

# The Breakaway Japanese Kitchen By Eric Gower 12

William Shurtleff; Akiko Aoyagi

The Breakaway Japanese Kitchen Eric Gower,2003 Eric Gower's recipes combine ingredients from his adopted country of Japan with the easygoing, flexible approach of his native California. His dishes are borne of creative inventiveness, a passion for good home-cooked food and experimentation over many years spent living in Japan.;Gower's fresh, piquant flavours are achieved using citrus fruits, vinegars, ginger, shallots, fresh herbs, plenty of coarse-ground black pepper and other low-calorie, low-fat ingredients. His shiso tofu is prepared in just minutes, and should finally convince Europeans that tofu is delicious. His edamame mint pesto is very quick and a delicious new approach to pesto. His soy-brined, fennel-roasted turkey stuffed with pink grapefruit naturally takes longer to prepare, but should delight nevertheless.

History of Miso and Its Near Relatives William Shurtleff; Akiko Aoyagi,2021-05-05 The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 363 photographs and illustrations - many in color. Free of charge in digital PDF format.

*Sake* Beau Timken,Sara Deseran,2006-03-30 Sake is hot, hot, hot (though the best are actually served cold). It's the hippest sip at the cocktail hour and, as the sommeliers will tell you, can be a delicious accompaniment to food. This fun and informative guide demystifies an age-old wine and explains the many types of sake and how to properly taste their complex flavors. Beau Timken's foolproof TasteMatch system profiles 50 suggested sakes and provides their beer and wine flavor equivalents, creating a simple-yet-effective resource for finding a perfect match. Plus, recipes for 30 sake cocktails and 15 sake-friendly dishes make sake appropriate for any occasion (try a refreshing glass of Sake Sangria, or surprise guests by pairing sake with Fettuccine with Shiitake Mushrooms and Pancetta). There's even a section on planning and hosting a sake-tasting party to share your newfound sake expertise. A contemporary look at a traditional drink, Sake captures 1,000 years of culture and updates it for the modern lifestyle. Kanpai! -- Publisher description.

*The Publishers Weekly* ,2003

*The Best American Recipes 2004-2005* Fran McCullough,Molly Stevens,2004 Hailed by People, the New York Times, Food & Wine, and other media around the country as the perfect choice for any cook, this is the most wide-ranging and extensively home-tested collection of its kind. The 150-plus finds range from Minted Pea Soup from the British cooking sensation Jamie Oliver to sausage and biscuit nibbles from the singer George Jones. 0-618-45506-X\$26.00 / Houghton Mifflin

**The Breakaway Cook** Eric Gower,2010-10-12 Fusion cooking broke the rules first--now Gower's breaking fusion's rules with The Breakaway Cook. Despite the explosion of farmers' markets, ethnic grocers, and creative restaurants in America, lots of home cooks remain puzzled by the bewildering array of choices, and don't have the confidence to break away from tradition. Eric helps home cooks everywhere approach unfamiliar ingredients from different global regions and combine them for some amazing results of flavor. Breakaway cooking pays homage to culinary traditions yet uses innovative techniques and ingredients to give home cooks a new approach to their dishes, marrying unintimidating flavors with the old standards. Sample his Miso Orange Pepper Roasted Chicken, or tease your tongue with his take on Fluffy Herby Eggs, and you'll be convinced. It's not fusion--it's fusion that makes sense. And the cardinal rule is to season with authority. Don't be afraid of the spice cabinet anymore, and use presentation to create a simple, appealing meal. Spend less time fussing about the preparation and clean-up, and more time enjoying food and its huge role in our daily lives. To further this quick and mindful approach to cooking, Eric will take us shopping in local and ethnic markets, teach the importance of table setting and presentation, and stress visual aesthetics, especially regarding pottery and ceramics. Eric helps you reconstruct your approach to the kitchen, highlighting the seasonings and essential ingredients or Global Flavor Blasts, such as tamarind, pomegranate molasses, miso, yuzu, green tea, Chinese plum sauce, mole, among many others, that will liberate your cooking and provide a lifetime of fantastic eating. Using Gower's recipes as broad outlines, you can be creative as you go, and within his framework you will discover your own genius in the kitchen. We feel better when we eat better, and it's easier to be productive, creative, and relaxed when the food part of life is under control. Enter The Breakaway Cook. In addition to the recipes, The Breakaway Cook includes stunning, full-color photos by Annabelle Breakey throughout the text; a guide to using flavored salts in your dishes; sidebars on wine, tea and sake; and ideas for even shorter-cuts on Gower's easy-to-follow recipes.

*The Enlightened Kitchen* 三三堂,2005 Enlightened Kitchen is a Kodansha International publication.

