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*Peru: The  
Cookbook |  
Page 5/91*

# Read Book Peru The Cookbook

*Gastón Acurio*

Peru: The

Cookbook |

Gastón Acurio

~~Peru: The~~

~~Cookbook |~~

~~Gastón Acurio~~

**Chef Jason Peru**

**- Cranberry**

**Spiced Cous Cous**

**from his Cook**

**Book Simply**

~~Vibrant Cookbook~~

~~Trailer~~ **Andina:**

# Read Book Peru The Cookbook

**The Heart of  
Peruvian Food:  
Recipes and  
Stories from the  
Andes** ~~i only~~

~~made KRIS JENNER  
RECIPES for a  
day Top 5~~

*Intermediate  
Cookbooks Inside  
my Recipe  
Binder! Organize  
your meals like  
a boss! Jordan*

# Read Book Peru The Cookbook

*Page*

*Productivity*

*Tips! ~~A Chef's~~*

*~~10 Favorite~~*

*~~Cookbooks~~*

*~~COOKBOOK REVIEW~~*

*~~+ DECLUTTER +~~*

*~~LILYLOGY~~*

*TRADITIONAL*

*Peruvian Buffet*

*in Lima Peru!*

*150 Dishes! **Kids***

**Try Peruvian**

**Food | Kids Try**

*Page 8/91*



# Read Book Peru The Cookbook

| **HiHo Kids**

Chrissy's

Favorite

Cookbooks Lomo

Saltado | Hungry

For...Peru

~~Street Food in~~

~~Peru — ULTIMATE~~

~~14 HOUR PERUVIAN~~

~~FOOD + Market~~

~~Tour in Lima!~~

~~Gastón Acurio:~~

~~Historia de un~~

~~milagro~~ **The Top**

*Page 9/91*

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## **3 Cookbooks for Beginners**

*Cookbook Review:*  
*Maangchi's Big  
Book of Korean  
Cooking* **Peruvian**

**Power Foods Book  
Trailer: 18**

**Superfoods 101**

**Recipes and Anti-  
aging Secrets**

**SAVE An Extra**

**20% Off My Cook**

**Book |**

*Page 10/91*

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**CaribbeanPot.com**

*Mexico: The  
Cookbook The  
Little Peruvian  
Cook Book*

*NutriBullet Pro  
900 Series with  
SuperFood and  
Recipe Book Chef  
Jason Peru - TTT  
Morning Show -  
Cook Book Tour  
\"Peru - Street  
Food Y Mas\" by*

*Page 11/91*

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*Robert Gregson,  
C.E.C., C.C.E.*

~~Summer Roll +~~

~~The Cook Book +~~

~~ZeeTV~~ **Chef Jason**

**Peru - Alfredo**

**Pasta On TTT**

**Morning Show**

*Chef Jason Peru*

*Launches First*

*Cookbook, \ "The*

*Impregnation of*

*Flavour\ " Peru*

*The Cookbook*

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A fragmented congress and a disputed presidential election have worsened a political crisis that began in 2016 and could unfold ugly scenarios for Peru's future.

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*Election Deepens  
Peru's Crisis*

A drug mule who served time in a Peru jail hellhole after being busted ... edition of her memoirs last week and is now calling her book High - the same title as the documentary

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series which ...

*'Peru Two' drug  
mule says she  
regrets doing  
drugs off  
McDonald's  
breakfast table*  
The host nation  
will play the  
winner of  
Tuesday's other  
semi-final  
between

# Read Book Peru The Cookbook

Argentina and  
Colombia in the  
title decider at  
the Maracana  
stadium on  
Saturday.

