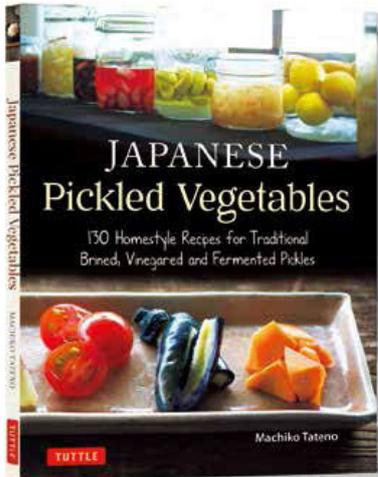


タトル出版2020年3月重版のご案内

ご注文 Fax 03-5437-0755



重版入荷!

Japanese Pickled Vegetables 130 Homestyle Recipes for Traditional Brined, Vinegared and Fermented Pickles

英文版『きちんとおいしく作れる漬け物』
(成美堂出版) 著/ 館野 真知子

ご担当者様
フリー入帳

日本の家庭料理で作られる塩漬けや酢漬け、発酵漬けなど、
129種類の漬物の作り方をカラー写真とともに解説。

ヘルシーな日本の漬け物や発酵食の文化は、
今、海外からも注目を集めています。

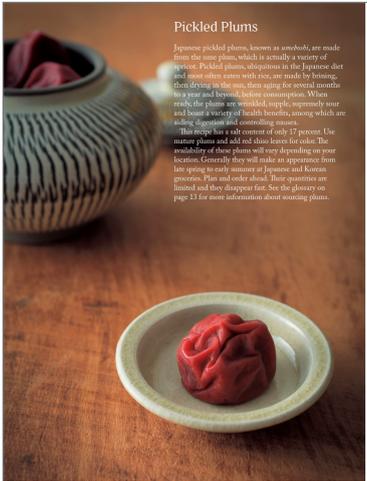


著者紹介
館野真知子 (たてのまちこ)
料理研究家・管理栄養士

栃木で8代続く専業農家に生まれる。管理栄養士として病院に勤務後、2001年アイルランドの料理学校「Ballymaloe Cookery School」に留学し料理を学ぶ。帰国後はフードコーディネーターとしてメディアなどで活動した後、レストラン「六本木農園」の初代シェフを務め、現在はフリーランスの料理家として発酵料理をキーワードに、料理の楽しさや食べることの大切さを栄養・料理・文化を通して伝える活動をしている。また国際交流にも積極的に参加し外国人向け料理教室Kitchen Nipponにて講師を務めている。2015年にはイタリア・ミラノで開催されたPeace Kitchenが実施した和食をつたえる料理教室のカリキュラム作成、講師を担当した。



DRY YOUR OWN DAIKON RADISHES
Pickling daikon radishes is a great way to enjoy this vegetable. You will be making a credit for the daikon radishes with strong pungency that is considered to be healthy. This should be done in dry, sunny weather.
1. Cut one daikon into a circle horizontally. Strip the outer skin and wash it thoroughly. Cut the daikon into 1/2-inch thick slices. Lay the slices on a clean kitchen towel and pat dry. The daikon should be completely dry before you can begin the pickling process.
2. Prepare the brine, mixing with another using for the bottom half of the daikon, creating a small amount of daikon radishes. Pick a strong pickling radish when you can bring the radish for about 1 week.
3. Check periodically that the radishes are becoming pliable. They will be ready to use for the pickling process when they are flexible enough to bend into the pickling bucket. Proceed with the recipe for Chilly Pickled Radishes on the next page.
Traditional Recipes 75



Pickled Plums
Japanese pickled plums, known as umeboshi, are made from the ume plum, which is usually a variety of apricot. Pickled plums, ubiquitous in the Japanese diet and most other cuisines with rice, are made by brining, then drying in the sun, where using for several months to a year and beyond, before consumption. When made, the plums are somewhat single, especially when and boast a variety of health benefits, among which are being effective in controlling weight.
This recipe has a salt content of only 12 percent. Use mature plums and add red shiso leaves for color. The availability of these plums will vary depending on your location. Generally they will make an appearance from late spring to early summer of Japanese and Korean provinces. Plan and order ahead. These quantities are limited and they disappear fast. See the glossary on page 33 for more information about growing plums.

Schedule for Making Pickled Plums
Plum pickling season begins in Japan. The following pages will take you through the three stages of plum-pickling: brining, preparing the shiso leaves and drying the plums.

EARLY TO LATE JUNE	LATE JUNE TO EARLY JULY	LATE JULY TO EARLY AUGUST
Brining the Plums Using the ume plum, mature plums are covered with salt and prepared in a vinegar-water solution. The plums are then washed and soaked in a salt-water solution. This liquid will be used from the surface periodically and used for the preparation of the pickling process. See page 44.	Preparing the Shiso Leaves Red shiso leaves give pickled plums their characteristic color. The leaves are washed and soaked to remove bitterness. Then they are prepared in a vinegar-water solution. This liquid will be used from the surface periodically and used for the preparation of the pickling process. See page 44.	Drying the Plums It is important to dry the plums in the sun and under a fan. The plums are then washed and soaked in a salt-water solution. This liquid will be used from the surface periodically and used for the preparation of the pickling process. See page 44.

