

*Plenty of  
Recipes*

2012

# Gochiso

Ultimate Japanese Gourmet Magazine

**SOBA**

**SEASONAL WAGASHI**

*(Traditional Japanese Confectionery)*

**GOYA** (Bitter Melon); a Sun-Kissed Summer Vegetable / What is **MACROBIOTICS?**  
Sashimi from Copper River **WILD SOCKEYE SALMON** / Power of **KONNYAKU**  
Great New Ways To Cook With **EGGPLANTS !** / From the Fields of an **ORGANIC FARM**  
**Mitsuba** / **Matsutake** / Nijiya Brand — **Miso Series** • **Wafu Dashi Stock**