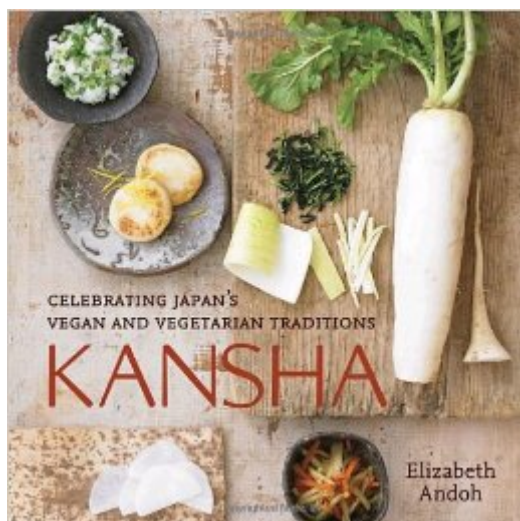


The book was found

Kansha: Celebrating Japan's Vegan And Vegetarian Traditions



Synopsis

The celebration of Japan's vegan and vegetarian traditions begins with *kansha*—an expression of gratitude for nature's gifts and the efforts and ingenuity of those who transform nature's bounty into marvelous food. The spirit of *kansha*, deeply rooted in Buddhist philosophy and practice, encourages all cooks to prepare nutritionally sound and aesthetically satisfying meals that avoid waste, conserve energy, and preserve our natural resources. In these pages, with *kansha* as credo, Japan culinary authority Elizabeth Andoh offers more than 100 carefully crafted vegan recipes. She has culled classics from *shōjin ryōri*, or Buddhist temple cuisine (Creamy Sesame Pudding, Glazed Eel Look-Alike); gathered essentials of macrobiotic cooking (Toasted Hand-Pressed Brown Rice with Hijiki, Robust Miso); selected dishes rooted in history (Skillet-Scrambled Tofu with Leafy Greens, Pungent Pickles); and included inventive modern fare (Eggplant Sushi, Tofu-Tofu Burgers). Andoh invites you to practice *kansha* in your own cooking, and she delights in demonstrating how nothing goes to waste in the *kansha* kitchen. In one especially satisfying example, she transforms each part of a single daikon—from the tapered tip to the tuft of greens, including the peels that most cooks would simply compost—into an array of wholesome, flavorful dishes. Decades of living immersed in Japanese culture and years of culinary training have given Andoh a unique platform from which to teach. She shares her deep knowledge of the cuisine in the two-part *A Guide to the Kansha Kitchen*. In the first section, she explains basic cutting techniques, cooking methods, and equipment that will help you enhance flavor, eliminate waste, and speed meal preparation. In the second, Andoh demystifies ingredients that are staples in Japanese pantries, but may be new to you; they will boost your kitchen repertoire—vegan or omnivore—to new heights. Stunning images by award-winning photographer Leigh Beisch complete *Kansha*, a pioneering volume sure to inspire as it instructs.

Book Information

Hardcover: 304 pages

Publisher: Ten Speed Press; First Edition edition (October 19, 2010)

Language: English

ISBN-10: 1580089550

ISBN-13: 978-1580089555

Product Dimensions: 9.9 x 1 x 9.7 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (36 customer reviews)

Best Sellers Rank: #156,896 in Books (See Top 100 in Books) #67 in Books > Cookbooks, Food & Wine > Asian Cooking > Japanese #391 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #1915 in Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

I was stationed in Japan for six months, and while there, I took four Japanese cooking classes. I purchased *Kansha* from Japan in December 2010, and enjoyed leafing through the many intriguing vegan recipes inspired by traditional Japanese Buddhism (because of my living arrangements in Japan, I didn't have a kitchen in which to try out these recipes). Being vegetarian in Japan is more difficult than it sounds; nearly every Japanese dish (with the exception of *shojin ryori*, vegan Buddhist temple cuisine) contains fish in some form, whether in the *dashi* (stock) or shavings of *katsuobushi* (dried bonito flakes). The traditional Japanese diet, which was heavy on fish and fresh and pickled vegetables, is being replaced by deep-fried cutlets and American-style fast food joints like *Mos Burger*. I was lucky enough to attend one of Elizabeth's *Kansha* workshops in Osaka shortly after the March 11 earthquake, and it was a much-needed chance to focus on appreciation (the English translation of "*kansha*") that my Japanese coworkers' and students' friends and families were safe. We made several of the recipes from *Kansha* around a *hanami* (cherry blossom viewing) theme, including Thick Fried Tofu & Broiled Tofu Braised with Root Vegetables, Simmered & Blanched Mountain Vegetables Tossed in Nutty Tofu Sauce. Rice with Salted Cherry Blossoms, Burdock and Wheat Strips in Dark Miso Broth, and Home-Made *Nuka-Zuke*. After the class, we went on a supermarket tour, where Elizabeth pointed out various types of *sansai* (wild mountain vegetables) and gave us a primer on soy sauces and basic pantry staples.

[Download to continue reading...](#)

Kansha: Celebrating Japan's Vegan and Vegetarian Traditions Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet)

VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN
FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN
RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegan: Vegan Dump
Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One)
(Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes)
Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free,
Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,)
Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make
(Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast
Iron) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow
cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb)
Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss,
Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) The
Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style,
Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan
muscle) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan
Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight
loss for diabetics) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39
Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet
and Lifestyle) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes,
Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan Recipes Cookbook - Top 200
Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner,
Lunch, Breakfast and Snacks) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES
FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER
(VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: The Vegan Slow
Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker,
Vegan Slow Cooking) Vegan Keto: The Vegan Ketogenic Diet and Low Carb Vegan Diet for Rapid
Fat Loss (Works as a Vegetarian Keto Diet As Well) (Simple Keto Book 4) Vegan: The Essential
Asian Cookbook for Vegans: (+ FREE BONUS BOOK!) (vegan, vegan diet, vegetarian, gluten free,
superfood 3)

[Dmca](#)