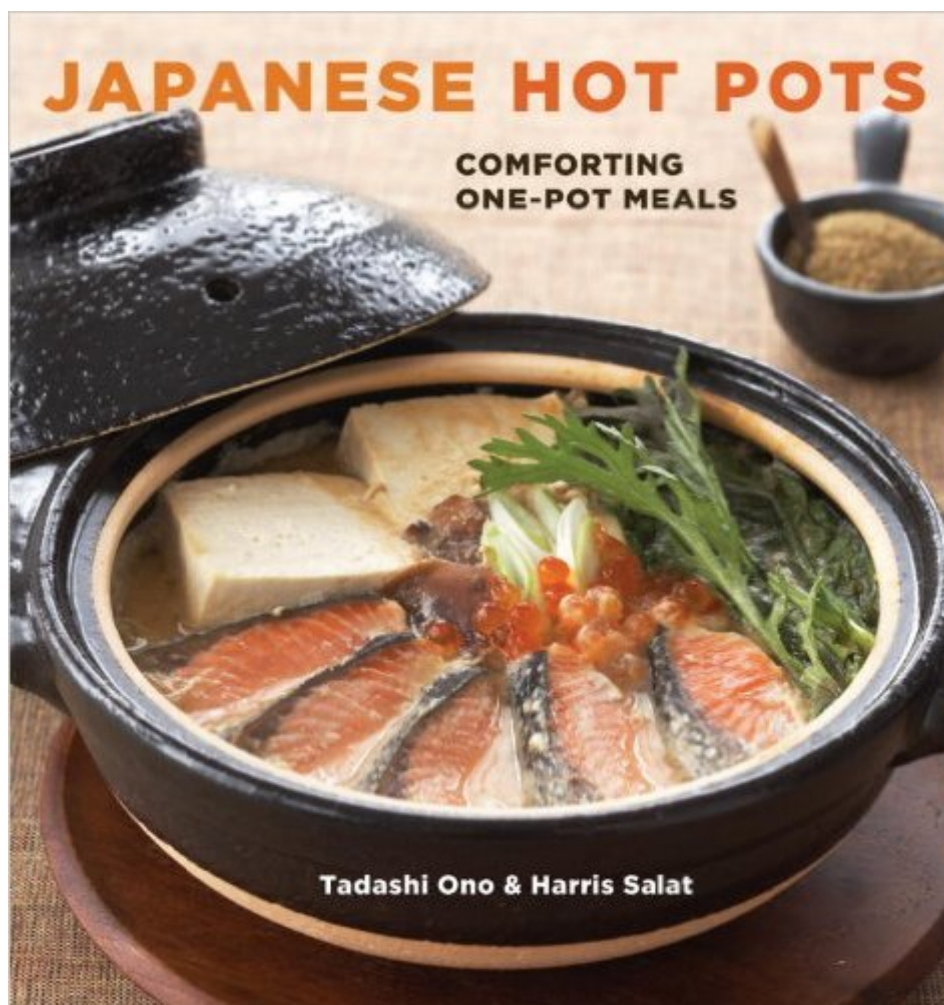


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# Japanese Hot Pots: Comforting One-Pot Meals



## Synopsis

Wholesome, delicious Japanese comfort food, hot pot cooking satisfies the universal desire for steaming, gratifying and hearty meals the whole family can enjoy. In *Japanese Hot Pots*, chef Tadashi Ono and food journalist Harris Salat demystify this communal eating tradition for American home cooks with belly-warming dishes from all corners of Japan. Using savory broths and healthy, easy-to-find ingredients such as seafood, poultry, greens, roots, mushrooms, and noodles, these classic one-pot dishes require minimal fuss and preparation, and no special equipment—they're simple, fast recipes to whip up either on the stove or on a tableside portable burner, like they do in Japan.

