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Kansha (Hardback)

By Elizabeth Andoh

Random House USA Inc, United States, 2010. Hardback. Condition: New. Language: English . Brand New Book. 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 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, Tōfu-Tōfu 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...



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in starting reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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