



CULINARY TOUR OF JAPAN 2023

for Students of Advanced Cooking:
Japanese Cuisine

Tuesday, March 7th—Thursday, March 16th, 2023

Planning & Direction



Soul of Japan Foundation

Greeting



GREG DRESCHER

The Culinary Institute of America, Senior Advisor,
Strategic Initiatives

The Culinary Institute of America (CIA) is delighted to present this fourth Culinary Tour of Japan as a part of the Japanese Cuisine and Culture studies program offered to bachelor's degree students of the CIA. The 2023 tour is open to students enrolled in the concentration titled Japanese Cuisine: A Study of Tradition, Flavor, and Culture, taught in collaboration with the CIA's Suntory Visiting Professor of Japanese Studies, Chef Hiroki Murashima of Tsuji Culinary Institute. CIA Visiting Instructor, Chef Hiroko Shimbo, teaches two of the culinary courses in this year's concentration and CIA faculty members Dr. Beth Forrest and Dr. Willa Zhen teach the history and culture course and capstone course respectively.

As the popularity of Japanese foods continues to expand in the United States, and savvy diners expect ever-greater authenticity and more exacting execution, the CIA is committed to furthering the education of American chefs in this cuisine and culture, enabling them to offer the best of this important UNESCO Intangible Cultural Heritage to their guests. This tour is made possible in part by the generous support of the members of the CIA's Japanese Studies Leadership Council, including Suntory Holdings Limited, JA ZEN-NOH International corporation, Yamaki Co., Ltd., Gekkeikan Sake Co., Ltd., SIGMAXYZ Holdings Inc. and with collaboration from the Tsuji Culinary Institute. Special thanks to Mr. Hiroo Chikaraishi, CIA Ambassador in Japan, and the Soul of Japan Foundation for their vision, support, and planning of the tour.



CATHY JÖRIN

The Culinary Institute of America, Senior Director,
School of Graduate and Professional Studies,
Liaison to Japan, and Project Leader for
CIA Japanese Studies

As CIA Ambassador in Japan, I would like to express my great delight to have the Culinary Tour of Japan implemented as part of the CIA Japanese Studies Program and to take this opportunity to welcome all students and participants.

In 2010, together with Team of Japan consisting of 39 chefs representing Japan, I participated in the CIA Worlds of Flavor "Japan: Flavors of Culture." Focused on food, this conference provided a great opportunity to promote friendship and international exchange between Japan and the USA. Due to the participation of distinguished Japanese chefs, it significantly contributed to deepening public understanding towards Japanese culinary culture and cooking techniques.

The present culinary tour around Japan is being realized in close cooperation with chefs from Team of Japan, 2010 and many sponsoring companies. Due to their invaluable support, this program is providing visits to representative Japanese restaurants and food-related companies, lectures by chefs and company managers, and many hands-on learning experiences. I am confident that all these visits, interactions and experiences of Japanese food and culture will leave unforgettable memories in you. I also hope that these opportunities will become a valuable asset that will enrich your future lives and careers. Finally, I would like to take this opportunity to express my sincere gratitude to all our partners who supported this program in all possible ways.



HIROO CHIKARAISHI

Representative Director of
"Soul of Japan" Foundation
CIA Ambassador in Japan

Schedule

Itinerary



- Day 1 Tue. Mar. 7th, Osaka (Namba area)
- Day 2 Wed. Mar. 8th, Osaka (Namba, Abeno, Kita area)
- Day 3 Thu. Mar. 9th, Mie (Iga, Taki area)
- Day 4 Fri. Mar. 10th, Kyoto (Kyotango, Miyazu area)
- Day 5 Sat. Mar. 11th, Kyoto (Yamazaki area, etc)
- Day 6 Sun. Mar. 12th, Kyoto (Fushimi, Ichijo area)
- Day 7 Mon. Mar. 13th, Tokyo (Marunouchi, Asakusa area)
- Day 8 Tue. Mar. 14th, Tokyo (Toyosu, Akasaka, Shinjuku area)
- Day 9 Wed. Mar. 15th, Gunma, Tokyo (Minakami, Odaiba area, etc)
- Day 10 Thu. Mar. 16th, Tokyo

Participants

Faculty / Staff / Etc.

