

# THANK YOU

For offering to provide feedback on your kitchen experiences with  
Lessons from **KANSHAcoking.com** based on  
KANSHA: Celebrating Japan's Vegan & Vegetarian Traditions

**Wondering what to write about?** I am especially interested in knowing:

- ◆ Did you have difficulty in sourcing ingredients or equipment? If so, what items were a problem? Did you make substitutes; if so what did you use?
  
- ◆ Did you have difficulty in preparing the food? If so, what problems did you run into? Recipe/instructions not clear? Skill-related? Timing-related?
  
- ◆ Did you like the food; would you make it again? How did you serve it? What other foods did you serve with it?

## HOW TO SUBMIT SAMPLES...

Your text (500 words or less) must be submitted as a word document. Your full name and e-mail address must be at the top of the page. If you will be sending images (no more than 5) include a list of captions. Images must be submitted as jpg or gif files, each no larger than 320 by 240 pixels. Label your word file and all images with your last name, adding consecutive numbers for multiple images.

Please send your text and images as attachments to:

[ANDOH@tasteofculture.com](mailto:ANDOH@tasteofculture.com)

In the subject line of the e-mail write: **KANSHA FEEDBACK from (your full name)**.

Please note this is not a private, one-on-one corresponded lesson: I will periodically review the feedback I receive and prepare a summary and commentary to post at the KANSHAcoking site. Your feedback and the samples of others will be used to further public teaching goals. If you wish to remain anonymous on the public page, please indicate that at the top of your feedback text.  
Many thanks: *kansha shimasu* (in appreciation,

*Elizabeth Andoh*