



Sushi

Ole G. Mouritsen

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'It is clear that serious research, as well as much imagination, went into every page. It has become my new 'go-to' bible when I need a shot of inspiration.' Ken Oringer, internationally renowned and award-winning chef

Clio Restaurant, Uni Sashimi Bar, Boston'Congratulations on writing such an aesthetically beautiful, informative and inspiring book. ... I shall not hesitate to recommend your book to those colleagues, who like me, are fascinated by Sushi and who will surely be captivated, like me, turning every page.' Dr. Ian C. Forster, April, 2011 • • In recent decades, sushi has gone from being a rather exotic dish, eaten by relatively few outside of Japan, to a regular meal for many across the world. It is quickly gathering the attention of chefs and nutritionists everywhere. It has even made its way into numerous home kitchens where people have patiently honed the specialized craft required to prepare it. Few have been more attuned to this remarkable transition than Ole G. Mouritsen, an esteemed Danish scientist and amateur chef who has had a lifelong fascination with sushi's central role in Japanese culinary culture. Sushi for the eye, the body, and the soul is a unique melange of a book. In it, Mouritsen discusses the cultural history of sushi then uses his scientific prowess to deconstruct and explain the complex chemistry of its many subtle and sharp taste sensations. He also offers insights from years of honing his own craft as a sushi chef, detailing how to choose and prepare raw ingredients, how to decide which tools and techniques to use, and how to arrange and present various dishes. Sushi is irresistible for both its simplicity and the hypnotic performance-art aspects that go into its preparation. With clear prose and straightforward instructions, Mouritsen looks at every facet of sushi in a book that is as accessible as it is informative, as useful as it is fun.

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From reader reviews:

Enrique Myers:

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Sushi, you may enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't buy it, oh come on its named reading friends.

Alberta Townsend:

Many people spending their period by playing outside along with friends, fun activity having family or just watching TV 24 hours a day. You can have new activity to pay your whole day by reading through a book. Ugh, ya think reading a book really can hard because you have to use the book everywhere? It ok you can have the e-book, bringing everywhere you want in your Mobile phone. Like Sushi which is finding the e-book version. So , why not try out this book? Let's notice.

Rick Beard:

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Hattie Godfrey:

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