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Simple Sushi (Food & Drink)

Nadia Arumugam, Kimiko Barber, Vatcharin Bhumichitr, Ross Dobson

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Simple Sushi (Food & Drink) Nadia Arumugam, Kimiko Barber, Vatcharin Bhumichitr, Ross Dobson With bold flavours and packed full of fresh ingredients that promote well-being, Asian dishes such as sushi and noodle bowls are quickly growing in popularity. Inspired by the cuisines of Japan, China, and South-east Asia, Simple Sushi shows how easy it is to prepare dishes for every occasion, whether it's rolling sushi for either a tasty lunchbox or an elegant sharing platter for entertaining friends, or whipping up a noodle broth or crispy salad for a quick weekday supper. To start, experience a sushi masterclass, and you'll quickly find that those nutritious little packages of rice are not nearly as tricky to prepare as you expect. Learn the simple techniques for Sushi Rolls and then practice making delicious Teriyaki Chicken or Miso Asparagus Rolls. Pressed and Hand-moulded Sushi embellishes on the theme and introduces more varieties such as nigiri and battera - perfect squares of deliciously fresh salmon or mackerel and rice - along with flower and star shaped sushi that the kids will love. Soups & Noodle Bowls are nourishing one-pot meals - try a satisfying Salmon, Soba Noodle and Shiitake Broth or an aromatic Vietnamese Beef Pho - while crisp, fresh Salads are perfect for a light lunch or summery supper, and delicious varieties include Lobster Noodle Salad, Cashew Salad with Tamarind Dressing and Coriander Ginger Duck Salad. Finally, Accompaniments provides recipes for traditional flavourings such as pickled ginger and wasabi to add flavour, heat and spice.

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