*Brazil 1-0 Peru:  
Lucas Paqueta  
strikes AGAIN  
following superb  
assist from  
Neymar to book  
defending*



# Read Book Peru The Cookbook

*champions' spot  
in Copa America  
final, where  
they will meet  
Argentina or ...  
Avocados from  
Peru will be the  
only Superfood  
with NBC &  
Telemundo TV and  
Digital Coverage  
Supporting  
Retailers During  
the Tokyo*

# Read Book Peru The Cookbook

Olympic Games.  
The Tokyo  
Olympics will be  
held fro ...

*Avocados from  
Peru go for the  
gold in ad  
campaign*

BRAZIL are just  
one game away  
from the Copa  
America final  
but must first

# Read Book Peru The Cookbook

take on Peru.  
Neymar and co.  
have been  
brilliant all  
tournament and  
beat Chile 1-0  
in the quarter-  
finals to book  
their spot ...

*Brazil vs Peru*

*LIVE: Stream*

*FREE, TV*

*channel, team*

*Page 19/91*

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*news and kick-off time for massive Copa America semi-final*

Hosts and title holders Brazil moved within one win of being crowned Copa América

champions for a 10th time after beating Peru 1-0

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at the Nilton

...

*Brazil book  
place in Copa  
América final  
after beating  
Peru*

Payne recently  
published a new  
book analyzing  
modern politics,  
“The Big  
Government We

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Love to Hate".  
(Courtesy photo)  
Local author  
James L. Payne  
recently  
published a new  
book analyzing  
modern ...

*Payne authors  
book analyzing  
modern politics*  
Sola Published 3  
July 2021Lucas  
*Page 22/91*

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Paqueta's second-half strike was enough for defending champions Brazil to hold off determined Chile 1-0 on Friday and book a Copa America semi-final showdown with Peru.

*10-man Brazil*

*Page 23/91*

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*edge Chile 1-0  
to set Copa  
America semi-  
final with Peru  
74-101) And  
under a native  
hut in Peru, in  
the forests  
between the  
rivers  
Caraparana and  
... One hundred  
years after this  
sentiment was*



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cited in  
Hardenburg's  
book on the  
rubber boom, the  
Putumayo ...

*Colombia's  
Forgotten  
Frontier: A  
Literary  
Geography of the  
Putumayo*

Peru became the  
first side to

# Read Book Peru The Cookbook

book their place in the Copa America semi-finals after beating Paraguay on penalty kicks on Friday. It was a dramatic tie, which finished 3-3 after normal time and ...

*Trauco settles*

*Page 26/91*

# Read Book Peru The Cookbook

*incredible Copa  
America tie as  
Peru book semi-  
final place*

During this  
period, I made  
fairly prolonged  
visits to Peru,  
Ecuador, and  
Bolivia,  
journeys that  
inspired a  
growing interest  
in the

# Read Book Peru The Cookbook

achievements of  
the Andean  
peoples, in  
particular those  
of the ...

*The Incas*

Bangladeshi

radio

personality R.

J. Apu, who grew

up reading the

comics

throughout the

# Read Book Peru The Cookbook

1990s – and  
whose actual  
name is Zahidul  
Haque Apu –  
created cover  
art that shows  
Tintin in  
various cities  
across ...

*A radio  
personality drew  
popular cartoon  
Tintin into*

# Read Book Peru The Cookbook

*Bangladesh  
scenes while  
quarantining –  
to the delight  
of fans*

Brazil hosted  
Peru in the semi  
finals of Copa  
America. Former  
Milan  
midfielder,  
Lucas Paqueta,  
was once again  
decisive,

# Read Book Peru The Cookbook

scoring the lone  
goal of the  
evening. The  
Lyon star thus  
secured the  
Selecao's ...

*Juve's Brazilian  
duo book their  
place in Copa  
America final*  
Peru became the  
first side to  
book their place

# Read Book Peru The Cookbook

in the Copa  
America semi-  
finals after  
beating Paraguay  
on penalties in  
a dramatic tie  
that finished  
3-3 following  
normal time and  
saw both teams  
...