- Ms. Cathy Jörin | Senior Director
- Mr. Tony Nogales | Associate Dean
- Ms. Beth Forrest | Professor
- Mr. Hiroo Chikaraishi | Ambassador

Students

- | | |
|-------------------|-------------------------|
| Mr. Quashawn Ames | Mr. Richard Kowalczyk |
| Mr. Eric Chan | Mr. William Mahl |
| Mr. David Farmer | Mr. Isaack Nudell-Lopez |
| Mr. Kal'el Felder | Ms. Joanne Samantha |
| Mr. Zackery Grimm | Mr. Eric Sawka |
| Mr. Ryan Havey | Mr. Kristopher Valentin |
| Mr. Edgar Herrera | Mr. Edward Watkins |
| Mr. Ethan Itkin | Mr. Andrew Young |

Day1

Tue. Mar. 7th,

Time	Content	Information	Remark
14:00	Check in Hotel Gracery Osaka Namba	1-4-4 Motomachi, Naniwa-ku, Osaka-shi, Osaka 556-0016 tel. +81-6-7639-9933 https://gracery.com/namba	
17:00	Depart hotel walk to Chibo Dotonbori Shop		
17:30-18:30	Briefing Venue: Chibo Dotonbori Shop Chibo Co., Ltd.	1-5-5 Dotonbori, Chuo-ku, Osaka-shi, 542-0071 tel. +81-6-6212-2211 https://shop.chibo.com/shop/28	
18:30-20:30	Welcome Dinner Venue: Chibo Dotonbori Shop		
21:00	Return to Hotel Gracery Osaka Namba		





Day2

Wed. Mar. 8th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
09:00	Meet in the hotel lobby. Take a Subway to Tsuji Culinary Institute. (Namba Sta.→Tennouji Sta.)		
09:30-14:00	Tsuji Culinary Institute Study tour around school 10:00 Lecture by Mr. Yoshiki Tsuji, Representative, School Headmaster 11:30 Lunch: bento 12:30 Japanese Cuisine Demonstration	3-16-11 Matsuzaki-cho, Abeno-ku, Osaka-shi, Osaka 545-0053 tel. 0120-24-2418 https://www.tsuji.ac.jp/en/	
14:00	Depart to the next location by train (Tennohji Sta.→Namba Sta.)		
14:30-17:00	Sennichimae Doguyasuji (kitchen tool street) Free time	Please meet up at the next dinner location. By Subway (Namba Sta.→Umeda Sta.)	
18:00-20:00	Dinner Venue: Yakiniku Sukiyaki-Jun Umeda Main Store	7-10-7F Kakuda-cho, Kita-ku, Osaka-shi, Osaka 530-0017 tel. +81-6-6362-3350 https://www.zennoh.or.jp/shop/detail/post-18.html Supported by ZEN-NOH	
20:30	Return to Hotel Gracery Osaka Namba		

Day3

Thu. Mar. 9th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
08:00	Meet in the hotel lobby. Bus departs.		
10:00-11:30	Nagatanien (donabe maker) Nagatani Seito Co., Ltd. Igayaki Kamamoto Ceramic Art Field Trip	569 Marubashira, Iga-shi, Mie 518-1325 tel. +81-595-44-1511 https://toirokitchen.com/	
11:30	Departure (by bus)		
12:30-12:45	Welcome Greeting by Vison Taki Co. CEO Mr. Tetsuya Tachibana	672-1 Vison Taki-cho, Taki-gun, Mie 510-1233 tel. +81-598-39-3190 https://vison.jp/	
12:55-13:45	Lunch Venue: Kasaan Sanpiryoron Vison	Vison HONZO Area tel. +81-598-67-4755	
14:00-14:30	Marche Vison Tour around the shops • 18th Jinshomaru (Local fresh fish shop) • Wakiyuchi no Maguro (Tuna shop) • Ama (woman diver) Hut Nakagawa (fresh local seafood restaurant served by Ama) • Wakatake (Matsusaka Beef Butcher) • Marche (local greengrocer)		
14:30	KATACHI museum (Atelier VISON)	Museum of food utensils	
14:45-15:30	Introduction of Wa Vison	Introducing essential ingredients of Japanese food	
15:30-16:00	Lecture: Konbu dashi (introduction, Tour packing, Dashi tasting) Venue: Konbu Kura Okui Kaiseido Co.,Ltd. Mitsubishi Chemical Cleansui Co.		
16:00-16:30	Lecture: Miso (Basics of miso, miso tasting) Venue: Miso Kura Marukome Co., Ltd.		
16:30-17:00	Lecture: Mirin (Basics of mirin, miso tasting) Venue: Mirin Kura Sumiya Bunjiro Brewery Co., Ltd.		
17:30	Departure (by bus)		
19:00	Return to Hotel Gracery Osaka Namba (Free time Dinner: individually)		

