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Squeamish About Sushi

Food Adventures in Japan

Tuttle Publishing **What's uni and how do you eat it? What are "dancing shrimp" or tako yaki? Do you pick it up with your fingers? Dip it in sauce? And just what is that sauce? Dining in Japan can be intimidating, but with Squeamish About Sushi you are bound to have endless eating adventures while in Japan! From world famous sushi to traditional Japanese cooking, it's all explained and pictured in this sketchbook of beautiful full-color illustrations and hand-lettered text, as author and artist Betty Reynolds shares her delight in the wonderful world of Japanese cuisine. For the first-time visitor or gourmet alike, Squeamish About Sushi is an entertaining guide to the pleasures and pitfalls of Japanese dining, with clues and hints not found in the usual guides to eating out. Whether it's the technique for holding chopsticks or the etiquette of slurping soup, Squeamish About Sushi assures the bewildered, and includes**

mini-lessons on how to read the curtain at the entrance, the menu on the wall, and even the signs on the restroom doors.

Squeamish About Sushi

And Other Food Adventures in Japan

Tuttle Pub From world-famous sushi to fatally attractive fugu, it's all explained and pictured in this sketchbook of beautiful full-color illustrations and hand-lettered text, as the artist shares her delight in the wonderful world of Japanese food.

The Sushi Book

ThingsAsian Press In this beautifully illustrated book, you will find everything you need to know about sushi, from how to choose and order it, to how to eat it. You will even learn how to make it at home. And if your efforts in the kitchen inspire you, how to become a sushi chef. Along with the history, evolution, and art of sushi, sections include nutritional value, health benefits, and safety concerns. The pronunciation guide, together with a thirty-nine-page sushi glossary and a reverse dictionary, are especially helpful in identifying and ordering sushi. Taken in leading sushi restaurants, full color photographs enhance your journey into the world of sushi. You will also discover the answer to such fascinating questions as whether or not sushi originated in Japan, the ideal temperature for serving sake, and how sushi knives are made. Whether you're a sushi virgin or a sushi veteran, by the time you finish reading *The Sushi Book*, you will be a sushi connoisseur!

Forthcoming Books

American Book Publishing Record Cumulative 2000

R. R. Bowker

G.K. Hall Bibliographic Guide to East Asian Studies

Sushi and Beyond

What the Japanese Know About Cooking

Random House **'His account of their "foodie family road trip" establishes Booth as the next Bill Bryson.'** *New York Times* **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 of 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.**

Japan Eats!

An Explorer's Guide to Japanese Food

Tuttle Publishing **For first-time visitors and seasoned gourmets alike, Japan Eats! is an entertaining guide to the pleasures and pitfalls of dining in Japan—with hilarious insights and tips not found in other books. Whether it's the**

proper technique for holding chopsticks or the etiquette of slurping soup, author Betty Reynolds reassures the bewildered and includes mini-lessons on how to read the curtains at the entrance, the menus on the wall, and even the signs on the bathroom doors! What are uni sea urchins and how do you eat them? What are "dancing shrimp"? What is the difference between tonkatsu and takoyaki? Do you pick them up with your fingers? Which sauce to use? And just what is in that sauce? From world-famous sushi to fatally attractive fugu, it's all explained clearly and humorously in this sketchbook filled with charming full-color illustrations and insightful texts. So don't be intimidated—dive in! You are bound to have endless food adventures in Japan. This book shows you how.

The East

Cooking for the Common Good

The Birth of a Natural Foods Soup Kitchen

North Atlantic Books On Mount Desert Island, Maine, winter can mean six months of isolation and tough times, as year-round residents hunker down through the cold season. Larry Stettner and Bill Morrison vowed to change that. In November 2009, the Common Good Soup Kitchen opened its doors to the public, offering free soup as well as live music and a place for locals to gather, interact, and help each other. In its first winter of operation, the Common Good served over 10,000 bowls of soup to the community. Run entirely by donations, grants, and volunteer labor, the café also runs a distribution program to deliver soup to senior residences and others who cannot make it out to the café. In *Cooking for the Common Good*, Stettner and Morrison argue that we need to radically rethink the concept of the soup kitchen, emphasizing true community building along with incorporating healthy and locally sourced food. The book includes a lively third-person narrative telling the story of how the Common Good Soup Kitchen was created; the authors' unique cooking philosophy; some of their most popular soup and salad recipes; and a full appendix with resources and a sample grant application for others interested in starting their own soup kitchen. "Today access to whole foods, local organic foods, and sustainable fisheries is more important than ever for our well-being. But, because of economic inequities, good whole food is once again hard to get. Organic foods are largely available to the wealthiest

