



Japanese Food

Its Practical Application and Philosophy

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They have **love**, peace, and nature.

What is Japanese food?

Ancient People and Food



The Sannai-Maruyama Special Historical Site
The Early to the Middle Jomon Period (5,500 – 4,000 Years Ago)

The *Jomon* coexisted with nature;
they regarded foods as gifts from nature.

Brown Rice Food Components



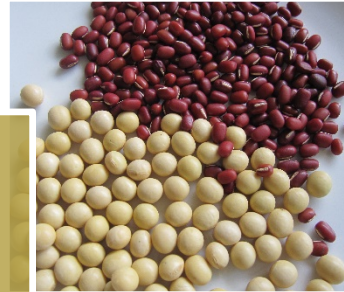
- ① γ -oryzanol (which adjusts autonomic nerve functions),
- ② Phytic acid (an antioxidant), and
- ③ Ferulic acid (which prevents or treats dementia)

History of Japanese Food

Ancient
Food ①



Ancient
Food ②



Traditional
Food



Today's
Food ①



Today's
Food ②



Today's
Food ③



Japan's dietary culture became westernised
in the latter half of the 19th century,
and its defeat in WWII accelerated this trend.

Features of Traditional Japanese Food

- ① The utilisation of various fresh ingredients and their natural flavours,
- ② A well-balanced and healthy diet,
- ③ An emphasis on the beauty of nature in the presentation, and
- ④ A connection to annual events, such as traditional celebrations on New Year's Day

(Source) The Ministry of Agriculture, Forestry and Fisheries

①



②



③



④



The *Wabi Sabi* Philosophy



How about mindfulness and ‘heartfulness’?

How do you produce *umami*?

Fermented Seasonings



Vinegar, Sake (Rice Wine),
Soy Sauce, and
Mirin (Sweet Rice Cooking Wine)



Miso, White Miso,
and Red Miso



Dried *Kombu* and *Shitake*
Mushroom for *Dashi* (Stock)

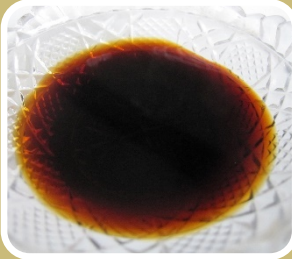
They produce *umami* to enhance the taste.

Food Ingredients Often Used



Miso (soya-bean paste)

- Depending on the type of *koji* (*koji* cultured grain), it is categorised into 3 types.
- *Miso* (rice *miso*) is made from rice *koji*, and barley *miso* is made from barley *koji*, and red *miso* (*hatcho*) is made from soya-bean *koji*.
- The more *koji* used, the sweeter the *miso* becomes.



Soy Sauce

- It has odour-eliminating and preservative properties, warms the body, and regulates the intestinal function.
- When exposed to the air or high temperature, it oxidises and becomes darker in colour, so it is best to be stored in the fridge after opening.



Mirin (sweet rice cooking wine)

- In old times, *mirin* was a common beverage.
- It consists of more than 40% saccharides, so it adds mellowness to the dish.
- It is also used for glazing.

(Source) 'Macrobiotic Cooking Guidebook', Seishoku Publishing

Application of Fermented Seasonings

Miso Sauce (mix all the ingredients) * Adjust each amount depending on your preference.

- ① *Miso* vinegar sauce: white *miso* (45cc) or red *miso* (15cc), sugar (20cc), and vinegar (90cc)
- ② Sesame *miso* sauce: sesame paste (30cc), sugar (15cc), soy sauce (15cc), lemon or vinegar (5cc), and white *miso* (5cc) or red *miso* (2cc)
- ③ Peanut *miso* sauce: peanut butter with no sugar or peanut paste (30 cc), white *miso* (15 cc) or red *miso* (7 cc), *sake* or white wine (15 cc), lemon (15 cc), *mirin* (15cc) or sugar (7cc)
- ④ Peanut-flavoured *tofu* sauce: *tofu* (60g), peanut butter with no sugar or peanut paste (30cc), lemon or vinegar (15cc), olive oil (15cc), sugar (5cc), salt and black pepper (5cc)

Tofu Miso Dressing

- Mix well *tofu* (20g), *mirin*, vinegar, white *miso* (15cc each), and olive oil (15cc).

