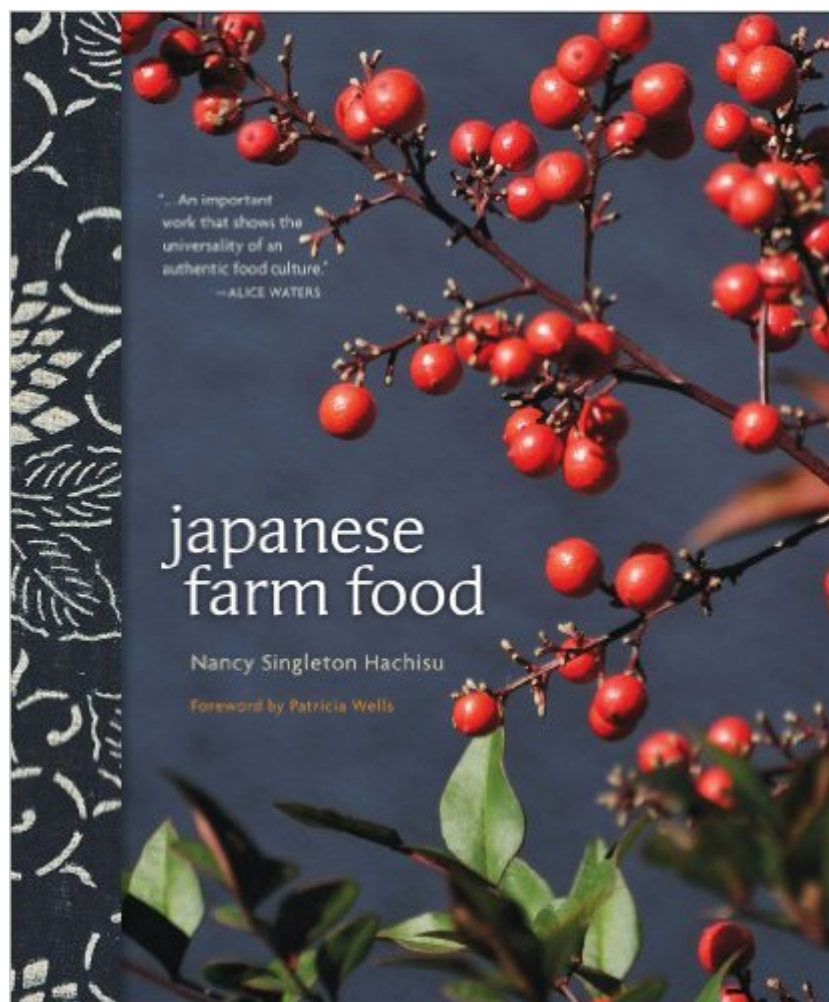


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# Japanese Farm Food



## Synopsis

Japanese Farm Food offers a unique look into life on a Japanese farm through 165 simple, clear-flavored recipes along with personal stories and over 350 stunning photographs. It is a book about love, community, and life in rural Japan. Nancy Singleton Hachisu's second book, *Preserving the Japanese Way*, nominated for the 2016 James Beard Award in the International Cookbook category, takes a deeper look into the techniques, recipes, and local producers associated with Japanese preserving. Gourmand World Cookbook Awards 2012: USA Winner, Best Japanese Cuisine Book "Our life centers on the farm and the field. We eat what we grow." --Nancy Singleton Hachisu, *Japanese Farm Food* offers a unique window into life on a Japanese farm through the simple, clear-flavored recipes cooked from family crops and other local, organic products. The multitude of vibrant images by Kenji Miura of green fields, a traditional farmhouse, antique baskets, and ceramic bowls filled with beautiful, simple dishes are interwoven with Japanese indigo fabrics to convey an intimate, authentic portrait of life and food on a Japanese farm. With a focus on fresh and thoughtfully sourced ingredients, the recipes in *Japanese Farm Food* are perfect for fans of farmers' markets, and for home cooks looking for accessible Japanese dishes. Personal stories about family and farm life complete this incredible volume. American born and raised, Nancy Singleton Hachisu lives with her husband and teenage sons on a rural Japanese farm, where they prepare these 165 bright, seasonal dishes. The recipes are organized logically with the intention of reassuring you how easy it is to cook Japanese food. Not just a book about Japanese food, *Japanese Farm Food* is a book about love, life on the farm, and community. Covering everything from pickles and soups to noodles, rice, and dipping sauces, with a special emphasis on vegetables, Hachisu demystifies the rural Japanese kitchen, laying bare the essential ingredients, equipment, and techniques needed for Japanese home cooking. "Nancy Hachisu is...intrepid. Outrageously creative. Intensely passionate. Committed. True and real. I urge you to cook from this book with abandon, but first read it like a memoir, chapter by chapter, and you will share in the story of a modern-day family, a totally unique and extraordinary one." --Patricia Wells "This book is both an intimate portrait of Nancy's life on the farm, and an important work that shows the universality of an authentic food culture." --Alice Waters "The modest title *Japanese Farm Food* turns out to be large, embracing and perhaps surprising. Unlike the farm-to-table life as we know it here, where precious farm foods are cooked with recipes, often with some elaboration, real farm food means eating the same thing day after day when it's plentiful, putting it up for when it's not, and cooking it very, very simply because the farm demands so much more time in the field than in the kitchen. This beautiful, touching, and ultimately common sense book is about

