

Japanese Food Culture



TeamF

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outline

1. History
 2. Table Manners
 3. Annual Events & Special Foods
 4. Home Cooking
-

Which is Japanese food?



↑chinese

swiss→

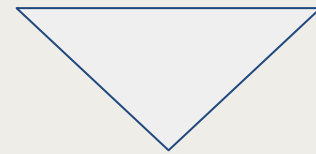


←**Japanese**
healthy & light taste

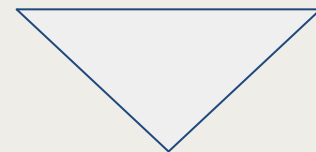


1.history

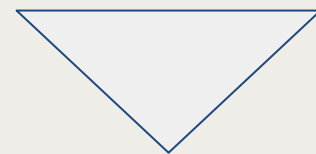
step1 : Spread of rice cultivation



step2 : Prohibition of eating meat



step3 : Seclusion (called “Sakoku”)



step4 : Westernization

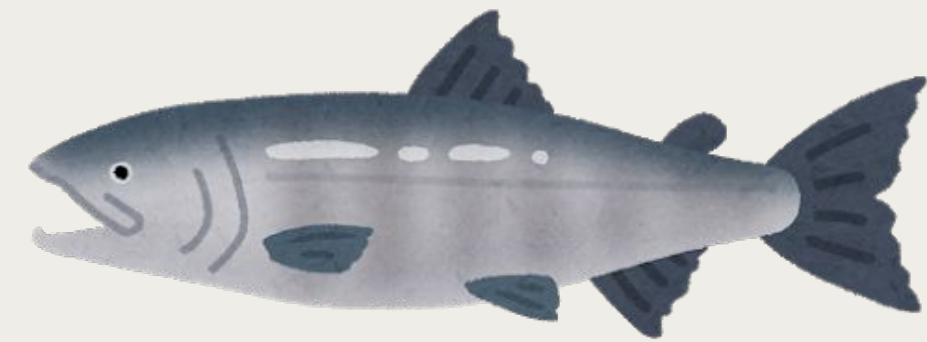
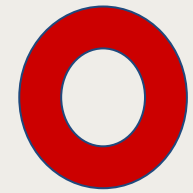
Step1 : Spread of rice cultivation

about 2300 years ago



Step2 : Prohibition of eating meat

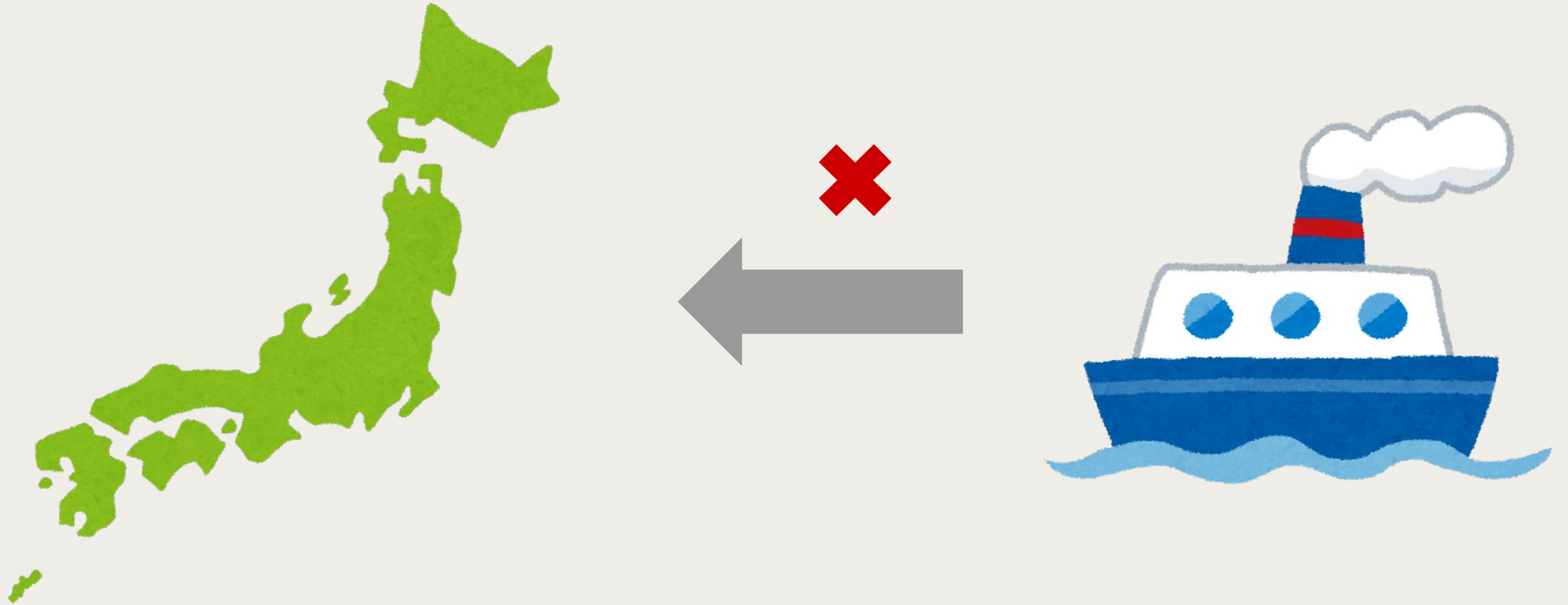
about 7c



→more healthy, create “Dashi”