**Tassajara Cooking** Edward Espe Brown,1986-05-12 When it was first issued, Tassajara Cooking became an overnight classic. Ed Brown's recipes for cooking—for learning to appreciate all the steps involved in making a meal, from selecting the ingredients to serving the finished dish—struck a chord with people who care about food and nutrition. This groundbreaking book, in a completely redesigned format, is just as timely and relevant today, more than thirty years later. Brown discusses methods for working with vegetables, grains, beans, dairy products, and fruits; cooking techniques; and suggestions for planning good tasting, nutritious meals, from soups and salads to desserts. Generously seasoned with illustrations that detail every part of the cooking process, Tassajara Cooking is a comprehensive guide to inspired cooking, with joy.

Foundations of Comparative Politics Kenneth Newton,Jan W. van Deth,2016-05-12 The new edition of this leading overview of comparative politics once again blends theory and evidence across democratic systems to provide unparalleled coverage. The student-friendly structure and clear, concise writing ensure that complex issues are clearly explained and students engage with the key theories. The third edition is updated throughout, with a new chapter, 'Public Spending and Public Policies', increased coverage of defective democracies, and revised coverage of e-democracy and the power of the media. The pedagogy is simplified with a focus on 'Briefings' and 'Controversies' that feature examples from across the globe, alongside clear key terms, 'What We Have Learned' and 'Lessons of Comparison' sections, and a wealth of online materials to complete a rich teaching and learning package.

Anarchism and Syndicalism in the Colonial and Postcolonial World, 1870-1940 ,2010-11-11 Before communism, anarchism and syndicalism were central to labour and the Left in the colonial and postcolonial world.Using studies from Africa,Asia, Eastern Europe, and Latin America, this groundbreaking volume examines the revolutionary libertarian Left's class politics and anti-colonialism in the first globalization and imperialism(1870/1930).

**Plan B 3.0: Mobilizing to Save Civilization (Substantially Revised)** Lester R. Brown,2008 Provides alternative solutions to such global problems as population control, emerging water shortages, eroding soil, and global warming, outlining a detailed survival strategy for the civilization of the future.

**Aviation Mental Health** Todd Hubbard,Robert Bor,2016-04-15 This book provides an authoritative and practical guide to the assessment, management, treatment and care of pilots and other professional groups within aviation; covering a range of relevant topics, for health and human resources practitioners working in the airline industry. Pilot mental health has, hitherto, been regarded as a specialist topic in aviation medicine. Consequently, practitioners and researchers alike have been forced to consult specialist journals or seek out a relevant chapter on this topic in a general textbook to develop or update their understanding of the relevant issues. This book seeks to remedy this situation by gathering together all of the relevant insights into a single authoritative source gathered from the leading specialists in the field. It aims to cover all of the main relevant issues including the assessment, care, management and treatment of mental health problems, as well as the prevention of mental health problems among this occupational group.

Principles of Marketing Gary M. Armstrong,Stewart Adam,Sara Marion Denize,Michael Volkov,Philip Kotler,2018 An introduction

to marketing concepts, strategies and practices with a balance of depth of coverage and ease of learning. Principles of Marketing keeps pace with a rapidly changing field, focussing on the ways brands create and capture consumer value. Practical content and linkage are at the heart of this edition. Real local and international examples bring ideas to life and new feature 'linking the concepts' helps students test and consolidate understanding as they go. The latest edition enhances understanding with a unique learning design including revised, integrative concept maps at the start of each chapter, end-of-chapter features summarising ideas and themes, a mix of mini and major case studies to illuminate concepts, and critical thinking exercises for applying skills.

**The Distinguished Flying Cross Society** Randy W. Baumgardner,2004

*Vietnamese Food Any Day* Andrea Nguyen,2019-02-05 Delicious, fresh Vietnamese food is achievable any night of the week with this cookbook's 80 accessible, easy recipes. IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY NPR • The Washington Post • Eater • Food52 • Epicurious • Christian Science Monitor • Library Journal Drawing on decades of experience, as well as the cooking hacks her mom adopted after fleeing from Vietnam to America, award-winning author Andrea Nguyen shows you how to use easy-to-find ingredients to create true Vietnamese flavors at home—fast. With Nguyen as your guide, there's no need to take a trip to a specialty grocer for favorites such as banh mi, rice paper rolls, and pho, as well as recipes for Honey-Glazed Pork Riblets, Chile Garlic Chicken Wings, Vibrant Turmeric Coconut Rice, and No-Churn Vietnamese Coffee Ice Cream. Nguyen's tips and tricks for creating Viet food from ingredients at national supermarkets are indispensable, liberating home cooks and making everyday cooking easier.

*Sepia* Martin Benn,2014-10-01 Renowned chef Martin Benn takes the reader on a culinary journey through 60 of his exciting dishes. Based around four degustation menus, the book highlights the technical mastery and sheer beauty of Martin's food, with its deep connections to Japanese cuisine and flavours and its focus on texture and contrast. Included is the recipe for Martin's incredibly intricate, exquisite Chocolate Forest Floor. Text, design and photography combine to recreate the atmosphere and the sophisticated, art deco feel of his Sydney restaurant, Sepia. Interspersed among the menus are narrative features exploring the workings of the restaurant, and the stories of its staff and clientele, while location photography captures a sense of old-fashioned, cosmopolitan glamour.