and most privileged among us. Let us break down the bastions and make natural, whole food—including organically based soups—for everyone." —from chapter 2, "The Soup Manifesto"

Food Culture in Japan

Greenwood Publishing Group This timely book satisfies the new interest and taste for Japanese food, providing information on foodstuffs, cooking styles, etiquette, and more.

The Spectator

The Times of India Presents Erratica

Japanese Celebrations

Cherry Blossoms, Lanterns and Stars!

Tuttle Publishing This multicultural children's book is full of Japanese holidays, culture, language and stories! The people of Japan love to celebrate. In fact, they love it so much they have a day of celebration, whether it's a change in season, a religious observance, or just a special moment in life, every month of the year. Brimming with ancient traditions, exotic decorations, and delicious, seasonal foods, Japanese Celebrations will take you on a month-by-month tour of some of Japan's best-loved festivals. Beautifully illustrated and full of fascinating facts about Japanese holidays and celebrations, this 48-page picture book offers a vivid picture of some of Japan's most festive events including New Year's, Children's Day, Cherry Blossom Season, Harvest Moon Viewing, Christmas in Japan and many more. With simple but informative text and illustrations that explain the significance of the dress, decoration, food, gifts and activities associated with these events, Japanese Celebrations promises to delight and educate young readers and parents alike.

Strange Foods

Tuttle Publishing **This gastrological romp shares tales of gustatory tidbits from six continents. Weaving history and autobiography, author Jerry Hopkins regales with an array of startling facts about the world's eating habits. *Strange Foods* begins with rat tales from the Roman Empire and imperial China and continues on to stories from locales where rat remains a mouth-watering hors d'oeuvre or hearty entrée today. There are at least 40 serving suggestions for crocodile alone! And there are more than 250 photographs from acclaimed photographer Michael Freeman, whose aim is true and who eats what he shoots. This is gonzo food writing that's sure to change your mind, if not your palate.**

Fox Cities

The United States of Arugula

The Sun Dried, Cold Pressed, Dark Roasted, Extra Virgin Story of the American Food Revolution

Crown **The wickedly entertaining, hunger-inducing, behind-the-scenes story of the revolution in American food that has made exotic ingredients, celebrity chefs, rarefied cooking tools, and destination restaurants familiar aspects of our everyday lives. Amazingly enough, just twenty years ago eating sushi was a daring novelty and many Americans had never even heard of salsa. Today, we don't bat an eye at a construction worker dipping a croissant into robust specialty coffee, city dwellers buying just-picked farmstand produce, or suburbanites stocking up on artisanal cheeses and extra virgin oils at supermarkets. *The United States of Arugula* is a rollicking, revealing stew of culinary innovation, food politics, and kitchen confidences chronicling how gourmet eating in America went from obscure to pervasive—and became the cultural success story of our era.**

The Sushi Economy

Globalization and the Making of a Modern Delicacy

Penguin **The highly acclaimed exploration of sushi's surprising history, global business, and international allure One generation ago, sushi's narrow reach ensured that sports fishermen who caught tuna in most of parts of the world sold the meat for pennies as cat food. Today, the fatty cuts of tuna known as toro are among the planet's most coveted luxury foods, worth hundreds of dollars a pound and capable of losing value more quickly than any other product on earth. So how did one of the world's most popular foods go from being practically unknown in the United States to being served in towns all across America, and in such a short span of time? A riveting combination of culinary biography, behind-the-scenes restaurant detail, and a unique exploration of globalization's dynamics, the book traces sushi's journey from Japanese street snack to global delicacy. After traversing the pages of *The Sushi Economy*, you'll never see the food on your plate—or the world around you—quite the same way again.**

