

KIBO

"Brimming with Hope"

希望

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Recipes & Stories
from Japan's Tohoku

ELIZABETH ANDOH



Kibo Brimming With Hope Recipes And Stories From Japans Tohoku

Elizabeth Andoh



Kibo Brimming With Hope Recipes And Stories From Japans Tohoku:

Kibo ("Brimming with Hope") Elizabeth Andoh, 2012-02-28 This cookbook is a heartfelt and fascinating tribute to the food traditions and courage of the people of Japan's Tohoku region before and after the devastation of the earthquake and tsunami of March 11 2011 It features traditional recipes such as Miso Seared Scallops Pinched Noodle Soup with Pork Salmon Stuffed Kelp Rolls and basics like rice stocks and sauces along with sake pairings and essays on Japan in recovery from journalists and food writers Kibo was written by Japanese culinary authority Elizabeth Andoh who was in her Tokyo kitchen when the Great Eastern Japan Earthquake struck Over the following months she witnessed the strength of the people of the Tohoku region one of the largest miso and sake producing areas in Japan as they struggled with the effects of the resulting tsunami and nuclear accident She was inspired to write Kibo meaning brimming with hope to not only tell the story of the food of the Tohoku region but also to document the experiences of its people both before and after the disaster This lushly photographed original eBook will honor the region and its rich culture on the first anniversary of the earthquake with a portion of the proceeds going to Japanese recovery efforts

Roots Diane Morgan, 2012-09-14 From the author of more than 10 cookbooks comes this comprehensive guide and collection of recipes using root vegetables Discover the fascinating history and lore of 29 major roots their nutritional content how to buy and store them and much more from the familiar beets carrots potatoes to the unfamiliar jicama salsify malanga to the practically unheard of cassava galangal crosnes The best part More than 225 recipes salads soups side dishes main courses drinks and desserts that bring out the earthy goodness of each and every one of these intriguing vegetables From Andean tubers and burdock to yams and yuca this essential culinary encyclopedia lets dedicated home cooks achieve a new level of taste and sophistication in their everyday cooking

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Kibo Brimming With Hope Recipes And Stories From Japans Tohoku Introduction

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