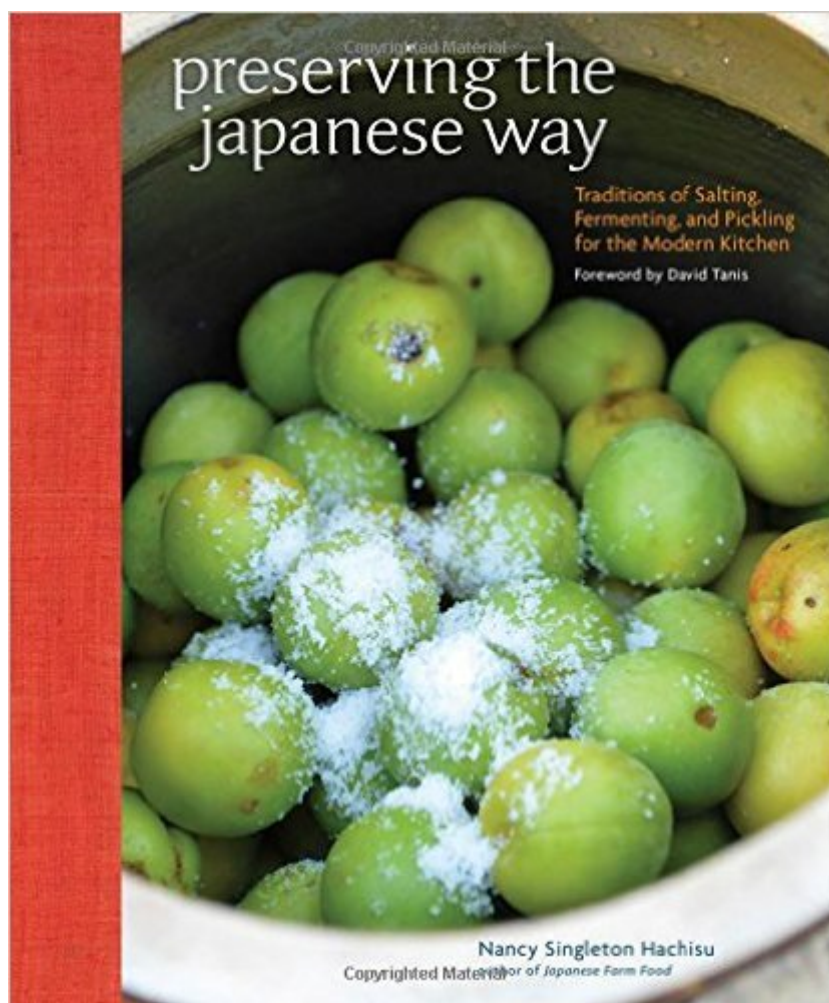


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# Preserving The Japanese Way: Traditions Of Salting, Fermenting, And Pickling For The Modern Kitchen



## Synopsis

Preserving the Japanese Way, nominated for a 2016 James Beard Award in the International Cookbook category, introduces Japanese methods of salting, pickling, and fermenting that are approachable and easy to integrate into a Western cooking repertoire. Documentary-quality photo essays reveal the local Japanese communities that support these long-established preservation practices. It is by Nancy Singleton Hachisu, author of Japanese Farm Food. Preserving the Japanese Way: Traditions of Salting, Fermenting, and Pickling for the Modern Kitchen offers a clear road map for preserving fruits, vegetables, and fish through a nonscientific, farm- or fisherman-centric approach. An essential backdrop to the 125 recipes outlined in this book are the producers and the artisanal products used to make these salted and fermented foods. The more than 350 arresting photos of the barrel maker, fish sauce producer, artisanal vinegar company, 200 hundred-year-old sake producer, and traditional morning pickle markets with local grandmas still selling their wares document an authentic view of the inner circle of Japanese life. Recipe methods range from the ultratraditional Umeboshi (Salted Sour Plums), Takuan (Half-Dried Daikon Pickled in Rice Bran), and Hakusai (Fermented Napa Cabbage) to the modern: Zucchini Pickled in Shoyu Koji, Turnips Pickled with Sour Plums, and Small Melons in Sake Lees. Preserving the Japanese Way also introduces and demystifies one of the most fascinating ingredients to hit the food scene in a decade: koji. Koji is neither new nor unusual in the landscape of Japan fermentation, but it has become a cult favorite for quick pickling or marinades. Preserving the Japanese Way is a book about community, seasonality as the root of preserved food, and ultimately about why both are relevant in our lives today. In Japan, pickling, fermenting, and salting are elevated as a delicious and refined art form, one that Nancy Singleton Hachisu has mastered. This is a gorgeous, thoughtful dare I say spiritual guide to the world of Japanese pickling written with clarity and a deep respect for technique and tradition. Nancy understands that salting cherry blossoms and drying squid aren't just about preserving foods; it's about preserving a way of life.

