



# The Complete Book of Sushi

*Hideo Dekura, Brigid Treloar, Ryuichi Yoshii*

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**The Complete Book of Sushi** Hideo Dekura, Brigid Treloar, Ryuichi Yoshii  
***The Complete Book of Sushi* is the definitive sushi cookbook.**

The Japanese say that "You eat with your eyes," and this is certainly true with sushi. An artform in Japan, sushi is not only beautifully presented but healthy and delicious. Fresh and delicious, sushi is one of the healthiest foods you can eat, as it's low in fat and high in essential vitamins and minerals. Aesthetically pleasing, sushi is also surprisingly simple to make. From traditional hand-rolled sushi to the modern sushi in a bowl, this sushi book will show you how to make these elegant dishes with ease. It also provides information on the history and benefits of sushi, as well as how to use sushi-making tools; cook perfect sushi rice; cut vegetables and decorations; and select fresh sushi fish and other ingredients. *The Complete Book of Sushi* features traditional, contemporary and innovative recipes for lovers of this Japanese cuisine.

With easy-to-follow step-by-step recipes and gorgeous color photographs, *The Complete Book of Sushi* is suitable for your cookbook collection.

## **Delicious sushi recipes include:**

- Planning and preparing a sushi meal
- Sushi rolls
- Nigiri-sushi
- Molded sushi
- Hand-Rolled sushi
- Vegetarian sushi
- Chirashi-sushi
- Wrapped sushi
- Sushi rice in fried tofu bags
- Sushi in a bowl
- New sushi
- Drinks, sauces and side dishes

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