the basics, such as how to season food the Japanese way, how to prepare dashi stock and how to make variations on basic rice. Choose from the delicious array of main dishes you might be familiar with, such as chicken teriyaki, tonkatsu pork, beef tataki, gyoza, seared tuna with ponzu, vegetable tempura, okonomiyaki, grilled aubergine with sesame sauce, plus recipes from Atsuko's own family and modern creative repertoire. Also featuring 'izakaya' small plates for sharing and sumptuous modern desserts, there is Japanese comfort food for every occasion. With tips on how to present your dishes in the traditional way, anecdotes and cultural explanations of dishes, discover the secrets of Japanese home-cooking for yourself.

**Atsuko's Japanese Kitchen** Chronicle Books

After twenty-five years of 'sex, drugs, bad behaviour and haute cuisine', chef and novelist Anthony Bourdain has decided to tell all. From his first oyster in the Gironde to his lowly position as a dishwasher in a honky-tonk fish restaurant in Provincetown; from the kitchen of the Rainbow Room atop the Rockefeller Center to drug dealers in the East Village, from Tokyo to Paris and back to New York again, Bourdain's tales of the kitchen are as passionate as they are unpredictable, as shocking as they are funny.

*The Sushi Cookbook* Tuttle Publishing

A masterclass in sushi making from London-based teacher Atsuko, who combines authentic knowledge and skills with contemporary, innovative ideas to give 60 recipes for rolls, wraps, moulded and deconstructed sushi.

*Sushi Cookbook for Beginners* The Experiment

Entertain your friends and family with sushi that looks as fantastic as it tastes! As the world's appetite for Japanese sushi continues to skyrocket, the Sushi Art Cookbook introduces readers to the art of creating sushi that looks as fantastic as it tastes! Author Ken Kawasumi—principal lecturer at the Japanese Sushi Institute—is the pioneering chef behind Kazari Maki Sushi. The designs revealed by slicing the sushi logs into delicious morsels can be understated or refined, expressive or playful—whatever suits the occasion! A sushi cookbook like no other, this guide to decorative Kazari Maki Sushi includes: Instructions on how to prepare sushi rice, ingredients, and garnishes Essential sushi rolling and pressing techniques 85 designs from simple to sophisticated Detailed color photographs, documenting step-by-step assembly Anyone can create these simple-to-sophisticated sushi recipes and designs: Chrysanthemum Bunny Clown Smiley-Face Panda Cherry Blossom Guitar Penguin Bonsai Tree Samurai and much more!

*The Angelica Home Kitchen: Recipes and Rabble Rousings from an Organic Vegan Restaurant* Page Street Publishing

Make Traditional & Contemporary Japanese Dishes with Powerful, Umami-Rich Flavor Mother and daughter Shihoko Ura and Elizabeth McClelland, founders of the blog Chopstick Chronicles, reveal the key to amazing Japanese cooking—fermenting your own miso, amazake and more. Sweet, salty, tangy and rich, these ingredients add subtle layers of flavor to dishes like Ultimate Miso Ramen, vibrant Rainbow Roll Sushi and Japanese Curry with

Summer Vegetables and Natto. It's easy to enjoy the health benefits of fermented foods, known for aiding digestion and boosting the immune system, with fun recipes like Amazake Bubble Tea and Super Simple Shio Koji-Pickled Cucumbers. This book makes achieving Japanese flavors so simple, these fermented ingredients will quickly become staples in your pantry. From multicourse dinners to sweet-salty desserts and refreshing drinks, find out what elevates everyday Japanese dishes to unforgettable classics.

**The Vegetable Sushi Cookbook** Tuttle Publishing

Learn the intricate and delicious art of sushi--100 recipes for beginners Sushi is a true culinary art form filled with colors, textures, sauces, and infinite presentations. And behind every delicious dish is an innovative sushi chef. The Sushi Cookbook for Beginners will teach you 100 easy-to-follow recipes that will help you turn your kitchen into a sushi workshop. Learn the many variations sushi has taken inside and outside of Japan--from classics like Tuna Rolls to nontraditional ones like a Spicy Fried Mozzarella Roll. Get information from this sushi cookbook on kitchen must-haves like a sushi-rolling mat and a rice paddle, as well as learning how to select the high-quality ingredients and prepare them to perfection. Learn to slice, season, and present your delicious artwork as your kitchen becomes your canvas. The Sushi Cookbook for Beginners includes: Sushi top to bottom--This sushi cookbook gives you a crash course in sushi, sashimi, nigiri, and other rolls that can be made from readily available ingredients. A healthy mix--Feast on a variety of classic seafood rolls plus a blend of vegetarian options offered in this beginner-friendly sushi cookbook. Pantry staples--Learn why small pantry items like roasted sesame seeds, canned seasoned fried bean curd, dashi stock powder, and others can make a world of difference. When you're ready to take your culinary skills to tasty new heights, the Sushi Cookbook for Beginners is your perfect starting point.

*Sushi Party* Kodansha

Fresh out of college, Gesshin Claire Greenwood found her way to a Buddhist monastery in Japan and was ordained as a Buddhist nun. Zen appealed to Greenwood because of its all-encompassing approach to life and how to live it, its willingness to face life's big questions, and its radically simple yet profound emphasis on presence, reality, the now. At the monastery, she also discovered an affinity for working in the kitchen, especially the practice of creating delicious, satisfying meals using whatever was at hand — even when what was at hand was bamboo. Based on the philosophy of oryoki, or “just enough,” this book combines stories with recipes. From perfect rice, potatoes, and broths to hearty stews, colorful stir-fries, hot and cold noodles, and delicate sorbet, Greenwood shows food to be a direct, daily way to understand Zen practice. With eloquent prose, she takes readers into monasteries and markets, messy kitchens and predawn meditation rooms, and offers food for thought that nourishes and delights body, mind, and spirit.

*30-Minute Vegan Dinners* Rux Martin/Houghton Mifflin Harcourt

A treasury of meat-free, dairy-free delights from “an acclaimed authority on vegan cooking” (Publishers Weekly). These delicious recipes, for breakfast, lunch, dinner and everything in between, are cholesterol-free, low in saturated fat, and high in fiber and complex carbohydrates. You'll get crowd-pleasing appetizers and snacks like Mango-Avocado Spring Rolls and Savory Artichoke Squares and family favorites like Vegan Margarita Pizza and Baked Mac and Cheese. Best of all, Robin Robertson gives you an endless variety of recipes from a diverse range of cultures—with something to suit everyone's taste. For anyone interested in healthy, delicious eating that's also ethically and environmentally responsible, 1,000 Vegan Recipes: Includes a “FAST” icon featuring quick and easy recipes that can be ready in 30 minutes or less Provides kid-friendly recipes to help you get your kids to eat more nutritious foods Offers detailed information and guidelines on ingredient substitutions, special nutritional concerns, and a handy list of important pantry staples Presents vegan alternatives to restaurant favorites with recipes such as Penne with Vodka-Spiked Tomato Sauce, Fajitas Without Borders, Cheezecake with Cranberry Drizzle, Vegan Tiramisu, and vegan ice creams, sorbets, and granitas