• Rick Bayless, author of Authentic Mexican and owner of Frontera Grill • In her first gorgeous book, Nancy delved into the soul of Japanese country cooking. In this stunning new volume, we are introduced to the myriad ways of preserving and fermenting that, like the writing and photography, highlight the gentle elegance and beautiful patience of Japanese cookery.

• Edward Lee, author of Smoke & Pickles and owner of 610 Magnolia • Even if you never yearned to make your own miso or pickle your own vegetables, this beautiful book will change your mind. It's almost impossible to flip through these pages without wanting to join Nancy Singleton Hachisu in the lovely meditation of her cooking. This book is unlike anything else out there, and

every serious cook will want to own it. • â”Ruth Reichl, author of *Tender at the Bone* and former editor-in-chief of *Gourmet Magazine*

## Book Information

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## Customer Reviews

You can make miso, and sake. Can you believe that? Do believe it. I will be trying my hand at making miso and sake when the weather cools. Not just miso and sake—so much more! This is an all-encompassing, passionate book: From essays and photos of the Japanese artisans who rake the salts or make the miso, soy sauces, vinegars, sake, teas and more; to convincing the reader that they, too, can dry eggplant and daikon, and salt their own fish and roe, make their own miso, fish sauce, vinegars and umeboshi; plus providing sourcing information for the best of the fermenting ingredients, then including all kinds of intriguing recipes for using fermented ingredients, dried ingredients, salted ingredients. Buy this book anytime, but the best time to read or re-read it is in late summer, before the weather starts to cool down. The best time to think about the recipes and techniques in this book is a month or so in advance of when you can start your larger fermenting projects. It's time to read, dream, plan. And this soulful, virtuous, respectful book will coax you on your way. While I wait for the weather to change, I have been drying daikon and eggplant. And when November arrives I'll try to dry persimmons from a neighbor's tree if the birds allow me to. And I'll try to make persimmon vinegar, too. And this is just a tiny drop in the bucket of all that can be accomplished with the info in this book. The only issue I have with this book is that I have to do my own research to translate the ambiguous temperatures and humidity mentioned in the recipes ("cool", "Autumn", "sunny", "muggy",

"Summertime", Wintertime", "cold", just to name some examples.) I think there should have been a reference page included regarding weather and temps and humidities in Japan. So that the reader can decide if a certain fermentation or drying project can even be attempted in their neck of the woods. (Personally, I will be prevented from attempting many of these recipes because I live in South Coastal Texas.)