Clueless in Tokyo

An Explorer's Sketchbook of Weird and Wonderful Things in Japan

Tuttle Publishing **A perfect introduction to Japan and Japanese culture, this illustrated culture and travel guide contains loads of original drawings as well as the Japanese script for key words and phrases. Some people take photos, but artist Betty Reynolds captures memories with her paintbrush and watercolors. *Clueless in Tokyo* provides an outsider's take on everyday life in Japan's capital city--a place where vending machines talk, toilets can be terrifying, and centuries-old festivals unfold against a backdrop of space-age architecture. During the seven years Reynolds lived in Japan, she filled thirty sketchbooks with everything that caught her eye. Whether it's fashion, food, sport, transport,**

seasonal rituals, or Japanese pastimes, each vibrant sketch is a delight, and Reynolds' witty hand-lettered captions in both Japanese and English provide an entertaining resource for beginning learners of the Japanese language. Adult students and travelers alike will find this Japan travel guide to be a charming and insightful addition to their trip.

Everyone Eats

Understanding Food and Culture, Second Edition

NYU Press **Everyone eats, but rarely do we investigate why we eat what we eat. Why do we love spices, sweets, coffee? How did rice become such a staple food throughout so much of eastern Asia? Everyone Eats examines the social and cultural reasons for our food choices and provides an explanation of the nutritional reasons for why humans eat what they do, resulting in a unique cultural and biological approach to the topic. E. N. Anderson explains the economics of food in the globalization era; food's relationship to religion, medicine, and ethnicity; and offers suggestions on how to end hunger, starvation, and malnutrition. This thoroughly updated Second Edition incorporates the latest food scholarship, most notably recognizing the impact of sustainable eating advocacy and the state of food security in the world today. Anderson also brings more insight than ever before into the historical and scientific underpinnings of our food customs, fleshing this out with fifteen new and original photographs from his own extensive fieldwork. A perennial classic in the anthropology of food, Everyone Eats feeds our need to understand human ecology by explaining the ways that cultures and political systems structure the edible environment.**

Edible

An Adventure Into the World of Eating Insects and the

Last Great Hope to Save the Planet

Houghton Mifflin Harcourt **An anthropologist and certified entomophagist describes her international travels and studies to make a case for why insects may be the key to solving the world's food problems, explaining how bugs have been a long-time part of indigenous diets and can be efficiently rendered a sustainable food source. 20,000 first printing.**

The Amateur Gourmet

How to Shop, Chop, and Table Hop Like a Pro (Almost)

Bantam **“A fast track to culinary bliss.”—Frank Bruni, *New York Times* • “A sort of Rachael Ray for young foodie urbanites.”—*Boston Globe* Self-taught chef and creator of the Amateur Gourmet website, Adam Roberts has written the ultimate “Kitchen 101” for anyone who’s ever wanted to enjoy the rewards of good eating without risking burning down the house! In this deliciously illuminating and hilarious new kitchen companion, Roberts has assembled a five-star lineup of some of the food world’s most eminent authorities. The result is a culinary education like no other. • Learn the “Ten Commandments of Dining Out” courtesy of Ruth Reichl, editor in chief of *Gourmet* magazine. • Discover why the *New York Times*’s Amanda Hesser urges you never to bring a grocery list to the market. • Get knife lessons from a top sous-chef at Manhattan’s famous Union Square Cafe, and much more. Packed with recipes, menu plans, shopping tips, and anecdotes, *The Amateur Gourmet* provides you with all the ingredients to savor the foodie lifestyle. All you need to add is a healthy appetite and a taste for adventure. Praise for *The Amateur Gourmet* “For anyone seeking to venture beyond toaster meals into the pleasurable world of sautéing and braising, Roberts is the perfect guide.”—Matt Lee and Ted Lee, authors of *The Lee Bros. Southern Cookbook* “A funny little guide—thanks to Roberts’ comic timing and frequent kitchen flops—to savoring life’s flavor in pursuit of good eats.”—*New York Daily News* “Amateurgourmet [online] is a food-world must read, offering an intelligent and witty view of food culture. . . . Now Roberts moves to the head of the table with his new book.”—*Denver Post* “A delightful and compelling new voice in the food world.”—Michael Ruhlman, author of *Charcuterie* and *The Reach of a Chef***

