

Ole G. Mouritsen

SUSHI

Food for the
eye, the body
& the soul

Graphic design and photography
Jonas Drotner Mouritsen

Water colours
Tove Nyberg

Translation and adaptation to English
Mariela Johansen

 Springer

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ISBN: 978-1-4419-0617-5

e-ISBN: 978-1-4419-0618-2

Library of Congress Control Number: xxx

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Printed in the US on acid-free paper

9 8 7 6 5 4 3 2 1

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MENU

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SUSHI – *ZEN*, PASSION, SCIENCE & WELLNESS

Sushi and *Zen*

What is sushi?

•

LIFE, FOOD & MOLECULES

The molecules of life

Sensory perception

•

“SOMETHING FROM THE SEA & SOMETHING FROM THE MOUNTAINS”

‘The fruit of the sea’: fish and shellfish

‘Plants from the sea’

Soybeans: *tofu*, *shōyu*, and *miso*

Rice, rice wine, and rice vinegar

Spices in Japanese cuisine

•

STORAGE & CONSERVATION

Fish and shellfish

Tsukemono – the art of pickling

•

TOOLS, PREPARATION & PRESENTATION

Tools for making sushi

Preparation of sushi

Arrangement and presentation

•

SUSHI À LA CARTE

Mainstream sushi

Sushi with a difference

•

THE REST OF THE MENU

Side dishes and main courses

Soups and salads

Small desserts with green tea

•

AT THE TABLE & AT THE BAR

How does one eat sushi?

Cha – Japanese tea

•

EPILOGUE

•

THE TECHNICAL DETAILS

Glossary of Japanese words & scientific terminology

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Illustration credits

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*To
Myer Bloom
for first introducing me to the world of sushi*

&

*to
sushi chefs around the world
whose art, craft, and aesthetic sense
keep me spellbound*

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