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Food culture in Japan

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Abstrak

Americans are familiarizing themselves with Japanese food, thanks especially sushi's wild popularity and ready availability. This timely book satisfies the new interest and taste for Japanese food, providing a host of knowledge on the foodstuffs, cooking styles, utensils, aesthetics, meals, etiquette, nutrition, and much more. Students and general readers are offered a holistic framing of the food in historical and cultural contexts. Recipes for both the novice and sophisticated cook complement the narrative. Japan's unique attitude toward food extends from the religious to the seasonal. This book offers a contextual framework for the Japanese food culture and relates Japan's history and geography to food. An exhaustive description of ingredients, beverages, sweets, and food sources is a boon to anyone exploring Japanese cuisine in the kitchen. The Japanese style of cooking, typical meals, holiday fare, and rituals--so different from Americans'--are engagingly presented and accessible to a wide audience. A timeline, glossary, resource guide, and illustrations make this a one-stop reference for Japanese food culture.