Cancer Fighting Kitchen Rebecca E Kattz,2023-11-02 This is an exhaustive aide that merges the specialty of cooking with the study of sustenance to help people combat disease. Created by Rebecca E. Kattz, this book gives functional exhortation, flavorful recipes, and wholesome procedures to assist with reinforcing the body and work on general prosperity during malignant growth treatment. It centers on involving food as an instrument to support and fortify the body, offering recipes that are customized to battle the results of malignant growth treatment, helps the insusceptible framework, and advance recuperating. The book's method merges both culinary ability and proof based sustenance, making it a fundamental asset for anybody looking to outfit the force of food in the battle against disease. It has been of great help to many cancer patients. Get your copy now

The Epic Film Derek Elley,2013-12-04 As Charlton Heston put it: 'There's a temptingly simple definition of the epic film: it's the easiest kind of picture to make badly.' This book goes beyond that definition to show how the film epic has taken up one of the most ancient art-forms and propelled it into the modern world, covered in twentieth-century ambitions, anxieties, hopes and fantasies. This survey of historical epic films dealing with periods up to the end of the Dark Ages looks at epic form and discusses the films by historical period, showing how the cinema reworks history for the changing needs of its audience, much as the ancient mythographers did. The form's main aim has always been to entertain, and Derek Elley reminds us of the glee with which many epic films have worn their label, and of the sheer fun of the genre. He shows the many levels on which these films can work, from the most popular to the specialist, each providing a considerable source of enjoyment. For instance, spectacle, the genre's most characteristic trademark, is merely the cinema's own transformation of the literary epic's taste for the grandiose. Dramatically it can serve many purposes: as a resolution of personal tensions (the chariot race in Ben-Hur), of monotheism vs idolatry (Solomon and Sheba), or of the triumph of a religious code (The Ten Commandments). Although to many people Epic equals Hollywood, throughout the book Elley stresses debt to the Italian epics, which often explored areas of history with which Hollywood could never have found sympathy. Originally published 1984.

*Empire of Magic* Geraldine Heng,2003 Empire of Magic offers a genesis and genealogy for medieval romance and the King Arthur legend through the history of Europe's encounters with the East in crusades, travel, missionizing, and empire formation. It also produces definitions of race and nation for the medieval period and posits that the Middle Ages and medieval fantasies of race and religion have recently returned. Drawing on feminist and gender theory, as well as cultural analyses of race, class, and colonialism, this provocative book revises our understanding of the beginnings of the nine hundred-year-old cultural genre we call romance, as well as the King Arthur legend. Geraldine Heng argues that romance arose in the twelfth century as a cultural response to the trauma and horror of taboo acts--in particular the cannibalism committed by crusaders on the bodies of Muslim enemies in Syria during the First Crusade. From such encounters with the East, Heng suggests, sprang the fantastical episodes featuring King Arthur in Geoffrey of Monmouth's chronicle The History of the Kings of England, a work where history and fantasy collide and merge, each into the other, inventing crucial new examples and models for romances to come. After locating the rise of romance and Arthurian legend in the contact zones of East and West, Heng demonstrates the adaptability of romance and its key role in the genesis of an English national identity. Discussing Jews, women, children, and sexuality in works like the romance of Richard Lionheart, stories of the saintly Constance, Arthurian chivalric literature, the legend of Prester John, and travel narratives, Heng shows how fantasy enabled audiences to work through issues of communal identity, race, color, class and alternative sexualities in socially sanctioned and safe modes of cultural discussion in which pleasure, not anxiety, was paramount. Romance also engaged with the threat of modernity in the late medieval period, as economic, social, and technological transformations occurred and awareness grew of a vastly enlarged world beyond Europe, one encompassing India, China, and Africa. Finally, Heng posits, romance locates England and Europe within an empire of magic and knowledge that surveys the world and makes it intelligible--usable--for the future. Empire of Magic is expansive in scope, spanning the eleventh to the fifteenth centuries, and detailed in coverage, examining various types of romance--historical, national, popular, chivalric, family, and travel romances, among others--to see how cultural fantasy responds to changing crises, pressures, and demands in a number of different ways. Boldly controversial, theoretically sophisticated, and historically rooted, Empire of Magic is a dramatic restaging of the role romance played in the culture of a period and world in ways that suggest how cultural fantasy still functions for us today.

*Britain* Andrew Whittaker,2009 British culture is strewn with names that strike a chord the world over such as Shakespeare, Churchill, Dickens, Pinter, Lennon and McCartney. This book examines the people, history and movements that have shaped Britain as it now is, providing key information in easily digested chunks.

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