

Praise for Eric Gower's

BREAKAWAY JAPANESE KITCHEN

"Eric Gower's cooking freely mixes Japanese ingredients and Western ideas, but don't call it fusion. He thinks of his cooking as a break with sometimes limiting traditions, and the title of his cookbook—*The Breakaway Japanese Kitchen: Inspired New Tastes*— perfectly expresses that philosophy."

—*Sunset Magazine*

"Japanese and fusion are two cuisines that make me nervous. One is daunting and the other usually a disaster. But the best new book I've cooked from in months dabbles in both—and nothing is lost in translation . . . A mad-scientist approach . . . amazing . . . gorgeously photographed . . . Gower borrows concepts and tastes to produce Western food with just enough Eastern exoticism . . . lively . . . a wonderment . . . borders on brilliant . . . Like a photographer who knows his technique so well he will shoot out of focus for greater effect, Gower takes Japanese ingredients and concepts into territory undoubtedly never explored in Tokyo. Or California . . . At a time when originality seems to be the missing ingredient in far too many cookbooks, *Breakaway Japanese Kitchen* is a good cure for the comfort-food blues."

—*The Los Angeles Times*

"Here at last is the best of East and West. Eric Gower has combined the unique and subtle taste of Japan with the lusty cuisine of the West. The recipes are full of inspirational and simple ideas that are perfect for today's cook."

—*Ken Hom, best-selling cookbook author*

“California native Eric Gower recently returned after a decade or so in Japan exploring aspects of Japanese cooking—using shiso, ginger, sake and tofu, and fresh produce, fish and meats. Now he’s put the results of his own experiments into a book *Breakaway Japanese Kitchen*, full of easy recipes for American home cooks to try.”

—*Associated Press*

“Curious cooks will find surprisingly wonderful flavors in the *Breakaway Japanese Kitchen* by Eric Gower, who lived in rural Japan for ten years. His experiments with local staples like shiso leaves, ginger, and sake have led to such pitch-perfect dishes as ‘Udon with Fig & Herbs’ and ‘Edamame Mint Pesto’.”

—*Fine Cooking*

“Chef and author Eric Gower can whip up a fine-tasting Japanese dish. . . in *The Breakaway Japanese Kitchen*, his latest cookbook, melds Japanese and Western ingredients and techniques into altogether new tastes. . . Gower’s recipes would likely be considered renegade in Japan: there’s scallops with miso and ruby grapefruit, and udon (wheat noodles) served with a sauce of figs and herbs, to name some combinations . . . but even ‘total neophytes’ can follow the recipes.”

—*Stars & Stripes*

“Japanese food is associated with strict rules about flavor, balance and visual harmony, but Gower’s book takes a relaxed approach. The recipes are a breeze to make; many of them can be put together in 15 minutes . . . and the lively flavors are here in the recipes without all the fuss.”

—*The Globe & Mail (Toronto)*

“Eric Gower uses an interesting mixture of American and Japanese ingredients to create unusual dishes with a Japanese flair: tofu salmon mousse, shiitake pesto. The results are more Californian than Japanese, but Gower’s recipes are clear and ingredients are available in most American supermarkets. The photographs by Watanabe display a Japanese style of presentation that is both aesthetic and appealing.”

—*Persimmon Magazine*

“A bit like fusion approached from the other side, Eric Gower’s *The Breakaway Japanese Kitchen* has its foundation on the classic tastes and presentations of Japan. However, Gower has given himself permission to play. . . . Gower’s dishes are almost all exceedingly simple, his instructions direct and concise.”

—*January Magazine*

(“Best Cookbooks of the Year Issue,” fall 2003)

“*The Breakaway Japanese Kitchen* by Eric Gower is his modernist/contemporary interpretation of Japanese food. The dishes are the result of a passion for good home-cooked food and experimentation.”

—*The Global Gourmet*

“It’s easy to dismiss books, ideas, and recipes if one is unfamiliar with the ingredients and unwilling to try something new. This should not be the case with Eric Gower’s *The Breakaway Japanese Kitchen*. After living in Japan for 10 years, Gower returned to California and started experimenting with the widely available once exotic ingredients such as soy, ginger, sake, and tofu. The results are not only terrific, they are healthy and most can be made quickly and easily. . . . The secret of all the recipes is the author’s imagination in combining Japanese and Western favorites to produce completely new tastes. Watanabe’s photographs are as inspirational and mouthwatering as the recipes. Here’s a case where fusion is not confusion.”

—*Culinary Thymes*

“Gower’s cooking philosophy has two main tenets: first—eating healthy, delicious food does not mean you need to spend hours in the kitchen; second—it is not a sacrilege to experiment with Japanese food . . . Japanese cooking is rigid in terms of which ingredients can go together. Gower bends the rules with each recipe. Cooking his way is all about combining and emphasizing the flavors of the ingredients . . . *The Breakaway Japanese Kitchen* is an excellent source of deliciously seditious dishes to delight your palette and amaze your Japanese and other friends.”