Day4

Fri. Mar. 10th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
07:30	Check out. Meet in the hotel lobby. Bus departs.		
10:30-12:00	Wakuden-MORI Tour around the facility 11:00 Lunch Venue: Workshop restaurant wakuden MORI	764 Tani, Kumihama-cho, Kyotango-shi, Kyoto 629-3559 tel. +81-772-84-9901 https://mori.wakuden.kyoto/	
12:15	Departure (by bus)		
13:00-14:00	Nippon Genshosh Inc. Tour the Japanese sword production process.	314 Miyake, Tango-cho, Kyotango-shi, Kyoto 627-0212 tel. +81-772-66-3606 https://gensho.jp.com/	
14:00	Departure (by bus)		
15:15-16:00	Iio-jozo Co., Ltd. Sake Brewery Tour	3346-1 Yura, Miyatsu-shi, Kyoto 626-0071 tel. +81-772-26-0553 https://www.iio-jozo.co.jp/	
16:00	Departure (by bus)		
16:15-17:40	Iio-jozo Co., Ltd. Vinegar Brewery Tour	373 Odasyukuno, Miyazu-shi, Kyoto 626-005 tel. +81-772-25-0015 https://www.iio-jozo.co.jp/	
18:00-20:30	Dinner venue: aceto (Italian restaurant owned by Iio Jozo)	1968 Shinhama, Miyazu-shi, Kyoto 626-0016 tel. +81-772-25-1010 https://aceto.therestaurant.jp/	
20:30	Bus departs for Kyoto.		
22:30	Check in. Kyoto Traveler's Inn	91-2 Enshoji-cho, Okazaki, Sakyo-ku, Kyoto-shi, Kyoto 606-8344 tel. +81-75-771-0225 https://www.k-travelersinn.com/	
Memo			

Day5

Sat. Mar. 11th,

Time	Content	Information	Remark
	Breakfast (Hotel)	Please do not eat mandarin orange, blue cheese, and Natto for breakfast as their bacteria may interact with Miso production.	
09:00	Meet in the hotel lobby. Bus departs.		
10:00-12:00	Suntory Yamazaki Distillery lecture on distillery, walk through factory	5-2-1 Yamazaki, Shimamoto-cho, Mishima-gun, Osaka 618-0001 tel. +81-75-962-1423 https://www.suntory.co.jp/factory/yamazaki/	
12:20-13:00	Lunch Venue: Sansyotei	1 OyamazakiNishitani, Oyamazaki-cho, Otokuni-gun, Kyoto 618-0071 tel. +81-75-956-0217 https://sansyotei.com/	
13:00	Departure (by bus)		
13:35-14:05	Tea Plantation (JFOODO) Manufacturer: Mr. Yuichi Kikuoka	62 Kouzuyanogami, Joyo-shi, Kyoto 610-0103	
14:10	Departure (by bus)		
14:45-16:55	Japanese Tea Ceremony (JFOODO) Venue: The Shokado Garden and Art Museum	43-1 Yawata-Ominaeshi, Yawata-shi, Kyoto 614-8077 tel. +81-75-981-0010 https://shokado-garden-art-museum.jp/eng/ Japanese tea ceremony class by a English-speaking Japanese tea instructor	 
17:00	Departure (by bus)		
17:45-18:30	Tour and Tasting: Miso Brewery (JFOODO) Venue: Kato Shoten Limited Company	400 Ebisu-cho, kamikyo-ku, Kyoto 602-8118 tel. +81-75-441-2642 https://katomiso.raku-uru.jp/	
18:30	Departure (by bus)		
19:00	Return to Kyoto Traveler's Inn. Walk to Takeshigero.		
19:30	Dinner Venue: Kyo-Kaiseki Minokichi Main Restaurant: Takeshigero	65 Torii-cho, Awataguchi, Sakyo-ku, Kyoto-shi, Kyoto 606-8436 tel. +81-75-771-4185 http://www.takeshigero.com/english/	
21:00	Return to Kyoto Traveler's Inn		

