

Writing Samples
ChopsticksNY, June 2007

Two Shorter Restaurant Reviews

Sachiko's on Clinton

For those looking for a authentic Japanese Restaurant in Lower East Side, look no further then Sachiko's on Clinton. In fact it is the first and only Japanese Restaurant in the area. Run by Sachiko Konami who has worked with Iron Chefs, Sachiko's is a refreshing break from the busy city. Not only is it refreshing but healthy too. The food is traditional Japanese with a hint of Sachiko's own style. Her creative blends of oils and sauces prove that delicious flavors and good health can co-exist. Try the original sauces with Koshiage while sitting in the bamboo garden and you will have the perfect summer's evening.

Koshiage

A variety of breaded and fried seafood, vegetables, and meat on skewers. This dish seeks to break the image of all fried food being unhealthy. Using very finely crushed bread crumbs and only the healthiest of oils Koshiage is a lighter alternative to even Tempura. In the era of No Trans-Fats, this is the type of fried dish many

Best Three

Koshiage

Saikyo-yaki

Botan Ebi Carpaccio

15 East

Famous for his French Restaurants, Marko Morera is now bringing Modern Japanese Food to New Yorkers at his new restaurant 15 East. In a chic space with a dark hued dinning room and lighter sushi bar, the mood is both relaxed and lively.

Behind the Sushi Bar is Masato Shimizu, who previously treated customers at Jewel Bako, to his creations. At 15 East, his specialities include Slow Poached Tako as well as Anago. If delicious sushi isn't enough 15 East also boasts 40 types of excellant Sake. The knowledgeable staff seek to create more then just another Japanese restaurant with good service. Instead, they strive to serve superb food in a comfortable atmospere that keeps customers coming back.

The dining room seats 45 and 9 at the counter. Reservations are highly recommended.

Slow Poached Tako with Sea Salt

Slow Poached Tako with Sea Salt is one of Masato's delicious and tender specialities. To create the succulent texture the octopus is massaged before boiling. The savory morsels are served with baked Sea Salt that adds a slight edge to the flavor.

Best Three

Slow Poached Tako with Sea Salt

Arai

Anago

Longer Review of an Ikebana Lesson

Ikebana Lesson

The traditional art of flower arrangement is alive and thriving in a Soho Loft. Started by Junko Miura, a Ikenobo Ikebana master, Ikebana Flowers provides a glimpse of Japanese culture with a New York touch. Miura combines the traditional art form, her own creative sense and the city's vibrant energy to produce beautifully original arrangements. Her designs include classic Ikebana and the more modern Western Fusion. Not only a designer but an excellent teacher, her students win many awards. Her students are a mix of hobbyists and designers and they can choose from a variety of courses. The classes range from a one-day Introduction to a two-year Ikebana Master course.

Monitor's Experience

On a beautiful May afternoon, I visited Ikebana Flowers. Having never practiced Ikebana before I was a little nervous. But Junko makes you feel immediately welcome. She is tremendously knowledgeable about the history of Ikebana and Japanese culture. Beginning with Buddhism in the 6th Century, she explained how Ikebana developed as a combination of Buddhist and Shinto practice. Then we began to trim and arrange the branches according to Ikebana principles.

Quietly placing the flowers, has a calming effect but it is exciting to see your arrangement grow. After finishing, Junko critics each students piece in a firm but constructive manner. In one afternoon, I was able to learn a little Japanese culture, create a beautiful flower arrangement , and feel truly energized.

*more examples of my writing can be found at lizgallo.com and thirtystories.com