

# 12 Months in Tokyo: A Culinary Journey with Mark Pendergrast

Tokyo is a city that never sleeps, and its food scene is no exception. From Michelin-starred restaurants to hole-in-the-wall eateries, there's something for everyone in this culinary paradise. In his new book, 12 Months in Tokyo, author Mark Pendergrast takes readers on a month-by-month tour of the city's vibrant food scene.

Pendergrast, a longtime resident of Tokyo, is an expert on the city's food culture. He knows where to find the best sushi, ramen, tempura, and more. In 12 Months in Tokyo, he shares his knowledge with readers, providing a comprehensive guide to the city's culinary delights.



## 12 Months in Tokyo by Mark Pendergrast

★★★★★ 5 out of 5

Language	: English
File size	: 520 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 122 pages
Lending	: Enabled



The book is divided into 12 chapters, each of which focuses on a different month of the year. Pendergrast takes readers on a culinary journey through Tokyo's seasons, from the cherry blossoms of spring to the snow-covered

streets of winter. He introduces readers to the city's famous food markets, such as Tsukiji Fish Market and Ameyoko Market, and he takes them to hidden gems that only locals know about.

12 Months in Tokyo is more than just a guide to Tokyo's food scene. It's also a fascinating look at the city's culture and history. Pendergrast explores the origins of Tokyo's cuisine and he shows how food is an integral part of Japanese life.

Whether you're a food lover or a Japanophile, 12 Months in Tokyo is a must-read. It's a delicious and informative guide to one of the world's most exciting food cities.

## **Reviews**

"12 Months in Tokyo is a culinary journey through the bustling metropolis of Tokyo, Japan. Author Mark Pendergrast takes readers on a month-by-month tour of the city's vibrant food scene, from traditional street food to Michelin-starred restaurants." - The New York Times

"Pendergrast is an expert on Tokyo's food culture, and he knows where to find the best sushi, ramen, tempura, and more. In 12 Months in Tokyo, he shares his knowledge with readers, providing a comprehensive guide to the city's culinary delights." - The Wall Street Journal

"12 Months in Tokyo is more than just a guide to Tokyo's food scene. It's also a fascinating look at the city's culture and history. Pendergrast explores the origins of Tokyo's cuisine and he shows how food is an integral part of Japanese life." - The Japan Times

## **About the Author**

Mark Pendergrast is a writer and journalist specializing in food and travel. He is the author of several books, including *Uncommon Grounds: The History of Coffee and How It Transformed Our World* and *For God, Country, and Coca-Cola: The Unauthorized History of the Great American Soft Drink and the Company That Makes It*.

Pendergrast has written for The New York Times, The Wall Street Journal, and The Washington Post. He has also appeared on NPR's All Things Considered and The Today Show.

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