Day6

Sun. Mar. 12th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
09:00	Meet in the hotel lobby. Take a taxi to the next location.		
10:00-12:00	Gekkeikan Okura Sake Museum	247 Minamihama-cho, Fushimi-ku, Kyoto-shi, Kyoto 612-8660 tel. +81-75-623-2056 https://www.gekkeikan.co.jp/english/kyotofushimi/museum.html	
12:00-13:30	Lunch Venue: Kikouchi Soba Genta (100% buckwheat flour noodle with no wheat flour)	574 Uoya-cho, Fushimi-ku, Kyoto-shi, Kyoto 612-8041 tel. +81-75-755-5116 https://www.instagram.com/genta_kikosoba/	
13:30	Depart to the next location by train (MomoyamaGoryomae Sta.→ Takeda Sta.→ Imadegawa Sta.)		
14:00-15:00	Toraya Kyoto Ichijo Store Lecture on history of Japanese confectionary.	415 Hirohashidono-cho, Ichijo-kado, Karasuma-dori, Kamigyo-ku, Kyoto-shi, Kyoto 602-0911 tel. +81-75-441-3111 https://global.toraya-group.co.jp/	
15:00	Free Time (Dinner on own)		
	Return to Kyoto Traveler's Inn		
	Memo		

Day7

Mon. Mar. 13th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
09:00	Check out. Meet in the hotel lobby. Take a taxi to Kyoto station.		
09:30	Bullet train departs Kyoto Station.		
11:45	Arrive Tokyo station		
12:00-13:30	Lunch Venue: Shichi Jyu Ni Kou (in Tokyo Station Hotel B1)	1-9-1 Marunouchi, Chiyoda-ku, Tokyo 100-0005 tel. +81-3-6269-9401 https://72kou.jp/	
14:30-15:00	Check in Richmond Hotel Premier Asakusa International	2-6-7 Asakusa, Taito-ku, Tokyo 111-0032 tel. +81-3-5806-3155 https://richmondhotel.jp/en/asakusa-international	
15:30-17:00	Sightseeing: Kappabashi Specialty Street for restaurant owners (Free Time)		
17:30	Depart from hotel take a train.		
18:30-21:00	Dinner: Split into 2 groups		
	Group A: Tempura Arai (Asakusa Sta.→ Kagurazaka Sta.)	Tempura Arai 4-8-B1, Kagurazaka, Shinjuku-ku, Tokyo 162-0825 tel. +81-3-3269-1441 https://tempura-arai.jp/	
	Group B: Omorikaigan Matsunozushi (Asakusa Sta.→ Omorikaigan Sta.)	Omorikaigan Matsunozushi 3-31-14 Minamiooi, Shinagawa-ku, Tokyo 140-0013 tel. +81-3-3761-5622 https://matsunozushi.com/	
21:30	Return to Richmond Hotel Premier Asakusa International		
	Memo		

Day8

Tue. Mar. 14th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
09:00	Meet in the hotel lobby. Take a subway to Toyosu Market (Asakusa Sta.→Toyosu Sta.)		
09:30–12:30	Tour around Toyosu Outer Market (Guided by Chef Naoyuki Yanagihara & Chef Yoshinori Tezuka)	6-6-1 Toyosu, Koto-ku, Tokyo 135-0061 tel. +81-3-3520-8205 https://www.toyosu-market.or.jp/en/	
	Lunch on own in Toyosu		
13:00–14:30	Lecture by Keio University Prof. Dr. Greg de St. Maurice Venue: Yanagihara Cooking School	1-7-4 Akasaka, Minato-ku, Tokyo 107-0052 tel. +81-3-3582-0707 https://www.yanagihara.co.jp/	
14:30–17:00	Lecture and hands-on cooking lesson in Traditional Japanese Cuisine by Chef Naoyuki Yanagihara Venue: Yanagihara Cooking School		
17:00	Return to hotel. Take a subway (Tameikesanno Sta.→Tawaramachi Sta.)		
18:00	Depart from Hotel take a subway for dinner.		
19:00–20:30	Dinner: Split into 2 groups		
	Group A: Omorikaigan Matsunozushi (Asakusa Sta.→Omorikaigan Sta.)		
	Group B: Tempra Arai (Asakusa Sta.→Kagurazaka Sta.)		
21:00	Return to Richmond Hotel Premier Asakusa International		
	Memo		