## Book Information

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## Customer Reviews

After living in Japan for three years, I was pining for something Japanese besides sushi. This book more than fills that need. It is beautifully laid out with lots of photos and easy-to-follow directions. The authors recognize that some of the ingredients and tools for these recipes could be difficult to find, so not only do they give suitable substitutes, they also provide websites of vendors who carry the unique items. There are plenty of sidebars offering explanations of why some things are done a certain way, including the right way to slice cabbage and why hot pot ingredients are added in a particular order. Another thing I love about a cookbook is when I can learn something about the dish, along with getting the recipe. I enjoy learning the origin of the recipe and/or why it's unique to a certain region. EVERY RECIPE has a story to go with it and many have serving options along with

suggested side dishes. Japanese hot pot meals are very family-oriented. In a Japanese home, the hot pot meal is cooked right at the dining table using a portable butane stove. Everyone just digs in or cooks their own favorites in the broth. Although a portable butane stove isn't something commonly found in an American home, it is easy enough to find either here at .com or at an oriental market. I have two of them, and they have been real lifesavers at pot lucks and during power outages. It's like taking my gas range with me, no matter where I go. So if you decide to invest in the butane stove, know that you will use it for more than the hot pot meals!!

I recently bought this cook book and my three kids and I have been having a lot of fun exploring the recipes! At first I was a little scared that we wouldn't have access to the Japanese ingredients needed for some of the recipes but quickly discovered that the authors suggest alternatives for each and every item that may be hard to find in your neck of the woods. (i.e. A small Japanese onion can be replaced with two scallions). I like to make my kids simple, home cooked meals, and these recipes are very easy to follow and make great family meals! I highly recommend this cookbook.

I have been following Harris Salat's blog for about 6 months and have been awaiting the arrival of the book anxiously. So far it has not disappointed. I have only done 2 of the recipes so far. Luckily (like the book states a number of time) these recipes do not mind being adjusted for tastes and available ingredients. And yet with common sense they turned out fantastic. Right now using cast iron dutch oven but will probably invest in either a chinese clay pot or a japanese danabe.

I grew up in Japan and this is authentic Japanese comfort food. Throw everything in one pot like a slow cooker but the best part is that you don't have to wait for hours for it to cook like in a slow cooker - everything is cooked in real time while you and your guests sit cozily around a table. There are recipes for vegetarians, seafood lovers and meat eaters. The photos are numerous and inspires one to call friends and get together.

The great thing about hot pots is that most of them are super easy one pot meals. And they're quite comforting during the winter months (or all year if you live in San Francisco!). If you have access to an Asian supermarket, you can probably find most of what you need. Most of the ingredients for the soup bases are non-perishable or have a very long shelf life, so definitely consider stocking up on those. If you can't find something or live out in the sticks, many of the non-perishables are available online. Some of the fresh ingredients can often be substituted or omitted. Don't like tofu? No

problem, skip it. Don't have napa cabbage? Then toss in some regular cabbage or broccoli instead. Etc. If you can't get the ingredients or don't want to commit to purchasing them, then you can use this book as a general guide. And definitely let google be your friend for helping with substitutions. For example, you can substitute dry sherry for sake (rice wine), and add some sugar to make a mirin substitute. If you don't want to make dashi stock from scratch, then get the instant powdered kind. Or maybe even consider using watered down fat free chicken broth in its place. I've owned this book for around a year and occasionally flip through it. Despite having easy access to just about every ingredient in the book, I don't think I've ever followed any of these recipes to the letter. The book is loaded with nice photos and is well written. It's an excellent source of inspiration for those cold winter (and summer) evenings. If you want to cook at the table, then I'd suggest getting a butane stove and some butane fuel canisters. They're very cheap, and unlike portable electric stoves, you can take them anywhere (like a picnic!).

I was inspired to purchase the book after watching the two featured videos on . Chef Tadashi's demonstrations are simple and clear. I have tried the salmon, chicken and beef sukiyaki hot pots with great success - quick, easy and delicious. The recipes are well balanced with vegetables, protein and carbohydrates. They are also low fat. I found the section on Japanese ingredients helpful, since most ingredients are readily available, but I wasn't sure how to use them. This is a great book for hearty home cooking & proves Japanese isn't all sushi / complicated techniques. It's also good fun for guests when they can cook at the table.

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