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Nota di contenuto	Intro -- Contents -- Preface -- The People behind the Book -- Thanks and Acknowledgements -- Tsukemono- a Japanese Culinary Art Based on the Science of Preservation -- 'The Taste and Smell of Home' -- Tradition and Renewal -- Vegetables and Tsukemono-Made for Each Other -- Moving toward a More Plant-Based Diet -- Making Vegetables More Palatable -- Raw-Completely Raw -- The Many Varieties of Tsukemono -- A Little Bit of Tsukemono History -- Ten Ways to Prepare Tsukemono -- Salt, Taste, Mouthfeel, and Colour -- Salt Is the Key -- Taste and Mouthfeel -- The Colour of Tsukemono -- Spices and Other Flavour Enhancers -- Techniques and Methods -- The Physical Structure of Vegetables -- Plant Cells -- Turgor and Crispness -- Pectin and Crisp Vegetables -- It Is All about Reducing Water Content -- Dehydration -- The Pickling Crocks -- Brining -- Shio-zuke -- Pickling -- Su-zuke -- Marinating in Soy Sauce, Miso, and Sake Lees -- Shoyu-zuke -- Miso-zuke -- Kasu-zuke -- Fermenting and Yeasting -- Control of Salt Content, Temperature, and Access to Oxygen -- Nuka-zuke -- Koji-zuke -- Fermented Vegetables in Other Food Cultures -- Pickled Cucumbers -- Tsukemono in Salads and as Condiments -- Tsukemono for Everyone -- Cucumbers -- Asparagus -- Jerusalem Artichokes -- Broccoli -- Kohlrabi -- Daikon, Carrots, and 'Vegetable Pasta' -- Radishes and Turnips -- Chinese Cabbage and Lacinato Kale -- Garlic -- Squash -- Ginger Root -- Danish Open-Faced Sandwiches Made with Tsukemono -- Plums --

Flowers -- Tsukemono in Japan -- 'Preserving the Japanese Way' --
Pickled Foods Made in Factories, Both Small and Large -- A Visit
to a Typical Family Enterprise -- Tsukemono in a Large Factory Setting
-- Tsukemono at the Market and in Shops -- Old-Fashioned
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Vitamin Content -- Desirable Bacteria, Fungi, and Enzymes --
Beneficial Effects of Fermentation -- Fermentation Can Facilitate
the Release of More Readily Bioavailable Nutrients -- Fermentation
Helps to Preserve Foods So That They Are Safe to Eat and Will Keep
Longer -- Fermentation Can Improve the Taste of Foods and Their
Ability to Stimulate the Appetite and Regulate Food Intake -- Go Easy
on the Salt -- Eat Tsukemono in Moderation -- Wabi, Tsukemono,
and Esthetics -- Glossary of Japanese Terms -- Illustration Credits --
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