

JAPANESE COOKING COURSE

OBJECTIVES

- **To define Japanese:**
 - Location
 - Climate
 - Season
 - Influence
- **To demonstrate Japanese cooking**
- **To cooking assigned Japanese food**



INTRODUCTION

Japanese food is an expression of their culture, a culture based on its location, climate, history, and thinking.

Before venturing to Japanese cuisine, one must understand and know about Japan.

LOCATION

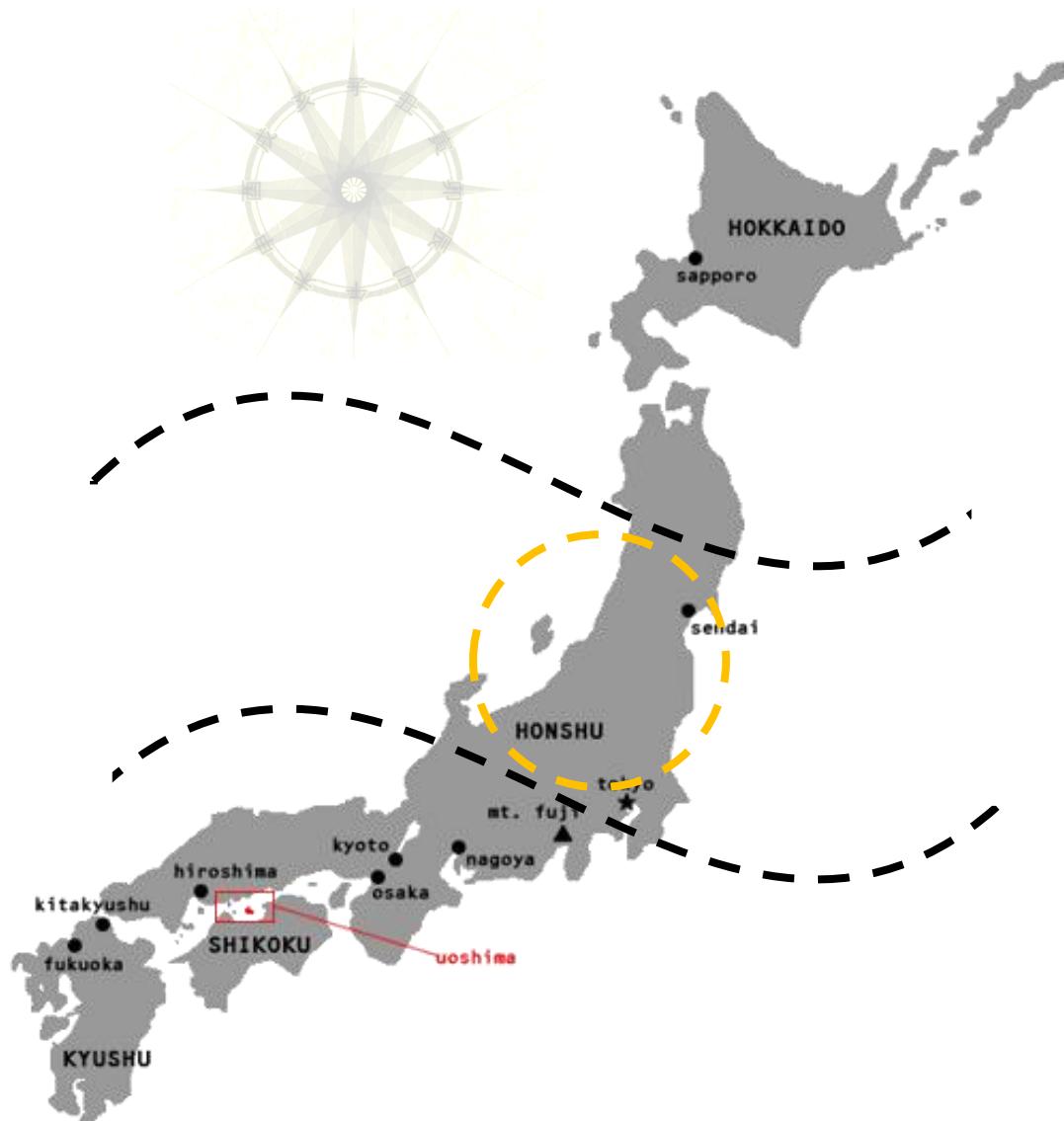
Japan consists of Northern part which is cooler throughout the year and produces potato, corn, apples, dairy products.