Day9

Wed. Mar. 15th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
07:35	Meet in the hotel lobby. Take a subway to Ueno Station. (Asakusa Sta.→Ueno Sta.)		
08:10	Bullet train departs Ueno Station.		
09:20	Arrive Jomo Kogen Station.		
10:00	Yamaki factory the Katsuobushi & Dashi Company	4000 Tsukiyono, Minakamimachi, Tone-gun, Gunma 379-1313 tel. +81-278-62-1231 https://yamaki-global.com/	
11:00	Lecture in the conference room		
12:00	Lunch (bento box) Venue: Yamaki factory		
12:45	Bus departs for Jomo Kogen Station.		
13:22	Bullet train departs Jomo Kogen Station.		
14:27	Arrive Tokyo Station. Move to the next location by train (Tokyo Sta.→Odaibakaihinkoen Sta.)		
15:00–17:00	Suntory Holdings Limited	2-3-3 Daiba, Minato-ku, Tokyo 135-8631 tel. +81-3-5579-1000 https://www.suntory.co.jp/	
17:00	Take a taxi to the next location.		
18:00–19:00	US Ambassador's residence in Japan	1-10-5 Akasaka, Minato-ku, Tokyo 107-8420 tel. +81-3-3224-5000	
19:30–21:00	Dinner Venue: AOI GARDEN FOOD HALL	Okura Prestige Tower 4F 2-10-4 Toranomom, Minato-ku, Tokyo 105-0001 tel. +81-3-5563-0858	
21:30	Return to Richmond Hotel Premier Asakusa International		

Day10

Thu. Mar. 16th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
	Check out. Meet in the hotel lobby.		



Suntory Holdings Limited



JA ZEN-NOH International corporation



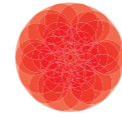
Yamaki Co., Ltd.



Gekkeikan Sake Company, Limited



SIGMAXYZ Holdings Inc.



JFOODO

The Japan Food Product Overseas Promotion Center

COOPERATION

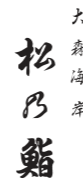


Ito Jozo Co.,Ltd



VISON

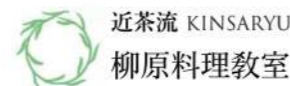
VISON
Aqua Ignis Corporation



Matsunozushi



MINOKICHI,INC



Yanagihara Cooking School



the 72 seasons



Chibo Co., Ltd.



Tsuji Culinary Institute Group



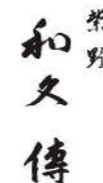
Tempura ARAI



Toraya Confectionery Co. Ltd.



Nagatani Seito Co., Ltd.



Wakuden CO.,LTD.

Japanese Manners

Everyday Life

1. Telephone etiquette

In Japan, there are many places where the use of mobile phones is restricted. Japanese people do not usually use their mobile phones in elevators, or on trains and buses. The use of mobile phones is prohibited in public places such as haute restaurants, hospitals, cinemas, and theatres.

2. Using the escalator

Japan is a country with a widespread use of escalators. Japanese people usually stand on the left side of the escalator, leaving the right side for people who are in a hurry. In Western Japan, however, it is the other way around, so if you get confused, just follow the line on the escalator. In case two or more people use the escalator together, it is important to line up in a vertical row in order to avoid obstructing other people's movement on the escalator.

3. Restroom etiquette

In case the restroom stalls are occupied, you need to wait for your turn in a queue – not in front the door of the restroom stall, but a little bit away from it. Used toilet

paper must be flushed down the toilet. Toilet slippers are provided in some

4. Tip

Unlike in the USA, in Japan there is no custom of tipping, so it is not necessary to leave tips in hotels, restaurants, resorts, etc. The reason is that there is a service charge of 10% in hotels, while in restaurants a fixed service tax is due when food and drink charge is above a certain amount.

5. Waste separation

In Japan, it is common to divide garbage into different groups. On almost all dust bins there is a notice “Combustibles” / “Incombustibles”. At stations and convenience stores, waste is further sorted into “Magazines and newspapers,” “Cans and bottles,” “Combustibles,” and “Incombustibles.” Japanese people avoid littering, and foreign tourists should also keep this rule.

