

# THE ZEN *of* FISH

*The story of sushi,  
from samurai  
to supermarket*



TREVOR CORSON

AUTHOR OF *THE SECRET LIFE OF LOBSTERS*

# The Zen Of Fish The Story Of Sushi From Samurai To Supermarket

**Trevor Corson**



## **The Zen Of Fish The Story Of Sushi From Samurai To Supermarket:**

**The Zen of Fish** Trevor Corson, 2007-05-29 Everything you never knew about sushi its surprising origins the colorful lives of its chefs the bizarre behavior of the creatures that compose it is revealed in this entertaining documentary account by the author of the highly acclaimed *The Secret Life of Lobsters* When a twenty year old woman arrives at America's first sushi chef training academy in Los Angeles she is unprepared for the challenges ahead knives like swords instructors like samurai prejudice against female chefs demanding Hollywood customers and that's just the first two weeks In this richly reported story journalist Trevor Corson shadows several American sushi novices and a master Japanese chef taking the reader behind the scenes as the students strive to master the elusive art of cooking without cooking With the same eye for drama and humor that Corson brings to the exploits of the chefs he delves into the biology and natural history of the creatures of the sea He illuminates sushi's beginnings as an Indo Chinese meal akin to cheese describes its reinvention in bustling nineteenth century Tokyo as a cheap fast food and tells the story of the pioneers who brought it to America He shows how this unlikely meal is now exploding into the American heartland just as the long term future of sushi may be unraveling *The Zen of Fish* is a compelling tale of human determination as well as a delectable smorgasbord of surprising food science intrepid reporting and provocative cultural history

*Zen of Fish* Trevor Corson, 2010-08 Everything you never knew about sushi its surprising origins the colorful lives of its chefs the bizarre behavior of the creatures that compose it is revealed here Corson delves into the biology and natural history of the creatures of the sea He illuminates sushi's beginnings as an Indo Chinese meal akin to cheese describes its reinvention in bustling 19th century Tokyo as a cheap fast food and tells the story of the pioneers who brought it to America He shows how this unlikely meal is now exploding into the American heartland just as the long term future of sushi may be unraveling A delectable smorgasbord of surprising food science intrepid reporting and provocative cultural history A pleasure to read entertaining and informative Riveting

**The Albatross and the Fish** Robin W. Doughty, Virginia Carmichael, 2012-01-20 Breeding on remote ocean islands and spending much of its life foraging for food across vast stretches of seemingly empty seas the albatross remains a legend for most people And yet humans are threatening the albatross family to such an extent that it is currently the most threatened bird group in the world In this extensively researched highly readable book Robin W Doughty and Virginia Carmichael tell the story of a potentially catastrophic extinction that has been interrupted by an unlikely alliance of governments conservation groups and fishermen Doughty and Carmichael authoritatively establish that the albatross's fate is linked to the fate of two of the highest value table fish Bluefin Tuna and Patagonian Toothfish which are threatened by unregulated commercial harvesting The authors tell us that commercial fishing techniques are annually killing tens of thousands of albatrosses And the authors explain how the breeding biology of albatrosses makes them unable to replenish their numbers at the rate they are being depleted Doughty and Carmichael set the albatross's fate in the larger context of threats facing the ocean commons ranging from

industrial overfishing to our habit of dumping chemicals solid waste and plastic trash into the open seas They also highlight the efforts of dedicated individuals environmental groups fishery management bodies and governments who are working for seabird and fish conservation and demonstrate that these efforts can lead to sustainable solutions for the iconic seabirds and the entire ocean ecosystem

**The Fulton Fish Market** Jonathan H. Rees,2022-11-01 The Fulton Fish Market stands out as an iconic New York institution At first a neighborhood retail market for many different kinds of food it became the nation s largest fish and seafood wholesaling center by the late nineteenth century Waves of immigrants worked at the Fulton Fish Market and then introduced the rest of the city to their seafood traditions In popular culture the market celebrated by Joseph Mitchell in *The New Yorker* conjures up images of the bustling East River waterfront late night fishmongering organized crime and a vanished working class New York This book is a lively and comprehensive history of the Fulton Fish Market from its founding in 1822 through its move to the Bronx in 2005 Jonathan H Rees explores the market s workings and significance tracing the transportation retailing and consumption of fish He tells the stories of the people and institutions that depended on the Fulton Fish Market including fishermen retail stores restaurants and chefs and shows how the market affected what customers in New York and around the country ate Rees examines transformations in food provisioning systems through the lens of a vital distribution point arguing that the market s wholesale dealers were innovative businessmen who adapted to technological change in a dynamic industry He also explains how changes in the urban landscape and economy affected the history of the market and the surrounding neighborhood Bringing together economic technological urban culinary and environmental history this book demonstrates how the Fulton Fish Market shaped American cuisine commerce and culture

