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Sushi. Food for the eye, the body & the soul

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“With the passion of a connoisseur, the insight of a scientist, and the curiosity of a writer, Ole Mouritsen offers this exquisite meditation on sushi, including its meaning, the art of preparing, eating, and serving it, the health benefits it imparts, and its role in ancient and contemporary Japan.”

– **Victoria Abbott Riccardi**, author of
Untangling My Chopsticks: A Culinary Sojourn in Kyoto



“As a lifelong enthusiast who has eaten, studied, and sought to construct great sushi – from traditional to modern – I was extremely impressed by this wonderful book. It is clear that serious research, as well as much imagination, went into every page. It has become my new ‘go-to’ bible when I need a shot of inspiration.”

– **Ken Oringer**, internationally renowned and award-winning chef
Clio Restaurant, Uni Sashimi Bar, Boston



“Ole Mouritsen’s engrossing book focuses on sushi in its minutest details, but zooms out for extended looks at everything from the tea ceremony and Japanese aesthetics to the biology of nutrition and perception and the origins of life. It’s a treatise to consult for its wealth of practical information, and to browse in for the diverting thoughts of an omnivorous mind.”

– **Harold McGee**, author of
On Food and Cooking. The Science and Lore of the Kitchen

Sushi

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SUSHI. FOOD FOR THE EYE, THE BODY & THE SOUL in a single volume, packed with anecdotes and illustrations, presents an insight into the art and science of sushi, one of the most successful translations of Asian food culture into modern globalized cuisine. It combines an overview of the origins and cultural history of sushi with background information on the gastrosciences and health benefits associated with this marvellous food and practical advice on its preparation and enjoyment.

Special features

- * More than 400 illustrations, mostly in color
- * 41 original watercolour images
- * 9 essays and travel accounts
- * 22 expositions on the science of cooking
- * 44 recipes for sushi and other dishes
- * Glossary of Japanese and scientific terms
- * Comprehensive bibliography and index

About the author

Ole G. Mouritsen is a scientist and professor of biophysics at the University of Southern Denmark where he is director of the Centre for Biomembrane Physics. He is an elected fellow of the Royal Danish Academy of Sciences and Letters, the Danish Academy of Technical Sciences, and the Danish Gastronomical Academy. His research is directed toward a broad range of basic science questions, as well as their applications within biotechnology and biomedicine. He is the recipient of a number of prestigious prizes for his work, most recently the Danish National Prize for Research Communication (2007) and the British Royal Society of Chemistry Bourke Award (2008).

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