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Lonely Planet presents Japan's most authentic dishes - direct from the kitchens where they were perfected. From street-food vendors to Michelin-starred chefs, Japan's best local cooks share their passion for food and 60 of their region's classic recipes - from steaming soups and silky ramen noodles to fresh, hand-rolled sushi. Recipes include: It would be easy to assume that Japanese cuisine is all about the food itself. But no. Or at least, it's not only about the food. The cuisine of this teeming archipelago of 3000 islands is a living part of its culture. In Japan, it's believed that food should be devoured with all five senses: not just smell, taste and sight, but also touch (the texture of the ingredients, the smooth warmth of bamboo chopsticks), and even sound (a high-end ryotei is oddly quiet, the better to appreciate the experience of eating). Any Japanese meal - from a simple home-cooked fare to the most structured, formal kaiseki - aims to blend each of these elements for balance and nutrition. Unsurprisingly, this provides myriad benefits for our health, as does the act of lingering over our food and cherishing each mouthful with all our senses - the latter has been proven to aid digestion and portion control. It's clear that meals taken the traditional Japanese way are good for us. That they are such a pleasure to consume, too? Well, that's just a happy coincidence. With sumptuous, original photography and inside stories and tips from Japan's best local cooks of the history, legend, emotion, and process behind each recipe, From the Source - Japan represents global food at

its most thrilling. The perfect book for foodies and travel enthusiasts alike! Also check out: About Lonely Planet: Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, as well as an award-winning website, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, and 2015 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) Note: The digital edition of this book is missing some of the images found in the physical edition

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