



The Samurai Gourmet

Kanna Himiya

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Three parts cookbook and one part history book, "The Samurai Gourmet" is a collection of healthy, healing, and energizing recipes that have been orally handed down across generations of Japanese samurai families. The author, Kanna Himiya, is a descendant of the chef of the Maeda clan--one of the most powerful samurai families in Japan--which ruled the Koga Domain, and through these dishes, she shares the samurai banquet tradition, as well as the samurai's secret for strength, health, and beauty.

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