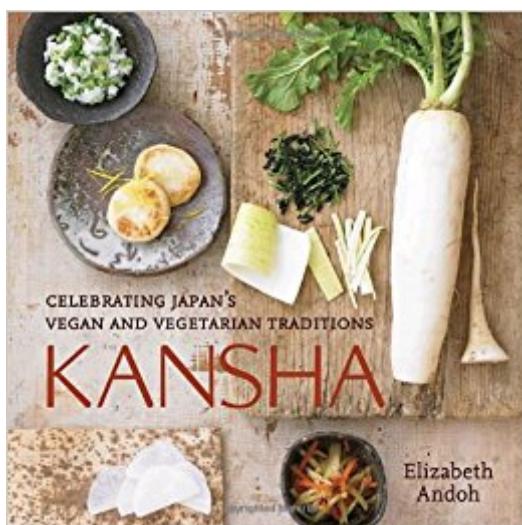


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# Kansha: Celebrating Japan's Vegan And Vegetarian Traditions



## Synopsis

The celebration of Japan's vegan and vegetarian traditions begins with *kansha*—appreciation—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 *shojin ryori*, 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

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## Customer Reviews

“The kansha lifestyle asks for us to slow down and be more deliberate, and to cultivate an awareness of our surroundings, the seasons and the nature of our own appetites. How refreshing and wise!”<sup>1</sup> •TheKitchn.com, 1/13/11 “The word "kansha" means "appreciation," and there's much to appreciate with Elizabeth Andoh's celebration of Japanese vegan and vegetarian traditions. Andoh, who was Gourmet magazine's Japan correspondent for more than three decades, offers more than 100 recipes, many of them complicated enough for experienced cooks looking for a good challenge.<sup>2</sup> •Portland Oregonian, Best of 2010, 12/21/10 “Because any cookbook by Elizabeth Andoh deserves a long, thoughtful look. Her latest, *Kansha*, is an elegant spread of vegan and vegetarian Japanese dishes, as narrated in her characteristic cultural history discovery tone.<sup>3</sup> •LA Weekly, Squid Ink blog, Top 10 Cookbook And Drink Gift Pairings, 12/14/10 “It’s great to open up a cookbook and absorb all the years and effort that an author puts into the publication. If you’re into Japanese, vegan, or vegetarian cooking, Elizabeth Andoh’s *Kansha* should be in your collection. She writes with humor and utmost care because she wants you to understand and appreciate Japanese food traditions. The recipe collection is full of insights that she accumulated during her decades in Japan. . . . *Kansha* captures the culinary distinctions and artful aspects of Japanese cuisine. The food tastes good too!<sup>4</sup> •Andrea Nguyen, Viet World Kitchen, 2010 Cookbook Picks, 12/11/10 “*Kansha* brings the abundance of possibilities plant foods offer into focus without dwelling on the absence of others, a more delicate, embracing approach. I’ve come away from this book with the feeling that *Kansha*, both the book and the word, embody a spirit that moves more from the heart and less from the brain. Above all it expresses grace. I was thinking of grace as in gracefulness, but it could also mean grace as in a state of grace, of gratitude, of giving thanks. This approach to vegan and vegetarian food involves a deep and subtle shift away from how we might usually approach dietary limits and choices.”<sup>5</sup> •DeborahMadison.com, 12/7/10 “The

