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## Japanese Healthy, High-Style Cooking : Step-by-Step Winning Recipes As Used in Lake Forest, IL LaJolla and Palm Springs, CA and Boca Raton, FL

By Matsumoto, Chef Sumiko; Donahue, Alice K. (editor)

Lake Forest, IL: Triangle Park Press, 1999, Lake Forest, IL, 1999. Trade Paperback. Book Condition: New. First Edition. 8vo - over 7¾" - 9¾" tall. Trade Paperback. First Edition. 8vo - over 7¾" - 9¾" tall. 1st Ed. so stated, Trade PB, new, 190 pp. SIGNED by Author in Japanese. Reviewer Laurel Caudill from Waukegan, IL: "I am the photographer and I have tried every recipe in this book and I rate them 5 star (out of 5)." Chef Sumiko Matsumoto was born and raised in the exclusive Japanese resort city of Atami. As chef for some of the most discriminating families of Chicago's north shore, she has shared both the traditional Japanese secrets she learned from her mother and those of senior chefs of this country. Great eating with very little fat. Over 100 recipes. Signed by Author.



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