a life that's balanced between the idea that a life chooses you and that you in turn choose it and then live it wholeheartedly and largely. Thank you, Nancy, for sharing your rich, intentional and truly inspiring life." --Deborah Madison "Nancy Hachisu's amazing depth of knowledge of Japanese food and culture shines through in every part of this book. You will feel as if you live next door to her...savoring and learning her down-to-earth approach to cooking and to loving food."

--Hiroko Shimbo "Taking a peek into Nancy Hachisu's stunning Japanese Farm Food is like entering a magical world. It's a Japan that used to be, not the modern Japan defined by the busyness of Tokyo, but a more timeless place, a place whose rhythms are set by seasons and traditions and the work of the farm. Japanese Farm Food is so much more than a cookbook. This book has soul. Every vegetable, every tool has a story. Who grew this eggplant? Who made this soy sauce? Nancy doesn't have to ask, "Where does my food come from?" She knows. Here's a woman who grows and harvests her own rice, grain by grain. Not that she asks or expects us to do the same at all. What she does offer is a glimpse into her life in rural Japan, with its shoji screens and filtered light, and recipes from her farm kitchen that you can't wait to try."

--Elise Bauer, SimplyRecipes.com "Japanese Farm Food is a lovely book about the culture, landscape, and food of Japan, a true insider's view of the Japanese kitchen, from farm to table, by a passionate and talented writer." --Michael Ruhlman

## Book Information

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## Customer Reviews

As an avid gardener I'm always looking for cucumber, eggplant, leafy greens and pickle recipes. What simple, distinctively new (to me--an American cook) recipes I found for the overflowing bounty

from my gardens! Plus there are plenty of new ways with fish, chicken, meat and eggs. UPDATE  
Jan. 2, 2013: See bottom of review. As an adventurous cook I'm always looking for the next unique technique that keeps me curious and will keep me on my toes learning in my kitchen. (One of my mottos is "If you are not learning, you're dying." This cook book provides so many new techniques that I found my heart racing as I turned each page. As a conscientious and concerned member of this world in which we live, and as an independent and individual thinker, I found the author's memoirs full of important thoughts and viable opinions. While you will find peace and comfort in this book, in its writing and in its beautiful pictures, it is not a book of calming haiku poetry and a return to an older time and pace--but the grace of haikus and the respect for the old ways runs harmoniously through this book. The author's writing is creative and descriptive, both in her memoirs and her recipe instructions. The author and (what we learn of) her husband seem to be hard-working, down-to-earth people who love food, love their family and friends and try to give back to the community and the earth. There is an aura of respect in this book; such respect: For the spiritual, for the land, for the food, for life and for others.

I had the good fortune to spend six months in Central Japan in 2010-2011; during my stay, I took four Japanese cooking classes in three different cities focusing on traditional cooking methods and regional specialties, including a class led by Elizabeth Andoh (author of *Washoku: Recipes from the Japanese Home Kitchen* and *Kansha: Celebrating Japan's Vegan and Vegetarian Traditions*). The act of making and preparing food according to tradition (including the concept of *kansha*, or appreciation) was a deeply spiritual journey for me. I contacted Nancy Singleton Hachisu through her blog, and she was kind enough to send a review copy of *Japanese Farm Food*. When I opened it, it was an instant homecoming for me. Memories of prowling the morning markets at Takayama, admiring the kaleidoscope of pickles at Nishiki Market in Kyoto, or learning about the many varieties of *sansai* (wild mountain vegetables) at an Osaka department store food hall came rushing back. After a compact look at Japanese farmhouse pantry staples and tools and a handy three-page visual dictionary of cutting and cooking techniques, you'll find the Japanese equivalent of munchies: *tsumami*. These are simple preparations that showcase the freshness of the ingredients, like *ikura* (salmon roe), *edamame*, eggs pickled in soy sauce, fried fish and Okinawan staple *goya champuru* (stir-fried bitter melon with egg and red pepper).

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