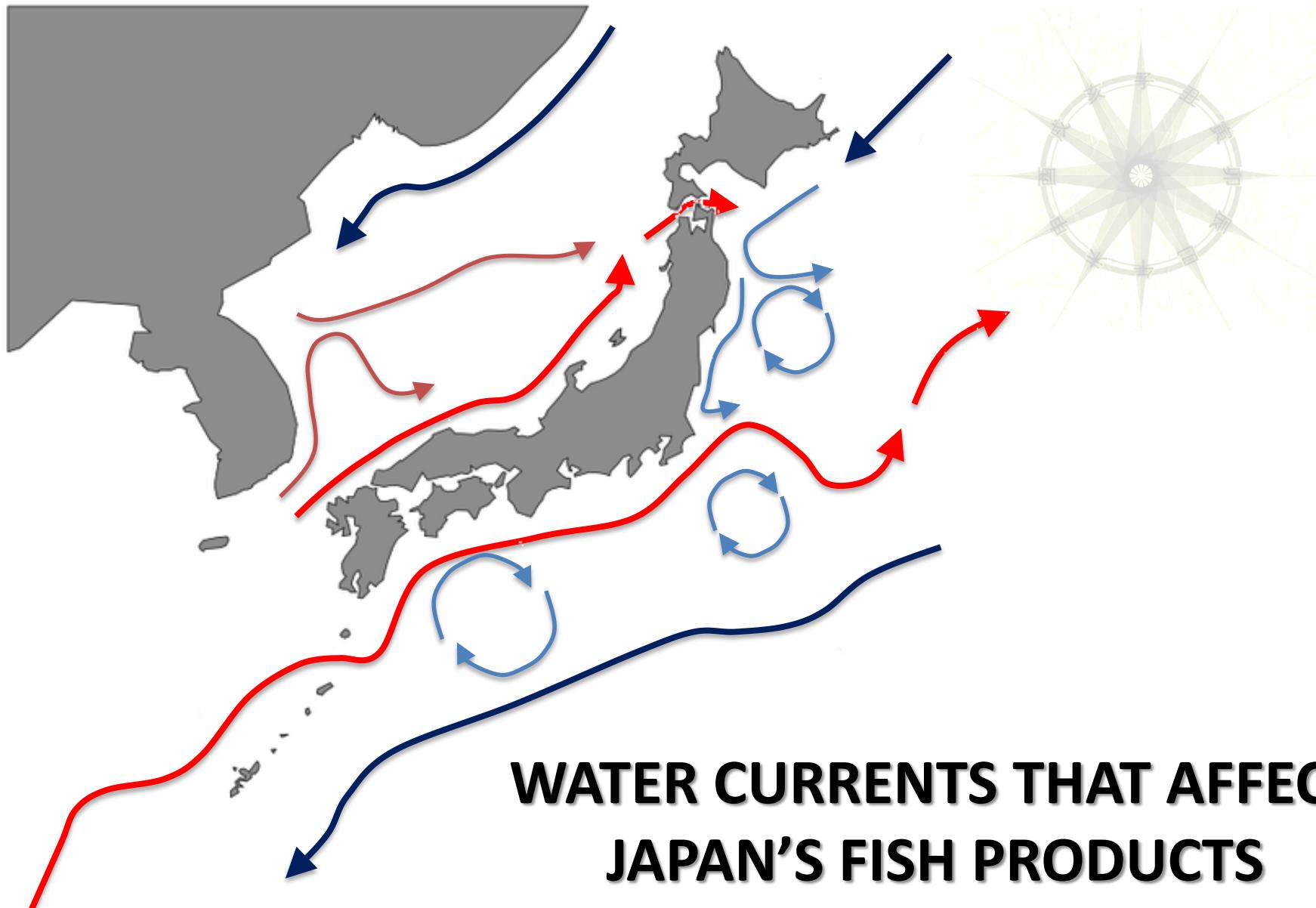
The southern part which is hotter produces crops such sweet potato, dried mushroom, orange, and pineapple.



CLIMATE

Japan belongs to the temperate zone with four distinct seasons, but its climate varies from cool temperate in the north to subtropical in the south. The climate is also affected by the seasonal winds that blow from the continent to the ocean in winters and vice versa in summers.





SPRING SEASON

At the end of February starts the blooming of Japanese apricots, followed by peach blossoms after the middle of March. Gradually getting warmer by every rainfall, the season moves on to April led by the fresh green of young sprouts, comes one of the most pleasant months in Japan, May.

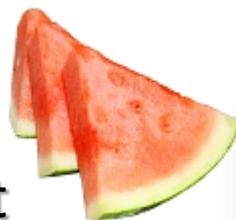


SUMMER SEASON

Mostly by the end of July the rainy season would be over, and then comes the days of abundant sunshine.



Temperatures keep rising until it hits the peak from the end of July to mid-August.

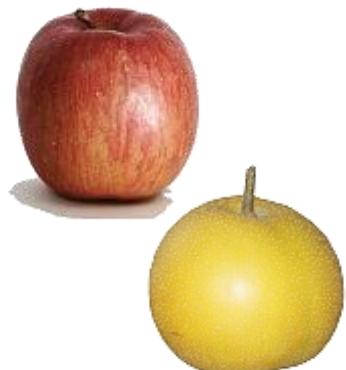


There are slight differences according to each region, but a daytime high in midsummer can easily go above 30°C and sometimes even up to 40°C.



AUTUMN SEASON

This season bears fruits such as apples, pears, grapes and chestnuts. Rice are harvested during this season which Japanese live on, fish like salmons and sardines that are well fed during the summer, with just enough fat.