*Trauco settles  
incredible Copa  
Page 32/91*



# Read Book Peru The Cookbook

*thriller as Peru  
edge past*

*Paraguay*

The last time  
the two sides  
met in a Copa  
America final  
was in 2007,  
when Brazil won  
3-0 in  
Venezuela, and a  
title match  
between the arch  
rivals would be

# Read Book Peru The Cookbook

a treat for the  
neutrals.

*Copa America  
2021: Brazil  
cruise past  
Peru, Neymar  
wants to face  
Argentina in  
final*

Peru became the  
first side to  
book their place  
in the Copa

# Read Book Peru The Cookbook

America semi-  
finals after  
beating Paraguay  
on penalties in  
a dramatic tie  
that finished  
3-3 following  
normal time and  
saw both teams  
...

*Peru Advance To  
Copa America  
Semifinal With  
Page 35/91*

# Read Book Peru The Cookbook

*Shootout Win  
Over Paraguay*  
Peru beat  
Paraguay 4-3 on  
penalties to  
move into the  
Copa America  
semi-finals on  
Friday following  
an action-packed  
match that ended  
3-3 after 90  
minutes. Gustavo  
Gomez put

# Read Book Peru The Cookbook

Paraguay ahead  
in the ...

*Peru 3-3  
Paraguay (4-3  
pens): Copa  
America rivals  
involved in  
topsy-turvy  
thriller before  
Miguel Tracao  
scores winning  
penalty for the  
White and Reds*

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*to book their  
semi-final spot  
Rio de Janeiro:  
Lucas Paqueta's  
second-half  
strike was  
enough for  
defending  
champions Brazil  
to hold off  
determined Chile  
1-0 on Friday  
and book a Copa  
America semi-*

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final showdown  
with Peru.

The definitive  
Peruvian  
cookbook,  
featuring 500  
traditional home  
cooking recipes  
from the  
country's most  
acclaimed and  
popular chef,

*Page 39/91*

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Gastón Acurio.

One of the world's most innovative and flavorful cuisines, Peruvian food has been consistently heralded by chefs and media around the world as the "next big thing." Peruvian



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restaurants are opening across the United States, with 20 in San Francisco alone, including Limon and La Mar. Acurio guides cooks through the full range of Peru's vibrant cuisine from popular classics like

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quinoa and ceviche, and lomo saltado to lesser known dishes like amaranth and aji amarillo. For the first time, audiences will be able to bring the flavors of one of the world's most popular culinary

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destinations  
into their own  
kitchen.

The growing  
popularity of  
Peruvian cuisine  
throughout the  
world has made  
Lima, the  
capital of Peru,  
a destination  
city for food  
lovers. Virgilio

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Martinez is the most famous young chef in Peru. His restaurant Central, in Lima, is among the best in the world and he has opened two LIMA restaurants in the heart of London. With this collection

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of more than 100  
of Virgilio's  
fuss-free,  
contemporary  
recipes you can  
cook this fresh,  
vibrant, healthy  
food at home  
using your local  
fish, meat and  
vegetables -  
plus the  
superfoods for  
which Peruvian

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food is  
renowned.

“The godfather  
of Peruvian  
cuisine”  
captures the  
flavors and  
excitement of  
his native food,  
from rustic  
stews to  
specialty dishes  
to fabulous

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cocktails. Lima-born Los Angeles chef and restaurateur Ricardo Zarate delivers a standout cookbook on the new “it” cuisine—the food of Peru. He perfectly captures the spirit of modern

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Peruvian cooking, which reflects indigenous South American foods as well as Japanese, Chinese, and European influences, but also balances that variety with an American sensibility. His



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most popular dishes range from classic recipes (such as ceviche and Pisco sour) to artfully crafted Peruvian-style sushi to a Peruvian burger. With 100 recipes (from appetizers to cocktails), lush color

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photography, and  
Zarate's moving  
and entertaining  
accounts of  
Peru's food  
traditions and  
his own  
compelling  
story, *The Fire  
of Peru*  
beautifully  
encapsulates the  
excitement  
Zarate brings to

# Read Book Peru The Cookbook

the American  
dining scene.

