

*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**