Step3 : Seclusion(called “Sakoku”)

about 17c



Step4 : Westanization

about 19c



Curry rice



Croquette



Tonkatsu(pork croquette)

Japanese table manners



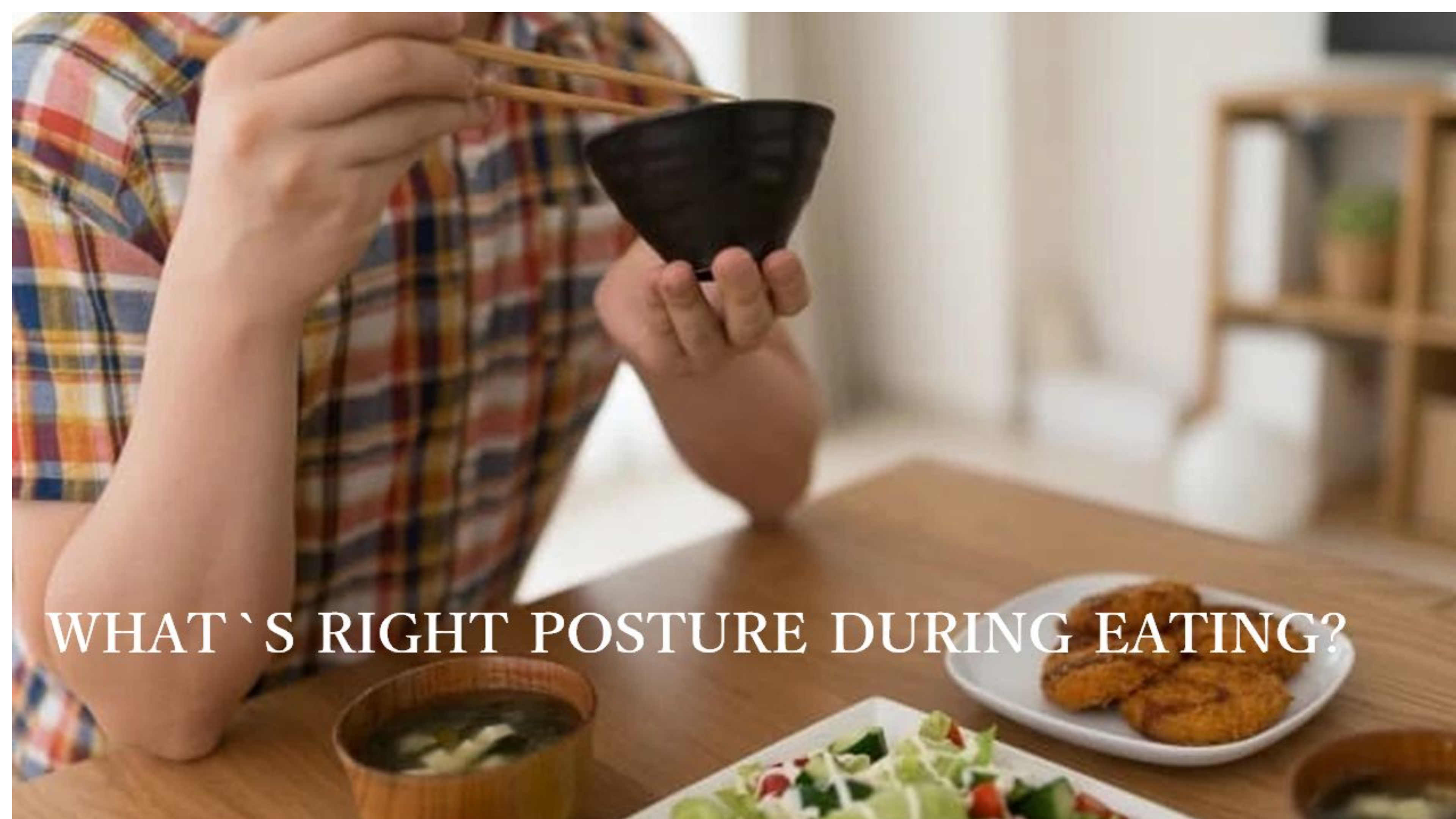




HOW TO USE HAND TOWELS



WHAT`S INDICATE ABOUT THE POUSE?



WHAT`S RIGHT POSTURE DURING EATING?