The Disappearing Spoon

And Other True Tales of Madness, Love and the History of the World from the Periodic Table of the Elements

Random House **The infectious tales and astounding details in 'The Disappearing Spoon' follow carbon, neon, silicon and gold as they play out their parts in human history, finance, mythology, war, the arts, poison and the lives of the (frequently) mad scientists who discovered them.**

Clueless in Tokyo

An Explorer's Sketchbook of Weird and Wonderful Things in Japan

Weatherhill, Incorporated **This delightful sketchbook presents a uniquely insightful take on the bemusement and amusement that are the inevitable reactions of the Westerner confronting Japan for the first time. Still unwilling to allow Japan's mysteries to exclude her, the author-artist illustrates her further adventures into the true meaning of the unfamiliar happenings around her, and turns culture shock into humorous appreciation. The resulting sketchbook is an excellent, user-friendly primer for anyone contemplating travel to Japan or engaged in Japanese language studies.**

Esquire

Extreme Cuisine

Exotic Tastes from Around the World

Discover the world through its gastronomic diversity. Perfect for those with an appetite for the bizarre, "Weird Food" encourages readers to learn more about the dishes and where they can be found. Full color.

Fiske WordPower

The Most Effective System for Building a Vocabulary That Gets Results Fast

Sourcebooks, Inc. **The Exclusive Method You Can Use to Learn—Not Just Memorize—Essential Words** A powerful vocabulary expands your world of opportunity. Building your word power will help you write more effectively, communicate clearly, score higher on standardized tests like the SAT, ACT, or GRE, and be more confident and persuasive in everything you do. Using the exclusive Fiske method, you will not just memorize words, but truly learn their meanings and how to use them correctly. This knowledge will stay with you longer and be easier to recall—and it doesn't take any longer than less-effective memorization. How does it work? This book uses a simple three-part system: 1. Patterns: Words aren't arranged randomly or alphabetically, but in similar groups based on meaning and origin that make words easier to remember over time. 2. Deeper Meanings, More Examples: Full explanations—not just brief definitions—of what the words mean, plus multiple examples of the words in sentences. 3. Quick Activities: Frequent short quizzes help you test how much you've learned, while helping your brain internalize their meanings.

The 150 Healthiest Foods on Earth, Revised Edition

The Surprising, Unbiased Truth about What You Should Eat and Why

Fair Winds Press (MA) **A complete guide to the healthiest foods you can eat and how to cook them!**

From Betty Crocker to Feminist Food Studies

Critical Perspectives on Women and Food

Liverpool University Press **Sheds light on the history of food, cooking, and eating. This collection of essays investigates the connections between food studies and women's studies. From women in colonial India to Armenian American feminists, these essays show how food has served as a means to assert independence and personal identity.**

The Story of Sushi

An Unlikely Saga of Raw Fish and Rice

Harper Collins **Everything you never knew about sushi—its surprising origins, the colorful lives of its chefs, and the bizarre behavior of the creatures that compose it Trevor Corson takes us behind the scenes at America's first sushi-chef training academy, as eager novices strive to master the elusive art of cooking without cooking. He delves into the biology and natural history of the edible creatures of the sea, and tells the fascinating story of an Indo-Chinese meal reinvented in nineteenth-century Tokyo as a cheap fast food. He reveals the pioneers who brought sushi to the United States and explores how this unlikely meal is exploding into the American heartland just as the long-term future of**

sushi may be unraveling. *The Story of Sushi* is at once a compelling tale of human determination and a delectable smorgasbord of surprising food science, intrepid reporting, and provocative cultural history.

Frommer's Hawaii 1997

Frommer's Get the lowdown on the best beaches, the best golfing, and all kinds of outdoor adventures--from swimming with dolphins to exploring live volcanoes--with the 1997 edition of Frommer's popular guide to Hawaii. Four-color fold-out map.

