




CHOWHOUND

FOR THOSE WHO LIVE TO EAT

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Sushi — Food for the eye, the body & the soul is the quintessential book on the science of sushi, how it contributes to wellness, and why people have such passion for sushi. This 330 page, 10” x 8.5” glossy production I received as a gift. It arrived by mail from Borders and the packing slip listed the cost at \$21.00. Yeow, what a buy! The book is a magnificent production from every view point. The people behind the book are Ole & Jonas Mouritsen, father & son, Tove Nyberg & Mariela Johansen. Having roots in Denmark, Ole is a professor of biophysics, Jonas is the graphic designer, Tove the bioanalyst and watercolor artist and Mariela handled translation and adaptation to English. There are over 400 illustrations with most of them in color. The book is a jewel for sushi lovers everywhere. It was published in 2009 by Springer Science + Business Media Inc. ISBN: 978-1-4419-0617-5. Web site: www.sushibook.net. At the web site, I had to smile over the testimonial from Ken Oringer of Clio Restaurant, Boston, one of my favorite sushi spots when I am off Cape Cod.

Still, for all the eye-popping presentation and first class printing, the heart of the book is in the text. Informative sidebars in smaller type height add detail and history when relevant. It reminded me of reading the latest anthology of Sherlock Holmes. The regular text is in easy to read Times Roman using 14 and 16 point type. The writing is richly presented; by that I mean, it's sophisticated but unpretentious. Descriptions can be quite technical yet keep an average reader like me enthralled. Subjects are broken into neat categories; and, as much as I feel I know about sushi, the narrative never fails to keep me engrossed. There is an impressive intellect reflected in the paragraphs that are not stylized but more a logical discussion of all that's important about understanding and eating sushi. I felt a selfless sharing by the author of a lifetime of learned and observed knowledge and he had invited ME to share it all with him. Ah, my gosh, what a suburb and faithful Danish treat. And, yes, the images are as good as the text.

I can't leave you hanging. Indeed it would be unkind not to post a sample of the writing from the beginning of the book. Page 2, “Sushi and Zen: Sushi is a food that nourishes the body, enriches the brain, and is a delight for the eye. Sushi is a healthy food, in which the quality of the raw ingredients, the taste, the chemical composition, the physical texture, and the aesthetic presentation are inseparable entitles. Sushi is a food where the pleasure taken in its preparation and the artistry of the presentation are just as important to the whole experience as the meal itself. Sushi encompasses passion, science, and wellness. Sushi is Zen. ...sushi has literally become a consuming passion.” Ole G. Mouritsen Oh joy!