

# NIKKEI CUISINE: JAPANESE FOOD THE SOUTH AMERICAN WAY BY LUIZ HARA



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## Review

"Nikkei is one of the most exciting cuisines in the world right now. It's heritage of migration and integration in society and through food should, in many ways, make it the cuisine of our times and in his book Luiz Hara has been able to gather some of the best recipes with many of the chefs who are leading this cuisine". Martin Morales, Chef, Restaurateur of Ceviche and Andina restaurants

## About the Author

Born of Japanese and Italian parentage, LUIZ HARA was raised by his Nikkei family in Sao Paulo, Brazil, until the age of 19, when he moved to the UK. After working in the City of London for many years, he gave up a successful career in banking to pursue a completely different path and indulge his passion for food.

Luiz started The London Foodie blog in 2009 (regularly listed as one of the top 10 UK food blogs), then moved to Tokyo to research Japanese cuisine. He returned to London to train at Le Cordon Bleu, where he graduated with the Grande Diplôme in 2012. In the same year, he launched the hugely popular The London Foodie's Supper Club, serving Japanese, Nikkei and French food - every event has sold out since it started.

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In Nikkei Cuisine - Japanese Food the South American Way, Luiz shares the food of his childhood as well as the everyday dishes of the Nikkei community in South America. Within the pages of his book, you'll find a selection of home-style dishes sitting side by side with those from top Nikkei restaurants around the world.

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At its simplest, Nikkei cuisine is the cooking of the Japanese diaspora. Japanese immigrants have found themselves in a variety of cultures and contexts, but have often maintained a loyalty to their native cuisine. This has required local adaptation over the last 100 years: the so-called Nikkei community has embraced a new country's ingredients and assimilated these into their cooking using Japanese techniques. Nikkei cooking is found wherever in the world Japanese immigrants and their descendants are. But, for historical reasons, two countries have had substantially more Japanese immigrants than the rest of the world - Brazil and Peru.

Nikkei cooking has gained popularity in Europe and the USA due to the influence of chefs Nobu Matsuhisa and Toshiro Konishi; the last two decades have seen the emergence of a number of outstanding, creative Nikkei chefs and restaurants all over the world - including Pakta in Barcelona by Albert and Ferran Adria.

Nikkei Cuisine - Japanese Food the South American Way is a ground-breaking cookery book and a must-have for anyone with an interest in Japanese or South American cooking, as well as for those keen to discover cutting-edge cookery and flavours. The recipes range from the simpler Nikkei family favourites (the dishes eaten at home) to the more elaborate and elegant Nikkei dishes served in restaurants around the world.

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0 of 0 people found the following review helpful.

Gorgeous Nikkei recipes for the foodie in your life!

By Orlando

I loved this book! It has mouthwatering recipes that are easy to make at home - I loved making Luiz' Nikkei take on Japanese sashimi, especially the salmon sashimi with passion fruit and aji amarillo leche de tigre. The tuna and grapefruit marinade on a bed of palm hearts is also stunning. It's beautifully photographed, and would make a great gift for any foodie.

0 of 0 people found the following review helpful.

This is beautiful, unusual and fascinating food

By Gregory W Klerkx

Luiz Hara's London Foodie Supper Club is always a sold-out affair - one of the city's culinary must-do events - and this marvelous cookbook gives a hint as to why. This is beautiful, unusual and fascinating food, and while it's gorgeously presented the recipes are clearly intended with cooking in mind, not just to be admired on the page. For pure adventure and excitement - food you'd be hard-pressed to find elsewhere - only Yotam Ottolenghi's books come close.

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Fantastic book on a relatively unknown cuisine.

By Jason Hammond

Great book on Nikkei Cuisine. It does a good job of explaining the history and ingredients. As a chef, it was refreshing to see recipes that can be accomplished by experienced chefs and be simplified for the home cook. Overall, great book.

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