

目 次

はじめに

和食検定実施要領

第1章 和食文化 25

1 和食文化とは 26

- (1) 和食文化の成り立ち 26
- (2) 和食の基本 26

2 一汁三菜とは 28

- 一汁三菜の世界 30
- 【一汁三菜の世界図】 32

3 和食文化誕生 34

- (1) 日本の地理、地形、気候からみる和食 34
 - 1) 気候の特徴 34
 - 2) 豊かな水 36
 - 3) 海流がもたらす豊かな魚食文化 36
- (2) 特徴的な項目でみる和食文化の流れ 38
 - 1) 米文化の変遷 42
 - 米からつくられる酒 44
 - 2) 料理の変遷 46
 - 道具（器・箸） 50
 - 日本人と肉食 52
 - 3) 調味料の歴史 52
 - 日本人とすし 54

復習 56

第2章 和食文化の継承 57

1 地域の食材と郷土料理 58

■地域の食文化を担う郷土料理

- 47都道府県の郷土料理- 60
- 【日本の主な郷土料理名】 60
- 北海道・東北地方** 62
 - ①北海道／石狩鍋 62
 - ②青森県／いちご煮 62
 - ③岩手県／ひつつみ 62
 - ④宮城県／はらこ飯 62
 - ⑤秋田県／きりたんぽ鍋 64
 - ⑥山形県／いも煮鍋 64
 - ⑦福島県／こづゆ 64
- 関東地方** 64
 - ⑧茨城県／鯵鰈鍋 64
 - ⑨栃木県／しもつかれ 66
 - ⑩群馬県／おっきりこみ 66

⑪埼玉県／いが饅頭 66

⑫千葉県／鰯のごま漬 66

⑬東京都／深川丼 68

⑭神奈川県／けんちん汁 68

北陸・中部地方 68

⑮新潟県／のっぺい汁 68

⑯富山県／鱈のすし 68

⑰石川県／治部煮 70

⑱福井県／小鯛の笹漬け 70

⑲山梨県／ほうとう 70

⑳長野県／おやき 70

㉑岐阜県／朴葉味噌 72

㉒静岡県／鰻の蒲焼 72

㉓愛知県／味噌煮込みうどん 72

近畿地方 72

㉔三重県／てこねずし 72

㉕滋賀県／鮎すし 74

㉖京都府／おばんざい 74

㉗大阪府／箱すし 74

㉘兵庫県／ほたん鍋 74

㉙奈良県／柿の葉すし 76

㉚和歌山県／めはりずし 76

中国・四国地方 76

㉛鳥取県／蟹汁 76

㉜島根県／鱸の奉書焼 76

㉝岡山県／ママカリすし 78

㉞広島県／牡蠣の土手鍋 78

㉟山口県／ふく料理 78

㉟徳島県／そば米雑炊 78

㉞香川県／あんもち雑煮 80

㉞愛媛県／じゃこ天 80

㉞高知県／皿鉢料理 80

九州・沖縄地方 80

㉞福岡県／がめ煮 80

㉞佐賀県／須古ずし 82

㉞長崎県／卓袱料理 82

㉞熊本県／辛子蓮根 82

㉞大分県／鰯のあつめし 82

㉞宮崎県／冷汁 84

㉞鹿児島県／きびなご料理 84

㉞沖縄県／チャンブルー 84

2 行事と和食 86

(1) 冠婚葬祭と料理 86

冠 86

婚 86

葬	88	●蟹飯／河豚鍋／茶振り海鼠	112
祭	88	●金平牛蒡	112
(2) 年中行事と料理	90	●紅白膾	112
【主な年中行事】	90	5) 季節を問わず使われる食材	114
●正月	90	●干物／練り物／豆腐	114
お節料理／雑煮	90	●塩辛／魚卵／佃煮	114
●鏡開き	92	シルエット解説	116
●節分	92	復習	117
●春彼岸	92		
●花見	92		
●夏越の祓	92		
●土用の丑	94		
●十五夜	94		
●秋彼岸	94		
●十三夜	94		
●七五三	94		
●冬至	96		
●大晦日	96		
(3) 曆と料理	96		
1) 曆とは(太陰暦・太陰太陽暦・太陽暦)	96		
2) 二十四節気と雑節	98		
【曆一覧表(新暦による、二十四節気と雑節)】	98		
3) 五節供(五節句)	100		
●人日	100		
●上巳	100		
●端午	100		
●七夕	102		
●重陽	102		
3 四季の食材と料理	104		
■食材と季節感	104		
1) 春の食材と料理	104	1) 糜	124
●貝類のお造り／蛤の潮汁	104	●糜のさまざまな利用法	124
●鰯姿焼き	104	5) 米(梗米)からつくられる食べ物	124
●山菜の天ぷら／独活酢味噌和え	106	【主な食べ物】	124
●落葉青煮／空豆塩茹で	106	6) 糯米からつくられる食べ物	126
2) 夏の食材と料理	106	7) 米から生まれた酒と神事	126
●鱧ちらり／鮎塩焼き	106	8) その他の穀類	126
●鰯の叩き／泥鰌の柳川鍋	108	●小麦／玉蜀黍	126
●枝豆の塩茹で／冬瓜の煮物	108	(2) 魚介類／藻類	128
●茗荷	108	1) 魚／甲殻類／軟體類／貝類／藻類	128
3) 秋の食材と料理	108	2) 赤身の魚／白身の魚／青魚	128
●伊勢海老姿造り	108	光り物	128
●秋刀魚塩焼き	108	3) 海藻類	130
●鯖味噌煮	110	4) お祝いに用いる魚	130
●松茸ご飯／酢蓮根	110	●出世魚	130
●揚げ銀杏／里芋のにっころがし	110	●語呂のよい魚・めでたさにつながる魚介	130
4) 冬の食材と料理	110	5) 活用法	132
●鮮昆布締め／甘鯛若狭焼き	110	6) 魚偏の漢字	132