Japanese-food expert expands vegans' repertoire while making tofu appealing to all. • The New York Times Book Review, Web Extra: 25 More Cookbooks, 12/3/10 "Kansha is a large, lavish book, beautifully packaged and packed with foolproof recipes. More than that, though, it is a detailed compendium of Japanese food culture, making it the perfect gift for anyone interested in cooking and eating, irrespective of whether or not they are vegetarian." • The Japan Times, 12/2/10 "What's the vegetable equivalent of butcher's nose-to-tail, the meatless version of everything-but-the-squeal? In her latest cookbook, *Kansha*, Elizabeth Andoh explores the concept *ichi matsu zen shoku* (one food, used entirely), a Japanese vegan philosophy that means using every last bit of vegetables from frond-to-root. . . . *Kansha* is both a book and a concept worth exploring." • GOOD.com, 12/1/10 "Andoh is one of the premier writers of Japanese cuisine and she explains the philosophy behind the thoughtful and considered food choices the Japanese make." • FoxNews.com, The Fox Foodie: Sixteen Sweet Cookbooks, 11/30/10 "In a world of meatless Mondays, how does a sanctimonious foodie keep a leg up? A Tokyo-based chef Elizabeth Andoh's *Kansha* is a good place to start. Her recipes for creamy leek soup, sour soy-pickled ramps, and brown sugar ice are authentically Japanese and tasty enough for carnivores." • DailyCandy, The Best New Fall Cookbooks, 11/12/10 "Because of the lack of books available on this topic, this will be much appreciated not only by vegetarians, vegans, and Japanese food enthusiasts but by any adventurous cook looking for a distinctive perspective on fresh, healthy food. Highly recommended, especially for vegetarians, vegans, and those interested in green living." • Library Journal, STARRED REVIEW, 9/15/10 "Kansha is a beautiful collection of gentle, thrifty recipes, and a fascinating introduction to Japanese vegetarian cooking. Elizabeth Andoh writes with authority and an infectious love of Japan and its culinary traditions." • Fuchsia Dunlop, author of *Shark's Fin and Sichuan Pepper: A Sweet-Sour Memoir of Eating in China* • "What a fresh and deeply informative book. The recipes are beguiling, and at last I can make sense out of Japanese ingredients I've long found mystifying. But I especially love the sensibility of *Kansha*, an approach to life and to food that feels so right. By all means, don't skip the introduction of this wonderful new book from Elizabeth Andoh." • Deborah Madison, author of *Vegetarian Cooking for Everyone* and *Seasonal Fruit Desserts* • "It is with deep appreciation and utmost joy that I welcome the arrival of *Kansha*. So much more than just a recipe compendium, this gorgeous work serves as an exquisite, thoroughly detailed, careful, and caring guide to the people, culture, and cuisine of Japan. Working through Elizabeth's dishes, I felt lovingly guided and nurtured, expertly instructed,

and, finally, deliciously nourished. Kansha is clearly the work of a lifetime of passionate study, and a wonderful gift for every cook and appreciator of Japanese cuisine. I am so very grateful for it. •Michael Romano, chef, author, and President of Culinary Development, Union Square Hospitality Group •Andoh is at once lyrical and meticulous, taking the reader effortlessly from the profundities of Japanese culinary philosophy to practical and novel culinary techniques. Not just for vegans and vegetarians, Kansha is a veritable treasure trove for transforming even the humblest of vegetables into delicacies, and for exploring the full potential of rice, noodles, and tofu. •Rachel Laudan, food historian and author of *The Food of Paradise: Exploring Hawaii's Culinary Heritage* •I haven't been so excited about a new cookbook in years. Andoh's book, Kansha, has stirred me so •I cannot wait to get cooking. From premise to practice, Andoh's personal lessons to the cook are engaging and valuable. Even people who have never been to Japan will relish the vegetable dishes and enjoy the stimulation, authority, and, above all, the array of Japanese dishes Kansha provides. For Japan hands like me, who've missed the pickles, sesame tofu, and soy skin delicacies, it is as though the teacher we've wanted is by our side, showing us we can make these foods from scratch ourselves, far from Japan. Kansha means appreciation, and Andoh has my undying gratitude. •Merry White, professor of food anthropology at Boston University

ELIZABETH ANDOH is the American authority on Japanese cuisine. She has made Japan her home since 1967 and divides her time between Tokyo and Osaka, directing a culinary program called *A Taste of Culture*. Her book *Washoku* won the 2006 IACP Jane Grigson award for distinguished scholarship in food writing and was nominated for a James Beard Award.