“Ricardo is a  
great chef and a  
person with a  
point of view in  
his cooking.

When you taste  
his food, you  
not only taste  
Peru, but you  
taste an  
unmistakable  
flavor that is

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totally  
him.”—Roy Choi,  
chef and author  
of L.A. Son “Not  
your usual crop  
of Tex-Mex  
recipes at all!  
You will enjoy  
The Fire of Peru  
with both the  
food and the  
insights into  
Peruvian  
culture. Our

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world is far  
broader than we  
often imagine.”—  
HuffPost

Modern Peruvian  
cuisine - with  
soul Food is a  
serious business  
in Lima and  
restaurateur  
Martin Morales,  
whose top Soho  
restaurant

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opened to wide acclaim in 2012, has travelled the length and breadth of Peru to discover the country's best dishes. This collection is his life's passion; it will inspire home cooks to try fresh, healthy

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and delicious  
new recipes.  
From sizzling  
barbecued  
anticuchos,  
superfood quinoa  
salads, delicate  
baked corn  
breads, juicy  
saltados and  
lucuma ice,  
CEVICHE brings  
the colours and  
tastes of Peru

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to the home kitchen. With its uniquely tactile design, it is impossible not to love.

Why did we make a Peruvian Vegan Cookbook? Our family roots are Peruvian, and we have been vegan for many years.



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Peruvian cuisine is famous for its variety and flavor. However, only very few of their dishes are vegan. The richness of Peruvian cuisine has many origins, from its Inca roots to the influence of other

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cultures like the Spanish, Chinese, and Japanese, who have flourished for many generations in Peru. In this vegan cookbook we have adapted many classic Peruvian recipes so that you don't miss out

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on one of the best cuisines in the world. We wanted to keep the recipes as simple and traditional as possible, in fact, you don't need to know advanced cooking techniques to prepare any of the dishes. The

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50 recipes  
included in this  
vegan cookbook  
are based on  
traditional  
Peruvian dishes,  
but completely  
plant-based. You  
will find them  
tasty, and easy  
to follow.  
Enjoy!

The first

*Page 60/91*

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cookbook to assess Peruvian cooking, The Exotic Kitchens of Peru provides readers with not only sumptuous and unique recipes, but also a wonderfully detailed history of Peru.

Whatever your

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tastes are, you are sure to discover many new favorite dishes in The Exotic Kitchens of Peru.

Illustrated throughout with line drawings, and with a complete glossary of Peruvian

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culinary terms,  
this unique  
cookbook is a  
must-have for  
everyone from  
cookbook  
collectors to  
those seeking to  
learn more about  
the exotic  
Peruvian  
culture.

Andina is the

*Page 63/91*

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cuisine of the  
Andes of Peru.  
Welcome to one  
of the most  
contemporary yet  
ancient cuisines  
in the world.  
Featuring over  
110 delicious  
and unfussy  
recipes  
accompanied by  
fascinating  
stories,



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dazzling  
photography and  
beautiful  
paintings,  
Andina is the  
first ever book  
to capture the  
food and scenery  
of the Andes and  
the spirit of  
its people and  
traditions.  
Andina also  
signifies a

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dish, an ingredient or a lady from the Andes. Martin Morales's grandmother was an andina and here he pays homage to her and all the women chefs (picanteras) who have shaped this soulful and

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traditional  
cuisine, which  
is at the heart  
of Peruvian  
food. For the  
last 15 years,  
Martin has  
travelled  
throughout the  
Peruvian Andes  
to collect  
simple,  
traditional  
recipes, magical

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stories and  
culinary  
inspiration.  
With dishes  
dating back  
thousands of  
years, alongside  
new creations by  
Martin Morales  
and his team of  
chefs who run  
the award-  
winning Andina  
restaurants,

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Andina's recipes have big flavours, vibrant colour and are simple to cook at home. From light, raw dishes to hearty stews and soups; cheeky bites to exquisite roasts; and sweet, aromatic desserts to

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comforting hot  
drinks, Andina  
presents  
authentic,  
nutritious all-  
day and all-year-  
round food made  
with seasonal  
ingredients.