Guns, Germs, and Steel: The Fates of Human Societies (20th Anniversary Edition)

W. W. Norton & Company "Fascinating.... Lays a foundation for understanding human history."—Bill Gates In this "artful, informative, and delightful" (William H. McNeill, *New York Review of Books*) book, Jared Diamond convincingly argues that geographical and environmental factors shaped the modern world. Societies that had had a head start in food production advanced beyond the hunter-gatherer stage, and then developed religion --as well as nasty germs and potent weapons of war --and adventured on sea and land to conquer and decimate preliterate cultures. A major advance in our understanding of human societies, *Guns, Germs, and Steel* chronicles the way that the modern world came to be and stunningly dismantles racially based theories of human history. Winner of the Pulitzer Prize, the Phi Beta Kappa Award in Science, the Rhone-Poulenc Prize, and the Commonwealth club of California's Gold Medal.

Snow Crash

Penguin UK The only relief from the sea of logos is within the well-guarded borders of the Burbclaves. Is it any wonder that most sane folks have forsaken the real world and chosen to live in the computer-generated universe of virtual reality? In a major city, the size of a dozen Manhattans, is a domain of pleasures limited only by the imagination. But now a strange new computer virus called Snow Crash is striking down hackers everywhere, leaving an unlikely young man as humankind's last best hope.

The Oxford Companion to Food

Oxford University Press, USA Covers such topics as plant products, cooking terms, national and regional cuisines, food preservation, food science, diet, and cookbooks and their authors.

The Whole Fish Cookbook

New ways to cook, eat and think

Hardie Grant Publishing **The Whole Fish Cookbook** is the bestselling cookbook that has changed the way we think about fish. **Jamie Oliver** called **Josh Niland** one of the most impressive chefs of a generation and **Yotam Ottolenghi** voted the book one of his favourites - ever. Add to that a swag of awards, including: **The Australian Book Industry Association's Illustrated Book of the Year in 2020; André Simon Food Book Award 2019; and two James Beard awards in 2020 - Restaurant and Professional and the prestigious Book of the Year. The Whole Fish Cookbook was also shortlisted as debut cookbook of the year in the Fortnum & Mason food & drink awards in 2020 and longlisted as Booksellers' choice in the adult non-fiction category by the Australian Booksellers' Association. As well, photographer Rob Palmer won the National Photographic Portrait Prize in 2020 with a stunning photo of Josh from the book. 'My cookbook of the year.' - Yotam Ottolenghi, The Guardian 'A mind-blowing masterpiece from one of the most impressive chefs of a generation.' - Jamie Oliver 'Josh Niland is a genius.' - Nigella Lawson** We all want to eat more fish, but who wants to bother spending the time, effort and money cooking that same old salmon fillet on repeat when you could be trying something new and utterly delicious? In **The Whole Fish Cookbook**, Sydney's groundbreaking seafood chef **Josh Niland** reveals a completely new way to think about all aspects of fish cookery. From sourcing and butchering to dry ageing and curing, it challenges everything we thought we knew about the subject and invites readers to see fish for what it really is - an amazing, complex source of protein that can, and should, be treated with exactly the same nose-to-tail reverence as meat. Featuring more than 60 recipes for dozens of fish species ranging from **Cod Liver Pate on Toast, Fish Cassoulet and Roast Fish Bone Marrow** to - essentially - **the Perfect Fish and Chips**, **The Whole Fish Cookbook** will soon have readers seeing that there is so much more to a fish than just the fillet, and that there are more than just a handful of

fish in the sea.

Dave Barry Does Japan

Ballantine Books "One of the funniest people ever to tap tap on a PC." PHILADELPHIA INQUIRER Not since George Bush's memorable dinner with the Japanese prime minister has the Land of the Rising Sun seen the likes of a goodwill ambassador like Dave Barry. Join him as he belts out oldies in a karaoke bar, marries a geriatric geisha girl, takes his first bath in public, bows to just about everyone, and explores culture shock in all its numerous humorous forms, including: Failing to Learn Japanese in Only Five Minutes (Or: "Very Much Good Morning, Sir!"); Humor in Japan (Take My Tofu, Please!); Sports in Japan ("Yo, Batter! Loudly Make it Fly!"), and more.