Tofu Miso Walnut Dressing

- Grind walnuts, and mix them well with *tofu* (20g), *mirin*, vinegar, white *miso* (15cc each), and olive oil (15cc).

How to Make *Dashi* (Stock)

Ingredients (easy-to-make amount)

- *Kombu* 10 cm square ... 1 sheet
- (*Shiitake* mushroom ... 1 * depending on the dish)
- Water ... 5 cups (1 cup = 200cc)

Recipe

- ①Lightly wipe *kombu* (and **shiitake* mushroom) with a damp cloth to remove any dirt. Do not wash, because by doing so, *umami* or good flavour on the surface will be lost.
- ②Soak the *kombu* (and the *shiitake* mushroom) in water overnight.
- ③Heat up the *kombu* (and *shiitake* mushroom) broth on low heat, and turn the heat off once small bubbles appear.
- ④During spring, autumn, and winter, the soup will last 1 day at room temperature and 2 days in the fridge. In summer, it will spoil easily, so use it up.

(Source) 'Macrobiotic Cooking Guidebook', Seishoku Publishing



Traditional *dashi*



Chemical *dashi* seasoning

Dried kombu and shiitake mushrooms are also fermented seasonings!

Testing Fermented Seasonings

<u>Degustation</u>	Celery	Chicory	Cucumber	Tomato	Paprika	Potato	Tofu	Bread	etc.
Miso									
White miso									
Red miso									
Miso vinegar sauce									
Sesame miso sauce									
Peanut miso sauce									
Soy sauce									
Mirin									
Dashi									
Dashi powder									

Let's try your favourite foods with Japanese fermented seasonings!

Would you like Japanese food?

Miso Soup with Local Seasonal Vegetables

Ingredients (serves 4)

- Onion ... 250g
- Carrot ... 150g
- Pumpkin ... 300g
- Cabbage ... 200g
- Olive oil ... 15cc
- Salt and pepper ... moderate amount
- *Miso* ... 60-70g
- *Dashi* ... 5 cups (1 cup = 200cc)

Recipe

- ① Rotate and slice onions into pieces 1cm wide, and slice pumpkins into 1 cm thickness. Carrots should be cut into quarter cuts, and cabbage should be cut into about 3 cm.
- ② Warm the pot and a pinch of salt, sauté the onions, pumpkin, carrots, and cabbage in oil.
- ③ Add into *dashi*, and boil on medium heat.
- ④ Turn off the heat, and gradually dissolve *miso*.
- ⑤ Adjust the flavour with pepper.



When serving to non-vegetarians, add some meat, fish, or sausages depending on their preferences. Your favourite ingredients will go well with miso soup!

Miscellaneous information

Various Types of Knives



- ① *Nakiri* knife ... used for cutting vegetables
- ② *Yanagi* knife ... used for slicing *sashimi* or raw fish
- ③ *Deba* knife ... used for cutting meat and fish
- ④ Small *deba* knife ... used for cutting small meat and fish

Other Unique Kitchen Utensils

Bamboo sieve



This strainer is used to cool down ingredients after boiling and baking.

Mortar and Pestle



This set of mortar and pestle is used to grind ingredients.

Bamboo rolling mat



This *sushi* mat is a sheet long, thin pieces of bamboo tied together.

Flower mold



Flower-shaped foods help capture changing seasons in a presentation.

Where do you buy Japanese food?

- ✓ Clearspring (UK): <https://www.clearspring.co.uk/>
- ✓ Whole Foods Market (UK): <https://www.wholefoodsmarket.com/>
- ✓ Umami Paris (France): <https://www.umamiparis.com/>
- ✓ Naturalia (France): <https://naturalia.fr/>
- ✓ Basic (Germany): <https://basicbio.de/>
- ✓ Super Bio Markt (Germany): <http://www.superbiomarkt.com/>
- ✓ NaturaSi (Italy): <https://www.naturasi.it/>



Common household diet



Rice cakes



Hatahata, local fish



Traditional local food



Temple food



Festival stand food



High-end food

Hvála / 感謝