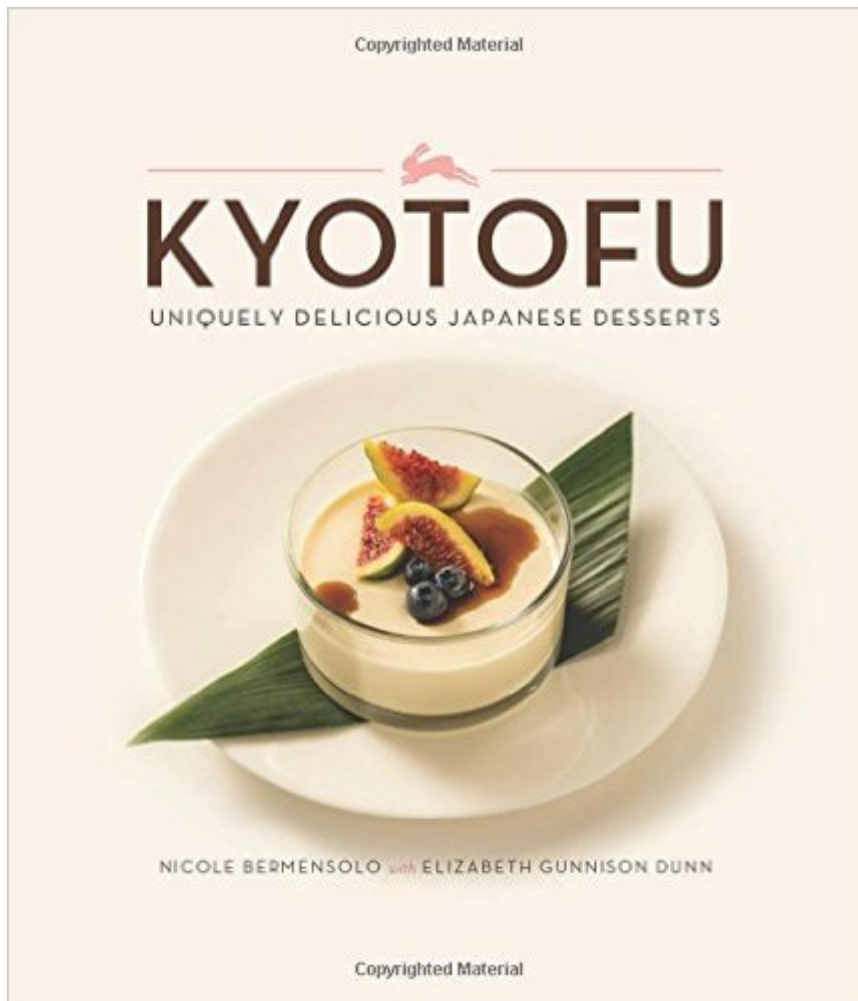


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# Kyotofu: Uniquely Delicious Japanese Desserts



## Synopsis

Japanese ingredients have long been known for their distinctive tastes and healthy qualities. From the tang of yuzu to the bite of matcha to creaminess of soy, they present a wide range of delicious flavors. In *Kyotofu*, award-winning baker, Nicole Bermensolo, presents 75 classic American sweets, like cheesecake, brownies, and muffins, combined with Japanese ingredients to create one-of-a-kind desserts. Try recipes like Green Tea White Chocolate Cupcakes, Black Sesame Caramel Mousse, Kinako Waffles, and Nashi Pear Crumble. Perfect for beginners to Japanese cooking, *Kyotofu* is divided by Japanese ingredient, includes a glossary of foreign terms, and suggests where to buy less familiar products. Plus, for those who want a healthier dessert, all the recipes can be made completely gluten-free thanks to Nicole's cup-for-cup flour recipe.

## Book Information

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## Customer Reviews

Only had time to try one recipe (Jasmine Milk Chocolate Tofu), but it was phenomenal! Deep complex flavor that was only slightly sweet. The floral notes of the Jasmine tea and a very delicate chocolate flavor really come through. Worth the cost just for this one recipe!

To start this review off, I bought this book from a bookstore, not . I really wanted to love this book, but the recipes are really hit and miss. So far I have made the green tea cupcakes, the green tea muffins, and the chocolate chip kinako cookies. The green tea cupcakes were way too sweet and they fell in the middle because there aren't enough structure builders (flour, eggs) to stand up to the structure breakers (sugar, liquid). The green tea muffins were also way too sweet and after

cooling they become little rocks because of the excessive amount of sugar in the recipe causing a hard caramel crust on the outside. My husband and I will still eat them by warming them in the microwave to soften them, but the recipe needs quite a bit of tweaking to be truly delicious. The green tea muffins fell just like the cupcakes because of the high sugar content. Hi ratio recipes need cake flour, not all purpose flour. The kinako chocolate chip cookies were very good, but you cannot taste the kinako at all after they are baked, so while they have a nice added nutritional benefit, the kinako in the recipe is otherwise pointless. I have not tried the more traditional Japanese recipes such as the daifuku, yokan, and anmitsu because I have family recipes for those (I am Japanese). However, looking at the daifuku recipe I am skeptical because it uses mochiko. Mochiko can be used, but daifuku has a much better texture and flavor when made with shiratamako. Out of the few recipes I have tried, I am uncertain if these are well tested because the cupcake and muffin recipe says it makes 12 cupcakes/muffins, but the muffin recipe contains only 1 cup of flour and the cupcake recipe contains 1 1/2 cup of flour. Perhaps the author means mini muffins or fairy cakes? If so, I must have missed that note in the cookbook somewhere. I will update my review as I try more recipes, I just wanted to get my initial thoughts out there. Pros: Creative, nice layout Cons: Recipes yield very sweet desserts, very few pictures, recipes I have tried so far don't seem to be tested.

Just got this book and I love it. Amazing pictures. Great format. The recipes are somewhere in the middle between Japanese desserts and French patisserie. Some special ingredients but it is explained clearly about those and where to buy them so no need to be afraid of it.

Nicole is a master when it comes to tofu and miso. You will learn so much about those ingredients when you see what she has to offer. You can even take the knowledge that she offers and do different meals with those ingredients. Bravo.

This book is amazing ! So worth the money ! I'm going to buy more copies for my friends and family ! Absolutely wonderful 5 stars !

I greatly miss this now-closed bakery from NYC, which I used to visit with every few months when I visited the area. I am glad that a cookbook was published and that I could make most of my favorites at home. The book paces itself well through six ingredient sections: soy, miso, green tea, sesame, rice, and yuzu. The author gives a great introduction to each of these ingredients and their

importance in Japanese culture. She lists her favorite brands for many of the ingredients used throughout the book and gives a list of helpful resources for purchasing hard-to-find ingredients. There is a photo for almost every recipe. The graphic design of the book is also very pleasant - seriously, such a great book! A few minor cons: I was hoping for more muffin and cookies recipes; some of my favorites from the bakery are not included. shipped this in a large box and one of the sides was damaged (not Kyotofu's fault).

I was looking for recipes that used tofu to replace dairy in desserts. Many of the recipes turned out to be Western recipes with a few Japanese ingredients for taste. Lots of dairy.

I visited the bakery and restaurant on 9th ave, miss it a lot. This is good consolation with relatively easy recipes and super results.

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