Oishii Eric C. Rath,2021-04-15 Sushi and sashimi are by now a global sensation and have become perhaps the best known of Japanese foods but they are also the most widely misunderstood Oishii The History of Sushi reveals that sushi began as a fermented food with a sour taste used as a means to preserve fish This book the first history of sushi in English traces sushi s development from China to Japan and then internationally and from street food to high class cuisine Included are two dozen historical and original recipes that show the diversity of sushi and how to prepare it Written by an expert on Japanese food history Oishii is a must read for understanding sushi s past its variety and sustainability and how it became one of the world s greatest anonymous cuisines

**The Zen of Fish** , Bottomfeeder Taras Grescoe,2011-01-15 Dividing his sensibilities between Epicureanism and ethics Taras Grescoe set out on a nine month world wide search for a delicious and humane plate of seafood Along the way he explains the cultural and commercial implications of fish production on our environment our health and our seas At once entertaining and illuminating Bottomfeeder is a thoroughly enjoyable narrative about the world s cuisines and an examination of the fishing and farming practices we take too easily for granted

*Asian American Culture* Lan Dong,2016-03-14 Providing comprehensive coverage of a variety of Asian American cultural forms including folk tradition literature religion education politics sports and popular culture this two volume work is an ideal resource for

students and general readers that reveals the historical regional and ethnic diversity within specific traditions An invaluable reference for school and public libraries as well as academic libraries at colleges and universities this two volume encyclopedia provides comprehensive coverage of a variety of Asian American cultural forms that enables readers to understand the history complexity and contemporary practices in Asian American culture The contributed entries address the diversity of a group comprising people with geographically discrete origins in the Far East Southeast Asia and the Indian subcontinent identifying the rich variations across the category of Asian American culture that are key to understanding specific cultural expressions while also pointing out some commonalities Entries are organized alphabetically and cover topics in the arts education and politics family and community gender and sexuality history and immigration holidays festivals and folk tradition literature and culture media sports and popular culture and religion belief and spirituality Entries also broadly cover Asian American origins and history regional practices and traditions contemporary culture and art and other forms of shared expression Accompanying sidebars throughout serve to highlight key individuals major events and significant artifacts and allow readers to better appreciate the Asian American experience

**American Tuna** Andrew F. Smith, 2012-08-08 In a lively account of the American tuna industry's fortunes and misfortunes over the past century a celebrated food writer relates how tuna went from being sold primarily as a fertiliser to becoming the most commonly consumed fish in the US Tuna is both the subject and the backdrop for other facets of American history

**Smart Casual** Alison Pearlman, 2013-04-15 A delicious romp through America's rapidly changing and diverging restaurant scene an informative witty and delightful book Andrew F Smith editor of The Oxford Encyclopedia of Food and Drink in America Haute has blurred with homey cuisine in the last few decades but how did this radical change happen and what does it say about current attitudes toward taste Here with the answers is food writer Alison Pearlman In Smart Casual The Transformation of Gourmet Restaurant Style in America Pearlman investigates what she identifies as the increasing informality in the design of contemporary American restaurants By design Pearlman does not just mean architecture Her argument is more expansive she is as interested in the style and presentation of food the business plan and the marketing of chefs as she is in the restaurant's floor plan or menu design Pearlman takes us hungrily inside the kitchens and dining rooms of restaurants coast to coast from David Chang's Momofuku noodle bar in New York to the seasonal French inspired cuisine of Alice Waters and Thomas Keller in California to the deconstructed comfort food of Homaro Cantu's Moto in Chicago to explore the different forms and flavors this casualization is taking Through lively on the scene observation and interviews with major players and chefs Smart Casual will transport readers to restaurants around the country to learn the secrets to their success and popularity It is certain to give foodies and restaurant goers something delectable to chew on This study is erudite and hip written with both verve and a keen analytical eye Ken Albala author of Beans A History