The author's aim is to help preserve the ways in which the Japanese preserve their foods: The techniques and processes, the stories, the tools, the artisan community itself. She is unrelenting in her pursuit of all artisan endeavors in Japan. And she not only tenaciously learns everything she can about growing and harvesting foods and food preservation, she gets her hands on it all and in it all and learns to do it herself. She intently watches over the shoulder of any Japanese artisan willing to share their knowledge and experience--and I include Japanese farmers, home growers, all the elderly with a story to tell, in that term

artisan. Then, in her own way, she works hard to share her knowledge. As a Westerner--an expat from America--with continued close ties to America (seems like mostly the West Coast, but I believe she is from the East Coast), she has the ability to see the Japanese work ethic and their food and cultural traditions from a very slight distance. Sometimes, when one is too close to the extraordinary, one does not realize its complete and marvelous value. Nancy Hachisu's view point is telling her--forcing her--to keep track of all the traditions, the stories, the recipes, the techniques. Pick up this book simply to read and gaze at the beautiful pictures, or buy it for the invaluable sourcing information, or buy it for the recipes. It is really a fantastic book, and it is obvious a whole lot of work went into its making. There is a multitude of essays about the artisans and their products. The writing is well-done and chatty. It is quite a journal, with many names and places detailed. So these essays, while so interesting to read, also serve as factual references. The pictures are quite a well-done mixture: Small, large, in a variety of layouts, close-ups, action pictures, pretty post card pictures, still life photos. There is a helpful glossary of Japanese produce that includes the Japanese term and the English, if available. The glossary is six pages long. The index--at nine pages--is worthwhile. There are three pages of charts that list fruits, vegetables, fish and shellfish line by line, then chart out which pickling methods can be utilized with each entry. Most importantly--at least to me--are seven pages of resources. There is an entire page regarding Rakuten Global Market, and one on the recommended shops in the Market. If you are interested in any or all things Japanese, this is a lovely book to be savored, thought about, cooked from, and referred to time and time again. \*I received a temporary download of this cookbook from the publishers.

One of the most fascinating, beautiful, well-researched and wonderful books I have ever read. It could be a compelling novel but it's a spectacular cookbook that provides recipes many people have never heard of. The best pictures of traditional artisans at work and food preparation of any book I have read in the last 50 years. I just finished reading the book again. This time I had tried a few things with rather easy to get ingredients in the US (like koji-kin to make shio-koji or shoyu-koji that are so much tastier, nutritious and useful in my professional and home kitchens than I had imagined. Nancy is doing an East coast tour this month and I can't wait to see her!

Superb book !Has opened up a whole new world of preserving (and eating) for me.Beautifully written, well resourced and very clearly explained. Not tedious, but thorough.I literally read it from cover to cover.

Reads more like a novel or autobiography than a cookbook, but still fabulous. Lots of essays about life in Japan with recipes speckled throughout really make this book come alive. Many of the ingredients can be hard to find outside of Japan, but there are still plenty that can be made after a trip to a good Asian market! The cooking techniques are simple, and the book demystifies the making of a lot of foods that seem complicated, such as making your own miso paste or umeboshi.Every time I flip through this book, I end up wishing I were living Nancy's life in rural Japan!

I'm not sure that I will actually do much of the preserving that Nancy Hachisu describes, but I love reading her descriptions of how these ingredients are made and of the artiginal craftsmen in Japan making these wonderful foods. But I know I will cook recipes from her books because I can get reasonably good versions of many of the preserved foods that she incorporates into her recipes. If you are interested in Japanese food and way of life, get this book and read it and enjoy!

My son, a chef, loved this book. It is full of beautiful pictures as well as great recipes which are very unique to the typical American palate. He is looking forward to trying out the recipes and using it as inspiration for new creations.

What an in depth, fascinating, deeply researched, and just completely enjoyable book! Ms Hachisu has dug deep, interviewed the experts, got down and dirty with yeast and ripe fermentation, and

watched the old timers practice their their almost forgotten techniques and recipes. She combines a historical narrative, regional and subregional differences, and techniques that have been passed on through numerous generations. The photographs are excellent, and her knowledge of the Japanese language clearly defines the extent to which she is devoted to the art of preservation. Incredibly fascinating, Roy M. Oshita

Interesting cookbook about Japanese preserving processes. I am most interested in the recipes about fermentation. The ones I've tried so far have turned out well.

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