



Sushi (Essential Kitchen Series)

Ryuichi Yoshii

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An art form in Japan, sushi is not only beautifully presented but healthy and delicious.

Fresh and delicious, sushi is one of the healthiest foods you can eat, as it's low in fat and high in essential vitamins and minerals. Aesthetically pleasing, sushi is also surprisingly simple to make. From traditional hand-rolled sushi to the modern sushi in a bowl, this sushi cookbook will show you how to make these elegant dishes with ease.

Sushi can be found in grocery stores and restaurants across the country. A traditional Japanese food, sushi is now a part of the American culture. Fresh, healthy, low in fat and aesthetically pleasing, sushi is an art form in Japan. Now, with this practical sushi recipe book, you can make your own sushi at home.

Step-by-step instructions and photographs show how to make a variety of sushi and sashimi. Also found in *Sushi* is information on the history and the healthy benefits of Japanese sushi, as well as directions on using sushi-making tools, making perfect sushi rice, how to cut vegetables and decorations, and selecting fresh fish.

The recipes, including **Nigiri, Vegetable Sushi, Sushi in a Bowl, and sushi rolls like California Rolls, Thin Rolls and Hand Rolls**, are easy to follow and are suitable for both beginners and experienced cooks. Filled with elegant and stylish photographs, this sushi book is a must for your collection.

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