

Delve Deeper into *The Birth of Saké*

A film by Erik Shirai

This list of fiction and nonfiction books, compiled by Penny L. Talbert, MLIS and Rebecca Lawrence of Ephrata Public Library, provides a range of perspectives on the issues raised by the POV documentary *The Birth of Saké*.

Go behind the scenes at Japan's Yoshida Brewery, where a brotherhood of artisans, ranging from 20 to 70, spend six months in nearly monastic isolation as they follow an age-old process to create saké, the nation's revered rice wine. A co-presentation with the Center for Asian American Media (CAAM). Winner, Special Jury Mention for Best Documentary Director, 2015 Tribeca Film Festival.

ADULT NONFICTION

Aoki, Rocky. *Saké: Water From Heaven*. Universe: 2003. Founder of the *Benihana* and *Haru* restaurants that introduced Japanese food to Westerners, author Aoki provides a historic overview of the process behind making saké and a guide on food pairings.

Faber, Elliot and Hayato Hishinuma. *Saké: The History, Stories and Craft of Japan's Artisanal Breweries*. Gatehouse Publishing, 2015. Artisanal histories from 60 small batch multigenerational saké breweries and 10 shochu distilleries in Japan are highlighted in interviews and photographs. Of note, the Tomita Shuza brewery, founded in the 1540s and the Imada brewery, founded in 1868 are described. For saké aficionados outside of Japan, this text provides a listing of recommendations for imports and American suppliers.

Katz, Sandor Ellix. *The Art of Fermentation*. Chelsea Green Publishing, 2012. A contemporary tome of recipes for cultivating fermented foods and beverages, *The Art of Fermentation* earned the James

Beard Foundation's Award for Reference and Scholarship.

Shimbo, Hiroko. *The Japanese Kitchen*. Harvard Common Press, 2000. In this comprehensive IACP Award-nominated cookbook, Hiroko Shimbo gently and authoritatively demystifies Japanese cuisine for Western cooks. This is an indispensable book for both aficionados and home cooks eager to learn more about Japanese cuisine.

Shimbo, Hiroko. *The Sushi Experience*. Knopf Doubleday Publishing Group, 2006. A guide to enjoying all aspects of the sushi experience, includes a tear-off cheat sheet for your next sushi night.

Takizawa, Yukio. *Saké, Health and Longevity*. Los Angeles: Veronica Lane Books, 2010. Medical physician Takizawa presents a scientific correlation between saké consumption, health and longevity in Japanese life. Appetizer pairings, recipes and a cultural history of saké are also summarized.

ADULT FICTION

Lebra, Joyce. *The Scent of Saké*. Avon, 2009. Forced into an unhappy marriage, the sole heir of the House of Omora saké brewery struggles with managing the family business. Rie overcomes societal pressures and longstanding traditions to form the largest saké empire in 19th century Japan.

NONFICTION FOR YOUNGER READERS

Galvin, Irene Flum. *Japan: A Modern Land with Ancient Roots*. Exploring Cultures of the World Series. New York: Benchmark Books, 1996. A primer on Japanese civilization, Galvin's series reviews cultural history, traditions and geography of the island of Japan.

Shelley, Rex et al. *Cultures of the World: Japan*. 3rd

Edition. New York: Cavendish publishing, 2012. A comprehensive political and social history of Japan is summarized in this survey text for children less than 12 years of age.

FICTION FOR YOUNGER READERS

Coatsworth, Elizabeth Jane. *The Cat Who Went to Heaven*. New York: Simon & Schuster, 1983. An impoverished artist paints a picture of Buddha's death and his cat. This Newberry Award Winner (1931) is an introduction to Japanese Buddhism and reincarnation for the youngest readers.

Kariya, Tetsu and Akira Hanasaki. *Oishinbo Volume 2: Saké*. Viz LLC, 2009. Journalist Shiro Yamaoka, an unmotivated cynic, is tasked with creating the perfect "ultimate menu" of saké pairings in this manga graphic novel.

Moore, Willamarie. *All About Japan*. Tuttle Publishing, 2011. Two friends, a boy from the country and a girl from the city, take us on a tour of their beloved land through their eyes. They introduce us to their homes, families, favorite places, school life, holidays and more!

Otowa, Rebecca. *My Awesome Japan Adventure*. Tuttle Publishing, 2013. Fictional character Dan, a 5th grade American student, visits Japan for 4 months and becomes immersed in rural Japanese life. His adventures include rice harvesting, making Mochi, practicing Aikido and learning about Japan's indigenous religion, Shintoism.

