

# PLANT-BASED JAPANESE

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Author: Chef Julia Dunaway

Category: COOKING/Specific Ingredients/Natural Foods

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Hardcover ISBN: 979-8-88784-035-2

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# Chef Julia Dunaway



Chef Julia Dunaway is passionate about teaching people that plant-based whole food cooking can be both healthy and delicious. She teaches online and in-person cooking classes, conducts intensive retreats, and maintains an active social media presence on YouTube, Facebook, and Instagram.



Her Facebook page has over 24,000 followers. She has nearly 50 on-line classes with detailed recipe packets available on her website, [chef-julia.com](http://chef-julia.com), covering Japanese, Korean, Thai, Middle Eastern, Comfort Food, Baking, traveling and much more.

She's been on local television programs, the Chef AJ Show, podcasts, and conducts cooking demonstrations regularly in her community. She's presented at the Celebrity Chef Stage at the State Fair of Texas three times.

*Plant-Based Japanese* is a collection of recipes Chef Julia developed over the years by converting the Japanese recipes she cooked for her family, many of which she learned from her Japanese mother, into whole food plant-based recipes.

# Book Bio



YOUR FAVORITE JAPANESE DISHES COMPLETELY PLANT-BASED WITH NO OIL

Chef Julia Dunaway is passionate about teaching people how to cook healthy and delicious plant-based meals. Her latest release, Plant-Based Japanese, is inspired by her Japanese mother's recipes. All of your favorites are included, along with a list of pantry staples and commonly used tools and utensils.

OVER SEVENTY DELICIOUS RECIPES INCLUDING

Tommie's Teriyaki Sauce

Sesame Ponzu Dressing

Plant-Based Dashi

Onigiri

Musubi

Gyoza Dumplings

Hibachi Fried Rice

Japanese Curry

Sushi

Sesame Ginger Tofu

Vegetable Dishes

Bento, and many more.



# Reviews



“Now I can easily recreate my favourite dishes like Japanese Curry, Okonomiyaki, and Gyoza without compromising on my health or values.”

--Raw Chef Yin, Malaysia's Raw Vegan Celebrity Chef

“Julia Dunaway ingeniously combines the rich traditions of Japanese cuisine with the healthful principles of whole food, plant-based cooking.”

--Chef AJ



“Chef Julia is a culinary gem!”

--Melissa Maris, Raw Food Romance

“*Plant-Based Japanese* particularly highlights her culinary skill entwined with her dedication to health and nutrition, loved by fans globally.”

-- Rachel Detroit, Nutritionist

# Book Excerpt

## Onigiri

Onigiri can be any size you like, from  $\frac{1}{3}$  cup to over  $\frac{1}{2}$  cup of rice each. For 3 rice balls, you need 1 cup of freshly cooked Japanese-style rice and 1 sheet of nori seaweed, cut into 3 cm (2 inch) wide strips. Allow  $\frac{1}{3}$  to  $\frac{1}{2}$  cooked rice per onigiri, so plan accordingly if you want to make several.

I use Nishiki, Hitomebore, or Tamanashiki brands. You can also take out 3 tablespoons of the white rice and replace it with a grain mix, to have a white rice with some whole grain component.

### Bare Hands Method

Wet your impeccably clean hands with cold water and sprinkle them with salt. Take  $\frac{1}{2}$  of the rice and place on one hand. Make a dent in the middle of the rice with your other hand. Put in about 1 tsp or so worth of filling in the dent.

Working rapidly, wrap the rice around the filling, and form into a ball. To make the traditional triangular shape, cup your hand sharply to form each corner, and keep turning it until you are happy with the shape. Practice makes perfect. Wrap the rice ball with 1-2 strips of nori seaweed. Repeat for the rest of the rice.







**Sushi Burrito**



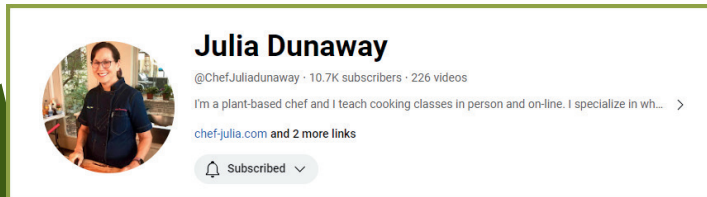
**Soup and  
Three Sides**



**Tofu Musubi**

# Platform

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# In The News

- Fox 4, Good Day
- DFW Events (Channel 11)
- WFAA - Good Morning Texas
- Culinary School of Fort Worth (chef presenter/speaker)
- Tarrant Area Food Bank Community Kitchen
- Celebrity Chef, State Fair of Texas (2019 and 2021)
- Forks Over Knives

The healthiest people in the world eat primarily plant-based foods. Chef Julia Dunaway shares two favorites.



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By Julia Dunaway, Dec 21, 2023 [PRINT/SAVE](#) [f](#) [t](#) [p](#) [e](#) 27

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Plant-Based Basics

Plant Based Gourmet

Plant-Based Holiday Table

50 Recipes in 50 Days

Chef Julia 21 Day Challenge



# Contact Chef Julia



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