

Japanese Cuisine

This powerpoint includes topics: Presentation, Ingredients, Cooking, Patterns and Styles, Region, Methods and Equipment.



How is food Presented?

The food in Japan is generally presented in a very minimalistic way. This is done in order to emphasise the natural flavours of the ingredients used. Additionally, the presentation often reflects the seasonality of the dish, with an emphasis on seasonal fruits and vegetables.

What are the traditional ways of serving

There are many traditional ways of serving Japanese foods. One popular way is to serve the food on small plates or in bowls called "hashi." Another popular way is to serve sushi on a bamboo mat called a "sushi-maki." Japanese food can also be served on a "teppan," which is a large, flat iron griddle.

What garnishes/decoration are used?

Japanese food often uses simple garnishes to decorate dishes and make them more appealing. Common garnishes include shredded daikon radish, green onions, sesame seeds, and shiso leaves. These ingredients are usually used sparingly so as not to overwhelm the taste of the dish itself.



What is grown/reared/caught?

In Japan, rice is the main crop that is grown. Other crops that are grown in smaller amounts include wheat, barley, soybeans, and vegetables. Seafood is also an important part of the diet in Japan, and fish, squid, shrimp, and crab are all caught in Japanese waters.

How are ingredients used in Local Dishes?

Local Japanese dishes typically consist of rice, vegetables, and seafood. The ingredients are usually simmered in a light broth or soy sauce-based seasoning. This type of cuisine is known for its freshness and simplicity.



Are dishes modified?

Yes, Japanese recipes have been modified to take into account modern ingredients, cooking, and styles. For example, some traditional Japanese recipes call for raw fish, but many people now prefer cooked fish. As a result, many Japanese cooks now adapt their recipes to accommodate this preference. Additionally, the availability of certain ingredients has changed over time, so cooks may need to make substitutions in order to make a dish successfully. Finally, as people's tastes have evolved, so too have the ways in which Japanese dishes are prepared.



What are traditional meal patterns?

There are four traditional meal patterns in Japan: 1) the morning rice pattern, 2) the noon rice and soup pattern, 3) the three-meal pattern, and 4) the tea ceremony meal pattern. The morning rice pattern is typically eaten by young children and consists of a small bowl of rice with milk. The noon rice and soup pattern is eaten by adults and consists of a bowl of rice with miso soup. The three-meal pattern is typically eaten by elderly people and consists of three meals: breakfast, lunch, and dinner. The tea ceremony meal pattern is typically eaten by people who are participating in a tea ceremony.

Do the Meal Patterns differ around Japan?

There may be some differences in traditional meal patterns between urban and rural areas, but overall, the four traditional meal patterns are typically followed throughout Japan. One reason for this is that many Japanese people have moved to urban areas in recent years, so the traditional meal patterns are still being followed in these areas. Another reason is that the traditional meal patterns are a part of Japanese culture and are passed down from generation to generation.



About Japan: Location, Climate, Influences and Production.

Japan is an archipelago, or string of islands, on the eastern edge of Asia. It lies in the Pacific Ocean, east of China, North Korea, South Korea and Russia. The four largest islands are Hokkaido, Honshu, Shikoku and Kyushu. There are about 6,800 other smaller islands.

The climate of Japan varies from north to south. In the north it is cool in summer and cold in winter with heavy snowfall. In the south it is warm all year round with little snowfall. The terrain also varies from north to south. In the north there are mountains and forests while in the south there are plains and beaches.

There are many religious influences on food in Japan. Buddhism has influenced Japanese cuisine since it was introduced in the 6th century. Buddhist monks were responsible for introducing new ingredients and dishes to Japan. Confucianism also had an impact on food as it emphasised respect for elders and hierarchy within society which was reflected in the way meals were served

How traditional foods are cooked and the equipment.

There are four main ways in which traditional Japanese foods are cooked: grilling, steaming, boiling, and frying. Grilling is typically done using a metal grill called a teppan, which is placed over an open flame. Steaming is often done using a bamboo steamer or a special steaming basket called a mushi-nabe. Boiling can be done in either water or broth, and is often used to cook noodles or vegetables. Frying is usually done in vegetable oil, and is used to cook tempura or yakitori.

The type of equipment used for cooking will vary depending on the method being used. For grilling, in addition to the teppan, you will need tongs or spatulas to flip the food. For steaming, you will need either a bamboo steamer or mushi-nabe pot. If boiling noodles or vegetables, you will need a pot large enough to hold them. And for frying, you will need either a deep fryer or a pan that is deep enough to hold the oil without splattering everywhere.
