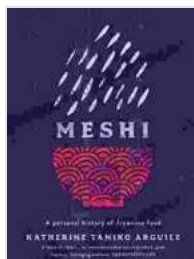


Meshi: A Personal History of Japanese Food



Meshi: A personal history of Japanese food

by Katherine Tamiko Arguile

★★★★☆ 4 out of 5

Language : English

File size : 18802 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Print length : 382 pages



By Kikkoman Corporation

Meshi: A Personal History of Japanese Food is a book by Japanese food writer Kikkoman Corporation. The book is a comprehensive guide to Japanese cuisine, covering everything from the history of Japanese food to the different types of Japanese dishes.

The book is divided into three parts. The first part provides an overview of the history of Japanese food. The second part covers the different types of Japanese dishes, including sushi, sashimi, tempura, udon, and soba. The third part provides recipes for some of the most popular Japanese dishes.

Meshi: A Personal History of Japanese Food is a must-have for anyone who loves Japanese food. The book is full of beautiful photographs and illustrations, and the writing is clear and engaging. Kikkoman Corporation has done a great job of creating a book that is both informative and enjoyable to read.

The History of Japanese Food

The history of Japanese food is long and complex. The earliest evidence of human habitation in Japan dates back to the Paleolithic era. At that time, the people of Japan were hunter-gatherers who relied on seafood, nuts, and berries for sustenance.

Around 10,000 years ago, the people of Japan began to cultivate rice. Rice quickly became a staple food in Japan, and it remains so today. The of rice cultivation also led to the development of new cooking techniques, such as steaming and stir-frying.

In the centuries that followed, Japanese food was influenced by a variety of cultures, including Chinese, Korean, and Portuguese. The Portuguese introduced tempura to Japan in the 16th century, and the dish quickly became a popular street food.

In the 19th century, Japan opened its doors to the West. This led to a further influx of new ingredients and cooking techniques. Western food items such as bread, butter, and meat were introduced to Japan, and they gradually became part of the Japanese diet.

The Different Types of Japanese Dishes

Japanese cuisine is incredibly diverse, and there are many different types of Japanese dishes. Some of the most popular dishes include:

- **Sushi:** Sushi is a type of Japanese dish that consists of vinegared rice combined with raw fish, seafood, or vegetables. Sushi is typically served with soy sauce, wasabi, and pickled ginger.

- Sashimi: Sashimi is a type of Japanese dish that consists of raw fish or seafood. Sashimi is typically served with soy sauce and wasabi.
- Tempura: Tempura is a type of Japanese dish that consists of seafood or vegetables that are coated in a batter and then deep-fried. Tempura is typically served with a dipping sauce.
- Udon: Udon is a type of Japanese noodle that is made from wheat flour. Udon noodles are typically served in a hot broth with various toppings, such as meat, vegetables, and tempura.
- Soba: Soba is a type of Japanese noodle that is made from buckwheat flour. Soba noodles are typically served in a cold broth with various toppings, such as meat, vegetables, and tempura.

Recipes for Some of the Most Popular Japanese Dishes

If you are interested in trying out some of the most popular Japanese dishes, here are a few recipes:

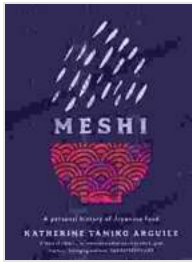
- Sushi: To make sushi, you will need the following ingredients:
 - 1 cup Japanese rice
 - 1 1/2 cups water
 - 1/4 cup rice vinegar
 - 1 tablespoon sugar
 - 1/2 teaspoon salt
 - 1 sheet nori (seaweed)
 - 1/2 pound of your favorite sashimi-grade fish or seafood

- Instructions:

1. Rinse the rice in a fine-mesh sieve until the water runs clear.
2. Combine the rice, water, rice vinegar, sugar, and salt in a medium saucepan.
3. Bring to a boil over medium heat.
4. Reduce heat to low, cover, and simmer for 18 minutes.
5. Remove from heat and let stand, covered, for 5 minutes.
6. Spread the rice on a sheet pan and let cool slightly.
7. Place a sheet of nori on a bamboo rolling mat.
8. Spread a thin layer of rice on the nori, leaving a 1-inch border at the top.
9. arrange your sashimi-grade fish or seafood on the rice.
10. Starting from the bottom, roll up the nori tightly.
11. Slice the roll into 8 pieces.
12. Serve with soy sauce, wasabi, and pickled ginger.

- Sashimi: To make sashimi, you will need the following ingredients:

- 1 pound of your favorite sashimi-grade fish or seafood
- 1 tablespoon soy sauce
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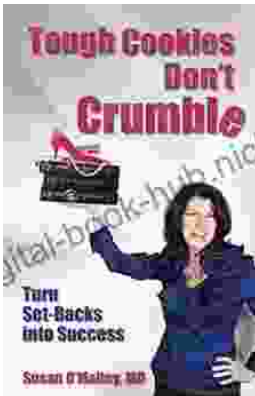


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