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THE COOK-ZEN COOKBOOK

Microwave Cooking
the Japanese Way—Simple,
Healthy, and Delicious

by Machiko Chiba

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A huge hit in Japan, the Cook-Zen microwave pot is finally available in the U.S. and will change the way you cook. No more slaving over the stove—the Cook-Zen creates healthy, amazingly delicious meals in minutes. Tokyo- and New York City-based cooking expert Machiko Chiba invented this award-winning original product after ten years of experimenting with microwave ovens. The Cook-Zen's patented design locks in moisture, bringing out the natural bold flavors and vibrant colors of ingredients. Extremely short cooking times also ensure that the nutrients in your foods are better preserved. Unlike typical microwave cooking, there is no need for constant stirring—the Cook-Zen heats food evenly without drying out ingredients. Whether you're cooking breakfast, lunch, or dinner—the Cook-Zen does it all.

To accompany the Cook-Zen's debut, THE COOK-ZEN COOKBOOK features an exciting collection of recipes with over 80 Japanese-style dishes that have been simplified for the home cook. Author Machiko Chiba has imaginative offerings for every occasion. Japanese classics such as *Eggplant with Miso Sauce* and *Teriyaki Chicken*

THE COOK- ZEN[®] COOKBOOK



Microwave Cooking the Japanese Way—
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are perfect for weeknight meals, while more inventive fare—*Smoked Salmon Sushi Rolls* and *Steamed Mussels in Butter Soy Sauce*—are perfect for entertaining.

For a traditional Japanese meal, select three to five of the recipes from THE COOK-ZEN COOKBOOK and serve them along with rice and soup such as *osuimono*, a clear dashi or a miso-based *misoshiru*. Featured rice and noodle dishes include sushi rolls, *onigiri* (Japanese Rice Balls), and noodle salads such as *Noodles with Spicy Miso Sauce*. Vegetables cover all the basics from perfectly cooked green beans and eggplant to *Lily Bulbs* and *Simmered Kabocha and Chili*. Meat and poultry favorites are *Teriyaki Hamburgers*, *Beef and Ginger Stir-Fry*, and *Sweet and Sour Pork*. Delicious seafood dishes include *Salmon Marinated with Yuzu*, *Sea Bass in Spicy Miso* and *Sake-Steamed Clams*. Finally, desserts complete the perfect Japanese meal with *Sesame Yohan*, *Brown Sugar Jelly with Oranges*, and *Baked Pear with Custard*.

THE COOK-ZEN COOKBOOK has beautiful full-color photographs throughout to accompany the delicious recipes. There is also an extensive glossary to get you started. Microwave cooking has never been easier, and home cooks will love this simplified take on Japanese cuisine. For more information or to order the Cook-Zen, go to www.cook-zen.com or www.korin.com.



MACHIKO CHIBA, inventor of the Cook-Zen, is a best-selling cookbook author and television personality in Japan. She teaches her microwave cooking techniques to aspiring chefs around the world. She divides her time between Tokyo and New York.

A proponent of ‘good food and good health,’ Ms. Chiba runs business consultations and is the leading cooking advisor for restaurants and major company cafeterias in Japan. She teaches aspiring professional chefs from all over the world, introducing them to the original microwave cooking techniques made possible by the Cook-Zen. In New York City, Ms. Chiba teaches cooking classes at the Nippon Club Cultural Center and gives demonstrations in venues including Stony Brook University, Williams-Sonoma at the Time Warner Center, and the French Culinary Institute. She also contributes to the cooking section of the *Shukan New York*

Seikatsu News Press, providing healthy and easy recipes. The highly acclaimed *Gourmet & Sound* concert series produced by Ms. Chiba has had immense success both in New York and Japan.

She has been awarded the Grand Prize from the following: *National Nori-Seaweed Cooking Competition*, *National Tofu Cooking Competition*, *National Meat Society Cooking Competition*. For her invention, the Cook-Zen, she has also received the *Plastic Material Everyday Use Award 2003* and the *National Economic and Industrial Director’s Award*.

Ms. Chiba is the author of over 14 cookbooks, including *Japanese Dishes for Wine Lovers* (Kodansha International Publications).

SALMON MARINATED WITH YUZU

2 servings

3 tablespoons soy sauce
3 tablespoons mirin
1 teaspoon sugar
2 (3-ounce) salmon fillets
Pinch of green yuzu zest
2 yuzu slices, for garnish

1. In a medium bowl, combine the soy sauce, mirin, and sugar. Add the salmon fillets and yuzu zest. Let marinate for 30 minutes in the refrigerator.
2. Place the salmon and the marinade in the Cook-Zen. Cover and heat on medium-high for 3 to 4 minutes with the steam holes set to “close.”
3. Transfer the salmon to a serving plate and garnish with yuzu slices.

Note: You can reuse the sauce to cook more servings.

Yuzu peel is high in essential oils, making it very aromatic. For best results, both the yuzu and the grater should be completely dry before zesting.



BAKED PEAR WITH CUSTARD

4 servings

2 small bartlett or anjou pears
1 tablespoon plus 2 teaspoons granulated sugar
1 egg yolk
 $\frac{1}{3}$ cup heavy cream
1-inch piece whole vanilla bean (or a drop of
vanilla extract)



1. Wash, peel, and cut the pears into halves. Place the halves in the Cook-Zen and sprinkle with 2 teaspoons of sugar. Cover and heat on medium-high for 2 minutes with the steam holes set to “close.” Remove the pears and set aside.
2. To make the custard, place the egg yolk and heavy cream inside the same Cook-Zen. Mix well using a whisk and add 1 tablespoon of sugar. Split the vanilla bean in half and, using a knife, scrape out the seeds; add to the Cook-Zen. Heat on medium-high for 30 seconds, uncovered. Stir well, then heat again on medium-high for an additional 20 seconds. Continue to cook in 20-second intervals until thick. Stir well until the custard cools down.
3. Place the pears on individual plates. Top the pears with custard just before serving.