WINTER SEASON

Winter sets in around December and stays until February. Winter in Japan sometimes can be extremely chilly, and there are days when the daytime high barely reaches 5°C. The Pacific side of the country is cold and dry with mostly clear weather, while the mountainous regions and the Japan Sea side experience heavy snowfalls.



NIKU-JAGA



FUGO



Chinese and Korean influence

Japanese culture was under the influence of China and Korea for long time. And Western culture sailed in Japan in the twentieth century. These mixed with own Japanese culture and made up present Japanese culture. Most Japanese food that even Japanese know as their own food actually came from China, Korea, and other Asian and Western countries. But most of these foods were modified thus the term “Japanese style”.



BASIC RULE OF JAPANESE FOOD

1. Dinner is the main meal in a day. Lunch is the secondary meal and breakfast is the simplest meal.



Asagohan/Breakfast

BASIC RULE OF JAPANESE FOOD

2. Basic combination is rice, soup, and one dish of fish, meat or fowl, one dish vegetables. Vegetable is important in Japanese food especially in a ship.



BASIC RULE OF JAPANESE FOOD

3. Hot food suits menu in cool season or area. Cold food suit menu in hot season or area.
4. Hot foods should be served hot. Cold food should be served cold. This requirement is not so easy to realize. For serving, Tempura that is hot, it should be cooked once the crew/officers has arrived or it should be kept it in the oven, never put it on the table after cooking.



BASIC RULE OF JAPANESE FOOD

5. Japanese eat raw fish or not well-heated food for eating such food, foods should be cooked hygienically and food material also stored sanitarily. Some Japanese eat fresh eggs or appreciates half heated omelet. Like these eggs should be stored in good condition in the chamber (refrigerator) and eggs that are to be cooked are brought to the galley before cooking. If not, they lose its freshness.



BASIC RULE OF JAPANESE FOOD

6. Several dishes and bowls are used for a meal. One dish or bowl is filled by only one kind of food in Japanese style. Different foods are not served on one dish. This way present taste, smell or temperature from transferring to other. An exception to this part would be the rice topping dishes such as Hayashi or Curry rice.



BASIC RULE OF JAPANESE FOOD

7. "Dish up" or decorating the dish is important for Japanese food same as French food or Chinese food it is influence by cook's sense of beauty. Balance of colors of food and dish are important in dishing up.



BASIC RULE OF JAPANESE FOOD

8. Most of the Japanese, especially above 35 years old people don't appreciate so much food that are served for them. They are not able to eat so much food like other nationality. Their interest is in quality of food, not in quantity. Even too much food are served for them, they try to eat all. Because they think it is not a good manner to have left over.



Cooking Japanese rice

“Why is Japanese rice sticky?” The answer: Because of its type of rice grain. The shorter the grain of rice, the higher the starch content, and the higher the starch content, the stickier the rice.

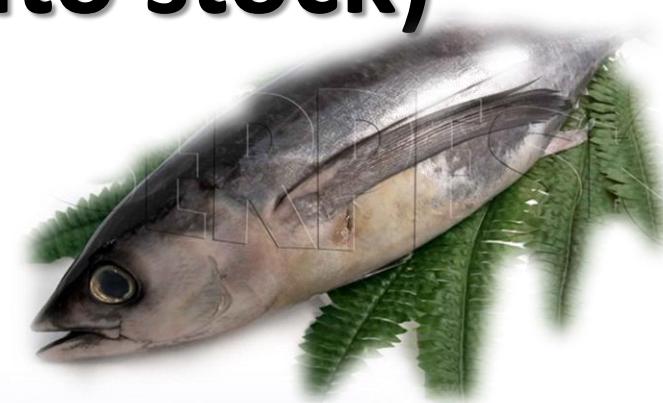
Steps in cooking Japanese rice:

1. Wash the rice
2. Soak the rice
3. Cook the rice
4. Steam the rice after cooking



Making Dashi (Bonito stock)

Dashi, or bonito stock is the basis of all Japanese cooking. Dashi is a distinctively flavored fish and seaweed stock which gives the authentic base flavor to many Japanese dishes. It is made by steeping *kombu*, a form of kelp (seaweed) in hot water, then adding *hana-katsuo* (shaved, dried bonito). "Hondashi" and other instant powdered alternatives exist, but they often contain MSG, and taste instant.



Making Dashi (Bonito stock)



Prepare ingredients



Soak kombu and boil



Add katsuobushi flakes



Reduce heat and simmer
for 10 seconds



Remove from heat and let
katsuobushi flakes sink



Strain with cloth

Making Dashi (using Hon-dashi)

Hon-dashi granules
require a tsp per 1 cup
(250mL) of boiling
water.

Simple, economical
and saves time in
preparation.



MENU ONE



Soy Soup
Gohan
(plain rice)
Korroke
(potato croquette)
Nasu
(eggplant)

MENU TWO

Maki Sushi

(big roll sushi)

Chawan Mushi
(custard soup)

Aemono

(cucumber salad)



MENU THREE

Chahan
(fried rice)

Won-ton soup
Harumaki
(spring roll)



MENU FOUR



**Gomoku Rice
Hamburger Steak
Simmered Chard
Egg Soy Soup**