

**SUSHI**

# Sushi

**Nakaji Nakamura**

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- Sushi is one of the most trendy foods at the moment
- Some of the most famous chefs at the moment are sushi chefs, crafting amazingly beautiful sushi creations

From humble Edo-era street food to global culinary art, sushi has become a symbol of precision and beauty. ***Sushi*** traces its journey through history, exploring ancient techniques, regional traditions, and the philosophy behind every perfect bite. Featuring renowned sushi masters, legendary restaurants from Tokyo to New York, and recipes that reveal the delicate balance of rice, fish, and time, this book celebrates sushi as both heritage and innovation. A visual and cultural exploration of craftsmanship, flavour, and form — the timeless art of sushi, beautifully unfolded.

**Nakaji Nakamura** is a master sushi chef renowned for his precision, artistry, and deep respect for tradition. Born and trained in Tokyo, he represents a generation of chefs who see sushi not simply as food, but as a lifelong pursuit of balance and beauty.