Eat Japan

Lonely Planet The complete companion to Japanese culinary culture Whether it's rubbing your chopsticks together, handing money to a sushi chef or setting your foot directly on the floor when removing your shoes, we'll tell you exactly what not to do to avoid looking like an ignorant tourist. Brush up on restaurant etiquette, local customs and what ingredients to expect in Lonely Planet's Eat Japan. To help you feel prepared for the Japanese food scene we'll cover how, when and where to eat, etiquette dos and don'ts, and what classic regional specialties are a must try. You'll find the best places to eat in every region as well as what to order when you're there and how to eat it. If you are looking for an authentic and immersive foodie experience but don't know where to start, Eat Japan is your answer. In-depth background on local food and traditions Practical info on popular food neighborhoods The visually appealing layout will help first-time food lovers get the most from their trip About Lonely Planet: Lonely Planet is a leading travel media company, providing both inspiring and trustworthy information for every kind of traveler since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travelers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, eBooks, and more.

We Are What We Eat

Ethnic Food and the Making of Americans

Harvard University Press **We Are What We Eat** follows the fortunes of dozens of enterprising immigrant cooks and grocers, street hawkers and restaurateurs who have cultivated and changed the tastes of native-born Americans from the seventeenth century to the present. The book draws a surprisingly peaceful picture of American ethnic relations, in which "Americanized" foods like Spaghetti-Os happily coexist with painstakingly pure ethnic dishes and creative hybrids

Female Masculinity

Duke University Press **Masculinity without men.** In **Female Masculinity** Judith Halberstam takes aim at the protected status of male masculinity and shows that female masculinity has offered a distinct alternative to it for well over two hundred years. Providing the first full-length study on this subject, Halberstam catalogs the diversity of gender expressions among masculine women from nineteenth-century pre-lesbian practices to contemporary drag king performances. Through detailed textual readings as well as empirical research, Halberstam uncovers a hidden history of female masculinities while arguing for a more nuanced understanding of gender categories that would incorporate rather than pathologize them. She rereads Anne Lister's diaries and Radclyffe Hall's *The Well of Loneliness* as foundational assertions of female masculine identity. She considers the enigma of the stone butch and the politics surrounding butch/femme roles within lesbian communities. She also explores issues of transsexuality among "transgender dykes"--lesbians who pass as men--and female-to-male transsexuals who may find the label of "lesbian" a temporary refuge. Halberstam also tackles such topics as women and boxing, butches in Hollywood and independent cinema, and the phenomenon of male impersonators. **Female Masculinity** signals a new understanding of masculine behaviors and identities, and a new direction in interdisciplinary queer scholarship. Illustrated with nearly forty photographs, including portraits, film stills, and drag king performance shots, this book provides an extensive record of the wide range of female masculinities. And as Halberstam clearly demonstrates, female masculinity is not some

bad imitation of virility, but a lively and dramatic staging of hybrid and minority genders.

The Steamy Kitchen Cookbook

101 Asian Recipes Simple Enough for Tonight's Dinner

Tuttle Publishing You will absolutely love the 101 Asian recipes in this easy-to-use cookbook. This engaging cookbook includes dozens upon dozens of full-proof Asian recipes that are quick and easy to do—all in time for tonight's supper! The recipes will appeal to Americans' growing interest in Asian cuisines and a taste for foods that range from pot stickers to bulgogi burgers and from satay to summer rolls. Whether you're hurrying to get a weekday meal on the table for family or entertaining on the weekend, author and blogger (steamykitchen.com) Jaden Hair will walk you through the steps of creating fresh, delicious Asian meals without fuss. In an accessible style and a good splash of humor, Jaden takes the trauma out of preparing "foreign" Asian recipes. With Jaden's guiding hand, you'll find it both simple and fun to recreate Asian flavors in your own kitchen and to share the excitement of fresh Asian food with your family and friends! Asian recipes include: Firecracker Shrimp Pork & Mango Potstickers Quick Vietnamese Chicken Pho Beer Steamed Shrimp with Garlic Korean BBQ-style Burgers Maridel's Chicken Adobo Simple Baby Bok Choy and Snow Peas Chinese Sausage Fried Rice Grilled Bananas with Chocolate and Toasted Coconut Flakes