2. Annual Events & Special Foods

Osechi

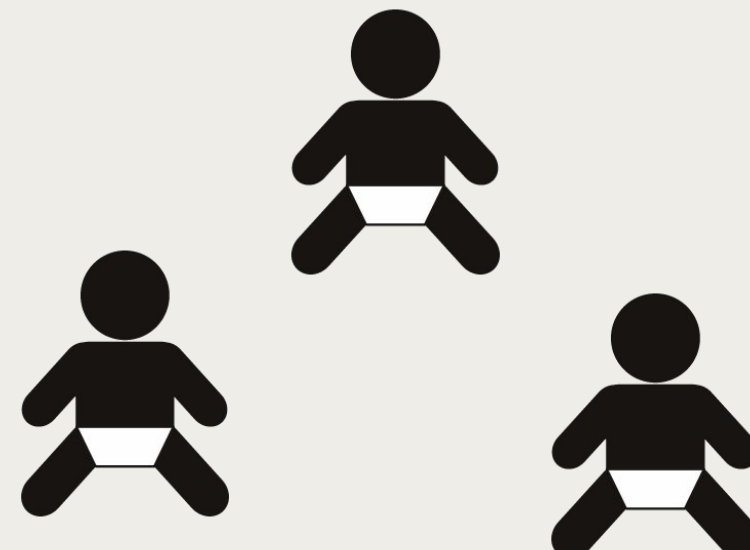


お節 エビ - Bing

shrimp



Herring roe



おせち 数の子 - Bing images

Ehomaki (Feb.3)



[恵方巻き 由来 - Bing images](#)

Toshikoshi Soba (Dec.12)



[年越しそば - Bing images](#)

3.Home Cooking



- **bonito**
- **seaweed (Kombu)**
- **dried fish**

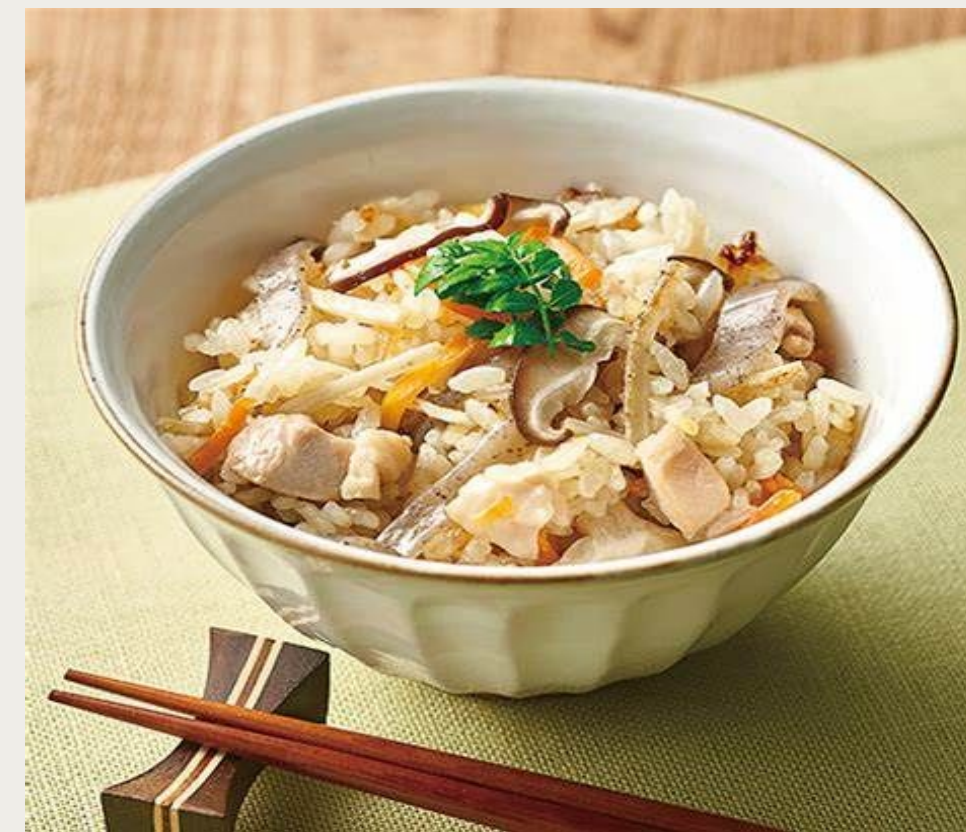
Cooking with broth(“*Dashi*”)



miso soup



nikujaga



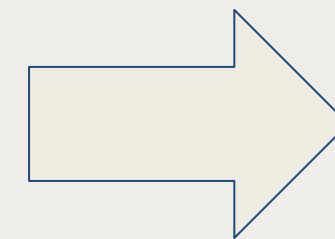
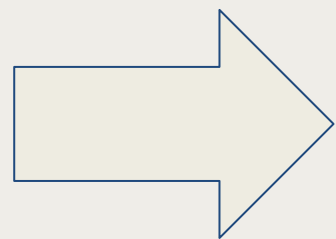
cooked rice

How to make broth ??

1. Add the ingredients to boiling water.



2. Extracting only the broth



It takes time and effort(;´・ω・)

So these days...



packed



powder

Thank you for listening!!



If you have any questions, feel free to ask us.

