



Sashimi: The Essential Kitchen Series

Hideo Dekura

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The Essential Kitchen Series from Periplus stands out for its quality of writing, photography and design. Now, following the highly successful Essential Kitchen books covering other areas of Eastern cuisine, from Sushi to Fruit and Dim Sum, this book features one of the most popular but often-times confused delicacies of Japanese cuisine: sashimi. Sashimi means "raw" in Japanese and refers to the delicately arranged plates of freshly sliced fish served with soy and other dipping sauces. Its counterpart, Sushi, refers to the tightly-packed vinegar-flavored balls of rice topped with Sashimi, or rolled with a variety of fillings in dark green nori seaweed.

This book explains everything from the health benefits of sashimi to how to select the right fish and how to decorate the sashimi plate with vegetable garnishes. Using step-by-step instructions, *Sashimi* allows the reader to make sashimi at home and serve it with elegance and authenticity. A great book for novice and experienced cooks alike, *Sashimi* is an essential addition to any serious cookbook collection and a must-have for fans of Japanese cuisine.

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