Elizabeth Andoh is the foremost interpreter of Japanese cuisine for Western audiences, and Kansha continues her thoughtful and careful study of the subject. I am neither vegan nor vegetarian, although I do frequently have meatless meals. This beautiful book contains recipes that would appeal to any devotee of Japanese food, regardless of one's preferences on the consumption of meat. I also have Andoh's earlier book, *Washoku*, and find that Kansha is a complimentary volume, offering a wider selection of vegetable-based dishes to round out a meal using recipes from *Washoku*. I appreciate Andoh's informational chapters, including selection of ingredients and cooking techniques. The photographs are gorgeous and inspiring. Many recipes offer additional tips that expand one's knowledge of Japanese cooking. I consider this a necessary purchase for those

who use and appreciate Washoku.

I absolutely love this book. I have been fully immersed in educating myself about Japanese cooking for the past 10 years or so I already have more than basic understanding and familiarity with the ingredients. But this book is truly amazing, the encyclopedia of ingredients, their typical uses etc is so great. The recipes are so simple too. I seriously love this book. I have been referring to it for almost a year now. It's extremely helpful even though there are unlimited other resources online. I love traditional Japanese techniques and dishes and this book is so helpful and continuing the traditions with authentic recipes. Definitely recommend for anyone with an interest in Japanese cooking.

By working your way through this cookbook, carefully including the back material on equipment, methods, and ingredients, you can obtain a very good education in Japanese cooking. You will be well trained in the complete use of a product, in the reuse of cooking liquids and flavoring agents. You will be convinced that you should try making your own tofu so that you have okara (tofu lees). You will be convinced that it is worth maintaining a pickling bed that needs daily maintenance. You will know to include rice, soup, and pickles in your basic meal and then choose vegetable dishes to do with it - including the required colors and flavors. You will know that you can use a single vegetable for several dishes - varying by cooking method or part of plant used. What you will not know is what 4 or 5 typical vegan/vegetarian meals are composed of, how they are presented and how they are eaten. Your only instruction is to choose a substantial dish - rice or noodle - then one item from each of three chapters: "Fresh from the Market", "The Well-Stocked Pantry", and "Mostly Soy". Note this omits soup and pickles which we are elsewhere told are foundational. While one can probably work out the required flavors and cooking methods, it would be much more informative to see example actual meals. This omission cost a star.

Love this book! I'm not vegan, but do eat meatless meals several times a week, and having another of Elizabeth Andoh's excellent authentic Japanese cookbooks in my kitchen has made my Japanese dinners and bento boxes so much better! I haven't made all the recipes from the book (yet), but have made the majority and everything was absolutely delicious. My latest foray was making homemade tofu and the instructions in Kansha have been the best I've found anywhere! If you love Japanese food, you will not regret adding this cookbook to your arsenal (and Washoku, too)!

Oddly enjoyable just to sit and read, this cookbook is a relaxing introduction to Japanese vegetarian cooking. However, the recipes are hit and miss - some, like the agedashi tofu, are excellent, while others come out bland or bitter or quite unlike the instructions say they ought. Additionally, the recipes often take a long time to make when a few changes in the process or ingredients would speed up the process without affecting the flavor much.

I'm not going to say that "Kansha" will change your life, but it may blow open doors for your approach to food and it's preparation. I've only touched on a few of the recipes since receiving it and each one is a meditation on preparation. Sometimes it's doing just enough, sometimes it's more involved. Great lessons for life and for food. My only complaint about the book is that there is not a photo of each dish. The ones that are there are so beautiful and tempting that I wish I could see how each preparation would ideally look. Ideally, because the photos shown are something to aspire to, since they are way out of reach. Given the audience for this book---like, people such as myself----it would be great to have a series of companion videos available that cover some of the book's finer points (equipment, techniques for preparation and cooking, etc.) There is a lot of opportunity to cover much of the approach and procedures that may be new for readers exploring this wonderful cuisine.

I live in Japan and this explains beautifully and simply without neglecting in-depth aspects to food, tradition, preparations and sources. I would like to see more kanji/hiragana etc for shopping and ingredient purposes but I've assigned myself that task as homework now ;)

Just started eating a healthier diet and wanted to learn more about other cultures cuisine. Also wanted to know more about traditional Japanese cooking. Kansha has lots of vegan and vegetarian recipe and also lots of directions on how to pre-prepare foods for recipes.

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