**Eating Asian America** Robert Ji-Song Ku, Martin F Manalansan, Anita Mannur, 2013-09-23 Examines the ways our conceptions of Asian American food have

been shaped Chop suey Sushi Curry Adobo Kimchi The deep associations Asians in the United States have with food have become ingrained in the American popular imagination So much so that contentious notions of ethnic authenticity and authority are marked by and argued around images and ideas of food Eating Asian America A Food Studies Reader collects burgeoning new scholarship in Asian American Studies that centers the study of foodways and culinary practices in our understanding of the racialized underpinnings of Asian Americanness It does so by bringing together twenty scholars from across the disciplinary spectrum to inaugurate a new turn in food studies the refusal to yield to a superficial multiculturalism that naively celebrates difference and reconciliation through the pleasures of food and eating By focusing on multi sited struggles across various spaces and times the contributors to this anthology bring into focus the potent forces of class racial ethnic sexual and gender inequalities that pervade and persist in the production of Asian American culinary and alimentary practices ideas and images This is the first collection to consider the fraught itineraries of Asian American immigrant histories and how they are inscribed in the production and dissemination of ideas about Asian American foodways

**Dubious Gastronomy** Robert Ji-Song Ku, 2013-12-31 California roll Chinese take out American made kimchi dogmeat monosodium glutamate SPAM all are examples of what Robert Ji Song Ku calls dubious foods Strongly associated with Asian and Asian American gastronomy they are commonly understood as ersatz depraved or simply bad In Dubious Gastronomy Ku contends that these foods share a spiritual fellowship with Asians in the United States in that the Asian presence be it culinary or corporeal is often considered watered down counterfeit or debased manifestations of the real thing The American expression of Asianness is defined as doubly inauthentic as insufficiently Asian and unreliably American when measured against a largely ideological if not entirely political standard of authentic Asia and America By exploring the other side of what is prescriptively understood as proper Asian gastronomy Ku suggests that Asian cultural expressions occurring in places such as Los Angeles Honolulu New York City and even Baton Rouge are no less critical to understanding the meaning of Asian food and by extension Asian people than culinary expressions that took place in Tokyo Seoul and Shanghai centuries ago In critically considering the impure and hybridized with serious and often whimsical intent Dubious Gastronomy argues that while the notion of cultural authenticity is troubled troubling and troublesome the apocryphal is not necessarily a bad thing The dubious can be and is often quite delicious Dubious Gastronomy overlaps a number of disciplines including American and Asian American studies Asian diasporic studies literary and cultural studies and the burgeoning field of food studies More importantly however the book fulfills the critical task of amalgamating these areas and putting them in conversation with one another Written in an engaging and fluid style it promises to appeal a wide audience of readers who seriously enjoys eating and reading and thinking about food

Tuna Richard Ellis, 2009-07-14 Famed marine researcher and illustrator Richard Ellis brings us a work of scientific achievement that will forever change the way we think about fish fishing and the dangers inherent in the seafood we eat The bluefin tuna is one of the world s biggest fastest and most highly

evolved marine animals as well as one of its most popular delicacies Now however it hovers on the brink of extinction Here Ellis explains how a fish that was once able to thrive has become a commodity and how the natural world and the global economy converge on our plates With updated information on mercury levels in tuna this is at once an astounding ode to one of nature s greatest marvels and a serious examination of a creature and world at risk *Neoliberalism and Post-Soviet Transition* Wumaier Yilamu,2017-12-06 This collection emphasizes a cross disciplinary approach to the problem of scale with essays ranging in subject matter from literature to film architecture the plastic arts philosophy and scientific and political writing Its contributors consider a variety of issues provoked by the sudden and pressing shifts in scale brought on by globalization and the era of the Anthropocene including the difficulties of defining the concept of scale the challenges that shifts in scale pose to knowledge formation the role of scale in mediating individual subjectivity and agency the barriers to understanding objects existing in scalar realms different from our own the role of scale in mediating the relationship between humans and the environment and the nature of power authority and democracy at different social scales **Food Lit** Melissa Brackney Stoeger,2013-01-08 An essential tool for assisting leisure readers interested in topics surrounding food this unique book contains annotations and read alike for hundreds of nonfiction titles about the joys of comestibles and cooking Food Lit A Reader s Guide to Epicurean Nonfiction provides a much needed resource for librarians assisting adult readers interested in the topic of food a group that is continuing to grow rapidly Containing annotations of hundreds of nonfiction titles about food that are arranged into genre and subject interest categories for easy reference the book addresses a diversity of reading experiences by covering everything from foodie memoirs and histories of food to extreme cuisine and food expos s Author Melissa Stoeger has organized and described hundreds of nonfiction titles centered on the themes of food and eating including life stories history science and investigative nonfiction The work emphasizes titles published in the past decade without overlooking significant benchmark and classic titles It also provides lists of suggested read alike for those titles and includes several helpful appendices of fiction titles featuring food food magazines and food blogs