HOW TO CHOOSE PLUMS
To make umeboshi pickled plums, use mature fruit, which should be mostly yellow in color. Set aside to ripen for a few days if necessary. Green, unripe plums will have a texture that is too hard for this recipe—use them to make Plum Dipping Sauce on page 10 or Plum Dipping Sauce on page 11. The best Japanese varieties for making pickled plums are Banbu, Shinko and Yagyu, all of which are thin-skinned and messy. Experiment with what is available in your area, and see the Glossary of Ingredients on page 33 for more information.

Selecting Plum size varies from 1 to 2 inches as they mature and may have some red coloring.	Harvesting To ripen green plums, spread on a flat basket in a cardboard box and place them in a sunny window. Check daily to prevent over-ripening.	Damaged Skins If the plums are damaged or have some red coloring, they can still be used for pickling. Just wash them well and use the remaining flesh to make Plum Dipping Sauce on page 10.
--	---	---

MAKING EAST COAST PLUMS
East Coast Plums (Amaranthus) are a pickled plum variety following the recipe on the following pages but without adding red shiso leaves. They make their best use when used in the recipe for Plum Dipping Sauce on page 10.

Japanese Pickled Vegetables

130 Homestyle Recipes for Traditional Brined, Vinegared and Fermented Pickles

ISBN 978-4-8053-1530-9
著者 Machiko Tateno
190 x 254 mm 144ページ
1,900円 (本体価格) Paperback

注文数

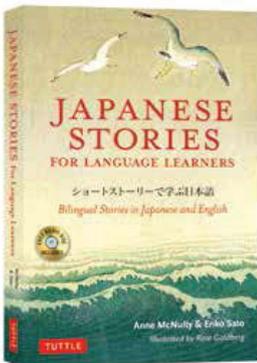
冊

TUTTLE Publishing
A Member of The Peripus Publishing Group

タトル出版
〒141-0032 東京都品川区大崎5-4-12 八重刈ビル3階
TEL.03-5437-0171 FAX.03-5437-0755
www.tuttle.co.jp

タトル出版2020年3月重版のご案内

ご注文 Fax 03-5437-0755



日本語学習書

重版入荷!

ショートストーリーで学ぶ日本語

Japanese Stories for Language Learners

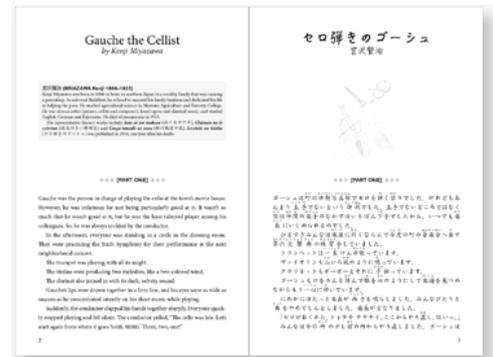
Bilingual Stories in Japanese and English

バイリンガルで短編小説を5篇収録

「浦島太郎」「雪女」「蜘蛛の糸」(芥川龍之介)「溺れかけた兄妹」(有島武郎)「セロ弾きのゴーシュ」(宮沢賢治)と昔話から現代小説まで全5篇のショートストーリーをバイリンガルで楽しむことができます。

ストーリーの最後には翻訳者による詳細な解説、重要な語句と文法のリスト、そして練習問題も収録しており、日本語学習に最適です。

付属の音声では聴力、そして発音も学習できます。



ご担当者

様

フリー入帳

Japanese Stories for Language Learners

by Anne McNulty, Eriko Sato

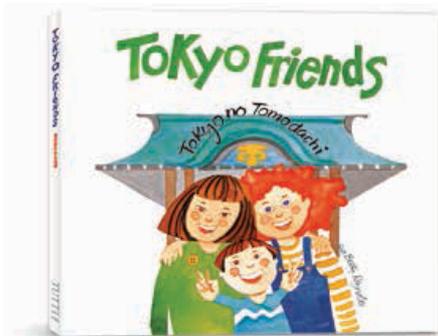
ISBN: 978-4-8053-1468-5

¥2,000 Pages: 192 152 x 229 mm

Paperback with Disc

注文数

冊



英語絵本

重版入荷!

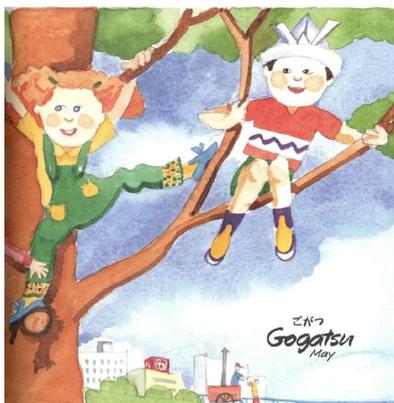
東京のお友達

Tokyo Friends

道ですてきなお友達に出会ったら「こんにちは」「ハロー」って言ってみよう。アメリカからやってきた女の子が日本人のお友達と東京を探検。日本文化を英語で経験できるかわいらしい絵本です。

日本の文化を英語で知ろう!

児童英語教育にも、外国人旅行者のお土産にも選ばれております。



ごんげん Gogatsu ningyo
Minatara Samurai armor

こどもの日 Kodomo no hi
Children's Day
Many years ago May 5th was called Boy's Day. Now it is a national holiday for all children.

Tokyo Friends

by Betty Reynolds

ISBN: 978-4-8053-1075-5

¥1,600 Hardcover

Pages: 64 228 x 205 mm

注文数

冊

TUTTLE Publishing

A Member of The Periplus Publishing Group

タトル出版

〒141-0032 東京都品川区大崎5-4-12 八重刈ビル3階

TEL.03-5437-0171 FAX.03-5437-0755

www.tuttle.co.jp

their own special day called Kodomo no hi.