The  
extraordinary  
cuisine of  
Peruvian chef

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Virgilio  
Martínez of  
Central, one of  
the most admired  
emerging talents  
in the culinary  
world This  
exquisite  
monograph from  
acclaimed  
Peruvian chef  
Virgilio  
Martínez follows  
the innovative

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and exciting  
tasting menu at  
his signature  
restaurant,  
Central, in  
Lima. Organized  
by altitude,  
each chapter  
highlights  
recipes, food,  
and documentary  
photographs,  
together with  
personal essays.



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His journeys and life as a chef are motivated by his insatiable curiosity and passion for the biodiversity of his land. "At Central we cook ecosystems."

—Virgilio  
Martinez

While superfoods  
*Page 73/91*

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have entered the health food conversation in recent years, most people are unaware that many of the most powerful foods on the planet hail from the Andes region—and now, for the first time ever, they are now

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widely available  
in the United  
States. Not only  
are these foods  
teeming with  
healing effects,  
they are also  
packed with  
flavor,  
transforming  
ordinary,  
everyday healthy  
meals into  
something

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extraordinary.  
Peruvian Power  
Foods introduces  
the top  
superfoods and  
their myriad  
health benefits,  
with more than  
75 recipes from  
the Andes to the  
Amazon, a  
growing  
gastronomical  
hotspot for

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chefs and gourmands the world over. With recipes for breakfasts and smoothies, on the fly snacks, plus sublime suppers and decadent desserts, anyone from the fitness-minded to foodies can

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easily  
incorporate  
these nutrient-  
and antioxidant-  
rich foods into  
their daily  
lives. Tempt  
your taste buds  
without ruining  
your waistline  
with: Weekend  
waffles with  
maca, an anti-  
inflammatory,

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antioxidant that can be likened to natural Viagra as it helps potency in men. Breakfast granola with lucuma, a tangy tropical fruit that helps balance high blood pressure. Savory white bean hummus made

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with sachal inchi, a powerful omega-3s for heart health and brain power. Muffins made with pichuberry, a glucose controller, sugar regulator, and accelerant for flushing fat around the



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middle. Sinful yet slimmed-down brownies with cacao, an amazing antioxidant and chocolate substitute in everything from smoothies to cakes. From Peru to your plate, this Amazon-inspired health

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makeover will  
allow you to  
enjoy optimal  
health and  
optimal flavor  
one meal at a  
time.

At its simplest,  
Nikkei cuisine  
is the cooking  
of the Japanese  
diaspora.

Japanese

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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-

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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

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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

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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

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outstanding,  
creative Nikkei  
chefs and  
restaurants all  
over the world -  
including Pakta  
in Barcelona by  
Albert Adria.  
This stunningly  
photographed  
cookbook  
includes 100  
Nikkei recipes,  
including 10

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contributed  
recipes from top  
Nikkei chefs  
from around the  
world such as  
celebrated chefs  
Toshiro Konishi  
and Mitsuharu  
Tsumura  
( 'Micha' ) from  
Peru, Tsuyoshi  
Murakami from  
Brazil, Jorge  
Munoz & Kioko Li



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of Pakta in  
Barcelona and  
Jordan Sclare &  
Michael Paul of  
Chotto Matte in  
London. Nikkei  
Cuisine is a  
ground-breaking  
cookery book and  
a must-have for  
anyone with an  
interest in  
Japanese or  
South American

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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

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Nikkei dishes  
served in  
restaurants  
around the  
world.

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