**Believing and Acting** G. Scott Davis,2012-03-15 How should religion and ethics be studied if we want to understand what people believe and why they act the way they do In the 1980s and 90s postmodernist worries about led to debates that turned on power truth and relativism Since the turn of the century scholars impressed by cognitive science have introduced concepts drawn from evolutionary biology neurosciences and linguistics in the attempt to provide naturalist accounts of religion Deploying concepts and arguments that have their roots in the pragmatism of C S Peirce Believing and Acting argues that both approaches are misguided and largely unhelpful in answering the questions that matter What did those people believe then How does it relate to what these people want to do now What is our evidence for our interpretations Pragmatic inquiry into these questions recommends an approach that questions grand theories advocates a critical pluralism about religion and ethics that defies disciplinary boundaries in the pursuit of the truth Rationality on a pragmatic approach is about

solving particular problems in medias res thus there is no hard and fast line to be drawn between inquiry and advocacy both are essential to negotiating day to day life The upshot is an approach to religion and ethics in which inquiry looks much like the art history of Michael Baxandall and advocacy like the art criticism of Arthur Danto      Consuming Space Michael K. Goodman, David Goodman, 2016-05-23 An examination of the relationship between space place and consumption offers important insights into some of the most powerful forces constructing contemporary societies Space and place are made and remade through consumption Yet how do cultures of consumption discover space and how do they construct place This book addresses these questions by exploring the implications of conceptualizing consumption as a spatial increasingly global yet intensely localized activity The work develops integrative approaches that articulate the processes involved in the production and consumption of space and place The result is a varied engaging and innovative study of consumption and its role in structuring contemporary capitalist political economies      *Consuming Japan* Andrew C. McKevitt, 2017-08-31 This insightful book explores the intense and ultimately fleeting moment in 1980s America when the future looked Japanese Would Japan s remarkable post World War II economic success enable the East Asian nation to overtake the United States Or could Japan s globe trotting corporations serve as a model for battered U S industries pointing the way to a future of globalized commerce and culture While popular films and literature recycled old anti Asian imagery and crafted new ways of imagining the yellow peril and formal U S Japan relations remained locked in a holding pattern of Cold War complacency a remarkable shift was happening in countless local places throughout the United States Japanese goods were remaking American consumer life and injecting contemporary globalization into U S commerce and culture What impact did the flood of billions of Japanese things have on the ways Americans produced consumed and thought about their place in the world From autoworkers to anime fans Consuming Japan introduces new unorthodox actors into foreign relations history demonstrating how the flow of all things Japanese contributed to the globalizing of America in the late twentieth century      *Restaurant* Brian Duff, 2025-05-29 *Object Lessons* is a series of short beautifully designed books about the hidden lives of ordinary things In the last few decades restaurants and food culture have achieved extraordinary cultural presence Chefs are heroes and thought leaders well executed entr es go viral dining out has become theater plating has become art and ubiquitous Instagram content But in recent years restaurants have faced crisis upon crisis *Restaurant* takes a deep dive into the drives desires and anxieties we bring to dining out at this time of uncertainty It explores the meaning we find in good food and warm hospitality It shows why the restaurant offers unique opportunities to change the quality of our engagement with others and to create shared meaning across the table      **Red Gold** Jennifer E. Telesca, 2020-04-21 Illuminating the conditions for global governance to have precipitated the devastating decline of one of the ocean s most majestic creatures The International Commission for the Conservation of Atlantic Tunas ICCAT is the world s foremost organization for managing and conserving tunas seabirds turtles and sharks traversing international waters Founded by treaty in 1969 ICCAT stewards what has become under its



tenure one of the planet's most prominent endangered fish the Atlantic bluefin tuna. Called red gold by industry insiders for the exorbitant price her ruby colored flesh commands in the sushi economy the giant bluefin tuna has crashed in size and number under ICCAT's custodianship. With regulations to conserve these sea creatures in place for half a century why have so many big bluefin tuna vanished from the Atlantic. In *Red Gold* Jennifer E. Telesca offers unparalleled access to ICCAT to show that the institution has faithfully executed the task assigned it by international law to fish as hard as possible to grow national economies. ICCAT manages the bluefin not to protect them but to secure export markets for commodity empires and as a result has become complicit in their extermination. The decades of regulating fish as commodities have had disastrous consequences. Amid the mass extinction of all kinds of life today *Red Gold* reacquaints the reader with the splendors of the giant bluefin tuna through vignettes that defy technoscientific and market rationales. Ultimately this book shows changing the way people value marine life must come not only from reforming ICCAT but from transforming the dominant culture that consents to this slaughter.

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