Japanese Food Culture and Table Manners

1. Japanese Food Culture

In 2013, traditional Japanese food culture was added to UNESCO intangible heritage list. The concept of “washoku” (Japanese food) does not refer only to cooking itself, but also to food-related customs and practices, rooted in the soul of Japanese people and their respect for nature. Blessed with rich natural resources, Japanese people have developed cooking techniques and utensils that keep the natural flavor of the ingredients and use variety of local foods rooted in the sea, mountains, and lands of each region. A typical Japanese meal consists of a bowl of soup, rice and three side dishes. The beauty of nature and seasonal transition are expressed in table arrangement by using certain plates, flowers, and leaves according to the season. Japanese food culture is closely related to the chief events of the year; sharing food during festivals and annual events

contributes to tightening family times and community bonds. The typical meal configuration (a bowl of soup, rice and three side dishes) and the low-fat diet based on umami taste contribute to prevention of obesity and adult diseases and the longevity of Japanese people.

2. Table Manners

Holding the bowl in one's hands and lifting it to the mouth is a uniquely Japanese table manner.

a) Dishes and utensils

All dishes and utensils are set according to the Japanese etiquette; chopsticks are on a rest, facing to the left. The food box lies in the centre of the table without being lifted, while the soup bowl is in the right. In case of a set menu including udon or soba noodles, these table manners are not required. In most cases chopsticks are

Japanese Manners

used, but spoons and forks are also provided in many eating establishments today.

It is acceptable to eat fruit and sweets with one's hands, but in the case of meat and fish dishes, proper utensils should be used. Some dishes are specially prepared for eating by hands, such as sushi and boiled crab. However, there are some cases when it is required to eat sushi with chopsticks.

b) Rice bowl

In the past, there was no habit to eat sitting around the table in Japan. People used to sit straight on a tatami mat, eating the food arranged in front of them on a tray, using chopsticks. Today, the habit of eating while holding the bowl in one's hands is related to this particular aspect of Japanese cultural tradition. It is considered bad manners to lean forward over the table to eat rice or soup. Holding the bowl in one's hands and lifting it to the mouth is the correct way of eating Japanese food.

The correct way of holding the bowl is to press your thumb against the rim of the bowl, while stretching the other four fingers to the bottom. In this way, the bowl will not burn your fingers even if it contains hot soup. Straightening one's forefinger, middle finger, ring finger, and little finger all in parallel is a refined way of holding the bowl. In case of slightly heavier bowls such as those of ceramics, you should press your thumb against the rim of the bowl to keep it firm.

In tea ceremony, the tea bowl should be held with your right hand, while supporting it lightly at the bottom with your left hand. Facing the front, you should gently tilt the bowl and have a sip of tea, bearing in mind that the act of drinking itself should be beautiful and aesthetic. Although South Korea belongs to the same cultural area where chopsticks are used, dining etiquette does not require holding the bowl with one's hands and lifting it to the mouth.

c) Other plates and dishes

In the case of tiered food boxes and medium-large bowls suitable for donburi (a bowl of rice topped with meat or fish), holding the vessel with one's hands and lifting it to the mouth is optional. In the case of ramen noodles, which originated in Chinese cuisine but developed into a unique Japanese food in the course of time, one can hold the ramen bowl by hand without necessarily lifting it to the mouth. In home-style cooking in which western foods are served along with Japanese dishes, bowls of soy soup and rice are held with hands and lifted to the mouth, while big plates on which various foods are arranged are not.

d) Chopsticks

In Japan, there is a belief that chopsticks have a soul.

There is even a saying that Japanese food begins with chopsticks and ends with chopsticks. That is why the proper use of chopsticks is a matter of special importance.

For eating any food (except in liquid form) in Japan, it is basic manners to use chopsticks, unless forks, spoons, and other tableware are specially prepared on the table. Chopsticks are the tool to pinch (nip and pick up) some foods, and therefore should not be used to impale or stab any food. One must not hold chopsticks with one's right and left hand using them as knife. Among other Japanese tableware, lacquered tableware (wooden tableware coated with lacquer) are so delicate and sensitive that no metalware such as spoons and forks can be used with it (such metalware may scratch and destroy the lacquerware). Therefore, a request to use spoon and a fork by a foreigner who is not experienced in using chopsticks may be declined, especially in kaiseki cuisine in which lacquerware is often used.

3. Serving and eating

In most cases, a number of dishes are served at one time in front of the guest, but there are also situations in which dishes are served one by one. In this case, it is considered improper manners to deplete one dish, emptying it before eating the other dishes. It is important to keep a good balance and eat all dishes evenly in order. This is called "sankaku-tabe" (triangle eating). In most cases, dishes are arranged in such a way as to make the guest enjoy his food to the utmost extent by tasting each dish in turn.

