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delicious
vegetarian sushi
from Japan's iconic
veggie blogger

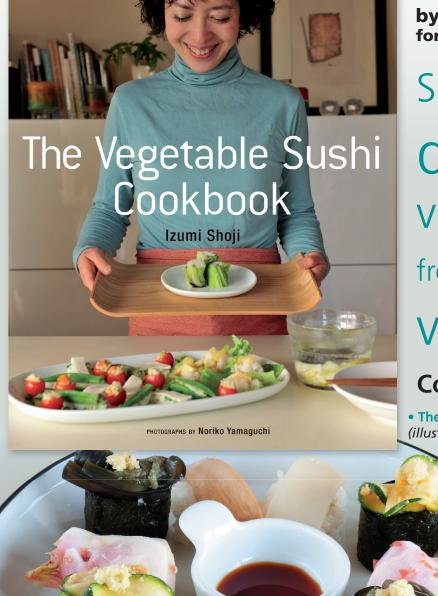
Contents:

• The Sushi Kitchen: Tools (illustrated), Ingredients (illustrated guide), Make Perfect Sushi Rice

• Sushi Styles: Nigirizushi, Gunkanzushi, Makizushi, Chirashizushi

- Grilling, Simmering, Pickling, Frying, Steaming
 - Bento
 - Other Dishes
 - Party Recipes
 - Afterword, Glossary, Index





June 2016

£17.99 softcover; isbn 978-1-56836-570-1

251 x 191 mm; 112 pages; colour throughout: 100 photographs 100+ recipes; back-matter includes tools, cutting techniques, index

The Vegetable Sushi Cookbook

by Izumi Shoji £17.99 978-1-56836-570-1



The Vegetable Sushi Cookbook is the brainchild of Izumi Shoji, a hugely popular blogger and widely published home cook in Japan, who shares her expertise in taking a wide variety of vegetables and turning them into delicious and healthy sushi meals. Each recipe has been chosen for its healthy ingredients and delightful taste, and is easy to make with basic cooking skills and no special tools. (Alternatives are included for any ingredients that might be difficult to find in some areas.)

The author covers the entire range of sushi dishes, from nigiri-zushi (the popular finger-rice style) to maki-zushi (rolled sushi), and chirashi-zushi (scattered sushi in a bowl), including the oshi-zushi (pressed sushi) style popular in the Osaka area. Also explained in detail, with many photographs, are the various styles of preparing the vegetables for use in sushi dishes, from grilling to steaming and frying. Each dish is photographed in full colour.

There are additional chapters on making sushi bento, the popular lunch boxes that are changing many people's lunch habits, and how to prepare sushi for party events, enjoyable for both kids and adults.

Vegetable Sushi is a unique and flavourful way to enjoy a healthy lifestyle.



Steamed Mixed Vegetable Chirashi-zushi

Because you can use leftover sushi rice and any vegetables you have on hand, this makes a great last-minute meal. It doesn't matter what you use—anything will

Ingredients for 2 servings: 10 green beans 1/4 carrot (1 oz / 50 g total)

6 firesh shiftake mushrooms (3½ oz / 100 g total) 3 They shredded pickled ginger 11½ oz (330 g, or 1½ cups) sushi rice

Top and tall the green beans and snap or cut into bite-sized lengths. Cut the carrot in half lengthwise, and then slice each half lengthwise into thin strips. Remove th stem from the shiitake mushrooms and cut into bite-sized pieces.

wegetables on the rice, and top with pickled ginger. Stea for 6–7 minutes.

3 Carefully transfer all ingredients from the steamer to serving dish and mix gently together before serving.



KEY FEATURES:

- Over 100 different recipes, all featured in easy-to-follow, easy-to-master steps
- Covers all types of sushi: nigiri, gunkan, oshizushi, makizushi, chirashizushi
- Also includes how to prepare the various vegetables to use with the different types of cooking used in Japanese cuisine: Grilling, Simmering, Pickling, Frying, Steaming
- Includes a section on making Sushi Bento, for kids, picnics, or lunches
- Includes a section with special recipes for creating party menus
- Illustrated with full colour photos for each recipe
- A large number of other photos illustrate the preparation process in detail
- Includes a section on the tools, ingredients, and how to make sushi rice



Izumi Shoji is a Tokyo resident and mother, who took her interest in vegetarian cooking and began a blog—Veji Dining: Yasai no gohan ("Veggie Dining: Vegetarian Meals")—in February, 2007. The blog, with its daily recipes, quickly made an impact on the blogosphere (and now averages 60,000 unique users daily). Her first book, Yasai no Gohan, featuring recipes from her blog, was released in March, 2008, and sold over 70,000 copies. She has appeared in numerous magazines, and has regular columns in many women's glossies. The

Vegetable Sushi Cookbook will be her fifteenth book.

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