

<http://metropolis.co.jp:80/dining/local-flavors/the-food-files/>

local flavors

The Food Files

Metropolis rounds up the latest in culinary-themed reading

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Sushi

By Ole G. Mouritsen

(Springer, 2009, 330pp, ¥3,357)

A professor of biophysics at the University of Southern Denmark, Ole G. Mouritsen has penned the most extensive and authoritative book—dare I say encyclopedia?—on sushi to date. This weighty tome is packed with more information than most readers will ever need. Yet that’s exactly where it shines. The author’s curiosity and passion about fish is evident throughout. Perhaps most notable is that, unlike other sushi books written by non-Japanese, the information about seafood is factually correct. *Sushi* will educate readers on all aspects of fish—texture, taste and how they are served. Packed with photos and illustrations (by the author’s son), this comprehensive guide also includes information on other dishes at the sushi counter, from the rice and vinegar used to make the shari to the green tea that ends the meal. With an extensive glossary and a rich bibliography, *Sushi* will find its way onto the bookshelves of chefs and foodies the world over. After consuming this work, readers themselves should be given a PhD in sushi.