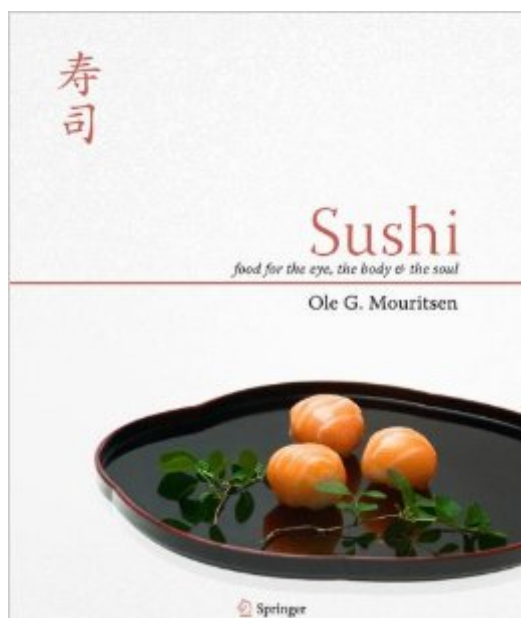


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# Sushi: Food For The Eye, The Body And The Soul



## Synopsis

"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.

## Book Information

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## Customer Reviews

This is the best sushi book I have ever seen, heady words I know, but just to quantify, it's not until page 153 that the topic of preparation begins. The preceding 152 pages focus the traditions, equipment and ingredients of the world's most simple, yet complex cuisine...

A professor of biophysics at the University of Southern Denmark, Ole G. Mouritsen has penned the most extensive and authoritative book--dare I say encyclopedia?--on sushi to date. This weighty tome is packed with more information than most readers will ever need. Yet that's exactly where it shines. The author's curiosity and passion about fish is evident throughout. Perhaps most notable is that, unlike other sushi books written by non-Japanese, the information about seafood is factually correct. Sushi will educate readers on all aspects of fish--texture, taste and how they are served. Packed with photos and illustrations (by the author's son), this comprehensive guide also includes information on other dishes at the sushi counter, from the rice and vinegar used to make the shari to the green tea that ends the meal. With an extensive glossary and a rich bibliography, Sushi will find its way onto the bookshelves of chefs and foodies the world over. After consuming this work, readers themselves should be given a PhD in sushi.

This book is fantastic, covering the health, history, tools, ingredients, culture, and methods used in sushi making. The \*only\* reason why I gave this book 4 out of 5 stars is because the recipe section I thought was lacking. They go over all the basics, and really encourage you to create your own recipes, but I was hoping to find, in addition to the basics, all the common restaurant maki recipes. Knowing all the ingredients, I'm sure I could easily replicate restaurant dishes (with practice), but I was hoping to find everything in one place. Would definitely buy this book again though, if I lost it.

I love this book. It is incredible. It goes into everything from basic preparation and tools, to lore and science. My favorite book by far as far as sushi is concerned.

I was standing around Barnes and Nobles with this book clutched in my hands, flipping through the pages to look at the pictures and reading some of the stories, when my friend noticed and started looking through it as well. We both became very interested in purchasing this book so we took it up to the counter to find out how much it cost. I think it was somewhere around 40 dollars. I promptly

put the book down, scanned the barcode in the back with my cellphone, using a price checking app, and found out how cheap it was on . I ordered 2 right then and there, on my phone, and when the books came a week later, gave one to my friend as a gift. I've since enjoyed reading the stories and looking at the pictures and my wife enjoys learning how to prepare the various dishes. Thank you for another great transaction.

You need a science degree, preferably in chemistry, to understand the technical jargon but skipping the high tech content does not diminish the books excellence in understanding Sushi. Illustrations are beautiful. Having degrees in chemistry and having lived in Japan, I enjoyed the book at several levels.

Good book if you are serious about preparing sushi on your own. Much history is included as well. Good information for party talk.

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