—*Eat Magazine*

"These dishes add modernity to the Eastern staples of rice and tofu. Seemingly easy and quick to prepare, they will suit anyone who truly enjoys healthy, natural, and tasty food. Titles like 'Smoked Salmon with Edamame,' 'Cherry and Shiso,' and 'Beet Salad with Ginger, Smoked Trout, and Walnuts,' reveal how Gower 'breaks away' from the standard repertoire of our daily bread."

—*Kyoto Journal*

"In *The Breakaway Japanese Kitchen* . . . Gower combined literary easy reading with an imaginative culinary brain unrestricted by formality . . . As traditional cookbooks go, this publication fails completely. It fails so gloriously and in such impressive style however, that it fully belongs on the bookshelf or, better still, open on the kitchen counter."

—*Mainichi Daily News*

"This is not a Japanese cookbook, but rather an eclectic selection of dishes incorporating Japanese staples like soy, persimmons and shiso with the olive oil, butter and fresh herbs such as mint and coriander found in a Western kitchen. . . . The book gives a much-needed reminder that there's a whole lot more you can do with any given ingredient if you leave the straight and narrow conventions behind and try something new."

—*Kansai Time Out Magazine*

"*The Breakaway Japanese Kitchen* is a lovingly presented, hands-on cookbook with creative ideas for simple and fast Japanese-style interpretations of Western food. For readers less familiar with Japanese cooking, the book is certain to offer interesting new ways of adding an exotic accent to the meals they serve, while for Japanese amateur chefs it presents novel approaches to food using the ingredients they have always had around them."

—*Skyward Magazine*

“A flick through Gower’s cookbook proves that he follows a passion for flavor rather than fancy style or presentation. Not once does he call his work fusion cuisine, or California-style, and thankfully there’s not a single funny-named, rainbow-colored seaweed roll in sight. Instead Gower’s introduction is down-to-earth, and his numerous recipes are simple, quick and unpretentiously minimalist. He focuses on unusual flavors . . . *Breakaway Japanese Kitchen* is a casual and un-daunting book that proves Japanese ingredients are versatile.”

—*Japan Times*

“I discovered a new approach to tofu and other Japanese ingredients in a cookbook called *The Breakaway Japanese Kitchen* by Eric Gower . . . His book has transformed my view of tofu. I used to think of it as a soft, inert, white blob. Now it is a gourmet treat.”

—*Shukan ST*

“Over the years I’ve found that truly good cookbooks do not tempt you to elaborate or skip stages. Gower’s book is so straightforward and unpretentious that you simply trust him well enough to do exactly what he says.”

--*Insight*

And from Amazon reviewers:

- **“Rarely does a cookbook come along that pushes the reset button of approaches and tastes. And, it is done so simply and elegantly and refreshingly. There is an ease to the presentations in this book--a subtle beauty--that generates a graceful, spiritual aura of peace in the kitchen while allowing anyone to turn out fresh dishes whose distinctive ingredients sing solos and harmony all in one. I thank the author for introducing me to new combinations of ingredients and helping me create brilliant flashes on new tastes.”**
- **“Imagine Alice Waters meets Nigel Slater at a Zen barbeque, without the celebrity cook idolatry. This slender book is beautifully produced, with economic and**

lively writing, salivating photography and well-organized contents, glossary and index."

- **"If you like cooking, you might have one or two books you simply fell in love with the moment you open it - *The Breakaway Japanese Kitchen* was the one for me. . . . [Gower] has created a completely different category in rather conservative Japanese cooking."**

- **"In the ever evolving landscape of the culinary arts there has been a small but delightful new contribution to the gardens where East intermingles with West. Eric Gower shares a beautiful perspective on Japanese foods and cooking styles gained from over a decade of living in Japan blended with a well honed understanding and appreciation for traditionally Western foods and techniques."**

- **"I have a lot of Asian fusion cookbooks, but I really like Eric Gower's simplicity (Nobu's requires a lot of art & handiwork, Shunju requires a lot of homemade ingredients), how he incorporates the complex flavors (shiso, sake, edamame, cherries, grapefruit, etc.), and the very fact that he's not a master chef."**

- **"This is the essence of good cookbook writing, and is really hard to achieve. It's what most cookbooks strive for, and fail to reach."**

- **"This is not merely East/West fusion food but a whole new genre. I've been repeatedly impressed by Gower's culinary sensibility. My friends and family have gone gaga over his recipes."**

- **"His food defies conventional description. Yes, it fuses Japanese and Western elements, but it goes way beyond the concept of fusion cuisine. Fresh ingredients, bold combinations, bright colors and big flavors, make your tastebuds sit up and take notice!"**