



## Sushi and Beyond: What the Japanese Know About Cooking

By Michael Booth

Vintage Publishing. Paperback. Book Condition: new. BRAND NEW, Sushi and Beyond: What the Japanese Know About Cooking, Michael Booth, Japan is the pre-eminent food nation on earth. The creativity of the Japanese, their dedication and ingenuity, not to mention courage in the face of dishes such as cod sperm and octopus ice cream, is only now beginning to be fully appreciated in the sushi-saturated West, as are the remarkable health benefits of the traditional Japanese diet. Food and travel writer Michael Booth sets off to take the culinary pulse of contemporary Japan and he and his young family travel the length of the country - from bear-infested, beer-loving Hokkaido to snake-infested, seaweed-loving Okinawa. What do the Japanese know about food? Perhaps more than anyone else on earth, judging by this fascinating and funny journey through an extraordinary food-obsessed country. Winner of the Guild of Food Writers Kate Whiteman Award for the best book on food and travel.

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