All the dishes served for the guest are to be finished. At the same time, in the case of full-course dinner, sea bream grilled so that it retains its original form is not eaten at the spot, but is taken home. This is based on the special value attached to food in Japanese culture.

According to Dogen Zenji, the founder of the Soto school of Zen in Japan, since food is the product of the effort of many people, it must be treated with respect. That is why leaving food at eating establishments in Japan is also considered a breach of manners. In case of leaving some food, one has to carefully explain the reason; dislike for a particular food, full stomach, an allergy, or a specific food taboo. In case of soba or udon soup, one can choose whether to drink it up, or leave it.

People in a lower social position do not touch their chopsticks until their superiors start eating. Since sometimes it is difficult to define who is in a superior position, there are situations in which everyone waits to start eating. Because the meal is usually prepared on a tray for each person, the main dish and the side dishes are served individually. One must eat the soup, rice, the

side and main dishes alternately so that to finish all the food at the same time. When kaiseki (traditional multi-course Japanese dinner) is served, one leaves a little bit of rice when they have finished the soup, to eat it together with mukoduke, a dish placed on the far side of the serving table, after sake is served.

How to eat rice: Eat rice with chopsticks. In case you are served a rice bowl dish, you should not stir the rice and the toppings, but eat them alternately.

How to drink soups: Don't slurp and make sounds when drinking soup. In case you are served a Japanese dish, you must hold the bowl of soup in your hands and put your mouth at the brim of the bowl to sip the soup. Eat the ingredients with your chopsticks without using a spoon. In order to protect the patterns inside the bowl, after finishing the soup, return the lid as it had been originally placed on the bowl.

How to eat noodles: Generally, slurping is not acceptable, but in some cases, such as eating udon and soba, it may be considered stylish.

Sounds: You should not make sounds with tableware or while you have food in your mouth. It is also a breach of manners to make sounds while chewing or to talk with a full mouth. Holding food over one's hand: Generally, Japanese food is served on plates or in bowls and it is not acceptable to form a plate with your hand while eating. In case there is no plate provided, you should use kaishi, paper folded and tucked inside the front of one's kimono, especially for use at the tea ceremony.

4. Dining with others

It is not acceptable to talk with a full mouth, or while chewing food. Conversations are held between courses or when there is no food in your mouth. When you have a dinner with a number of persons, you should be careful in your dining speed. It is important not to finish remarkably earlier than others, or to remain eating while others have finished. To leave the dining table in mid-course is considered a breach of manners.

5. Tatami-mat room

In situation when dinner is held in tatami-mat rooms, sitting positions indirectly show the rank and hierarchical relations of the participants. In most cases, the place farthest from the entrance of the room and nearest to the flower arrangement or hanging scroll called "kamiza" is where the highest ranked person or the most important guest will be seated.

Trampling down on a zabuton, a Japanese cushion for sitting on the floor, is also considered impolite. The best way to avoid any trouble in the course of business is to show your name card to the usher or other persons in

charge who will guide you to the right place to sit down. When you step in tatami-covered places, you must leave off your footwear such as shoes, sandals, and slippers. At the same time, you should not take off your socks or tabi (Japanese-style socks with the big toe separated). Since only the departed have their shoes on during the funeral, it is considered a bad omen to wear footwear on tatami. It is also regarded ill manners to step on shikii, the wooden rails that serve to slide shoji (a light paper sliding door) and fusuma (a heavier sliding panel). This rule is rooted in the belief that since shikii is connected to the pillars and is thus part of the structure of the building, the house itself will be damaged in case someone steps on the threshold.

6. Alcoholic beverage

At formal dinners, sake drinks are offered after a round of dishes is completed and the guests are waiting for the next course to be prepared. Alcohol is not served unless the main dish is finished. In informal situations, however, Japanese dishes may be served together with alcoholic drinks. At formal dinners like kaiseki, sake drinks are served with the first relishes. In the case of honzen, a formal full-course dinner for entertaining guests, sake drinks are offered from the beginning to the end of the meal. In this case, sake drinks accompanied by small relishes are served. The purpose is to enjoy communication in a relaxed atmosphere, so while sake drinks are served, strict manners are not required.

We hope you find this educational program enlightening and a good entry into your Advanced Cooking: Japanese Cuisine Program this spring.