7) 乾物類	138	●玄米茶／玉露	162
8) 薬味（香辛料）	138	●碾茶／抹茶	162
●山葵／生姜	138	2) 効用	162
●大根おろし／染めおろし／紅葉おろし	140	3) 淹れ方／飲み方	162
●七味唐辛子	140	●煎茶の淹れ方	162
●粉山椒／胡椒／柚子胡椒	140	●抹茶（お薄）の点て方と飲み方	162
(4) 肉類／卵類	142	(3) 和菓子	164
肉の禁忌	142	□季節の和菓子／年中行事と和菓子	164
1) 牛肉	142	【主な年中行事と和菓子】	164
2) 豚肉	142	(4) 器	166
3) 鶏肉	142	1) やきもの	166
4) 合鴨	144	陶器／炻器／磁器	166
5) 鹿肉／馬肉／猪肉	144	京焼	166
6) 鯨肉	144	染付／色絵／黄瀬戸／織部	166
7) 卵類	144	瀬戸物	166
2 和食の味わいを生み出す要素	146	2) 木の器	168
(1) 水	146	●椀／膳（折敷）／盆	168
1) 水が支える和食	146	3) 和食の器の特徴	168
2) 日本の水の特徴	146	(5) 箸	170
灘の男酒と伏見の女酒	146	1) 日本人と箸食文化	170
(2) うますぎ	148	2) 日本の箸	170
1) うますぎの活用	148	3) 正しい箸の持ち方／使い方	170
2) 出汁に用いられる食材	148	4) 箸の種類	172
●節類／煮干し類	148	■手元箸	172
●昆布／干し椎茸／その他	148	5) 箸使いのタブー	172
3) 発酵食品の知恵	150	復習	174
●漬け物／糠床	150		
●味噌／しょっつる／納豆	150		
(3) 調味料	152		
1) 塩	152		
2) 味噌	152		
3) 醤油	152		
4) 酒	154		
5) 酢	154		
6) 甘味	154		
●味醂／砂糖	154		
3 和食を演出する要素	156		
(1) 日本酒（清酒）	156		
1) 日本酒の種類／特徴／味わい	156		
精米歩合とは？	156		
2) 日本人とお酒	158		
●お屠蘇／白酒／甘酒	158		
●三三九度／お酌のマナー	158		
(2) 日本茶	160		
1) 種類／特徴／味わい	160		
【製法による茶の大まかな分類】	160		
●煎茶／深蒸し煎茶	160		
●番茶／ほうじ茶	160		
		第4章 和食の技とおもてなし	175
		1 和食と料理	176
		■和食の彩り	176
		2 ご飯を炊く・出汁をとる	178
		(1) ご飯を炊く	178
		1) 米を研ぐ	178
		【米の研ぎ方】	178
		2) ご飯の炊き方	178
		3) ご飯のよそい方	178
		お櫃	178
		(2) 出汁をとる	180
		1) 出汁の素材－昆布類・節類・煮干し類－	180
		2) 出汁の使い分け	180
		3) 汁物	180
		【主な料理例】	182
		4) 出汁のとり方（一番出汁）	182
		【昆布と鰹節でとる出汁】	182
		【煮干し出汁】	182
		(3) 基本は五味五色五法	184
		【五行の配当表】	185

3 和食の技	186
(1) 生(切る)	186
■切る	186
①刺身と調理のポイント	188
懷石料理の向付	188
【主な料理例】	188
②盛り付けの約束事	190
③あしらいと効用	190
●けん／つま／辛味	190
④醤油	190
【主な醤油】	190
【お造り(刺身)盛合せ】	192
お造りのバリエーション	192
(2) 焼く	194
炭の効用	194
■焼き物と調理のポイント	194
【主な料理例】	194
【鯛の兜焼き】	196
化粧塩	196
【鯛の照焼き】	196
タレの基本は「四分六」	196
器の正面	197
(3) 煮る(炊く・焚く)	198
■煮物と調理のポイント	198
【主な料理例】	198
【筑前煮】	200
焚合せ	200
翡翠煮	201
(4) 蒸す	202
■蒸し物と調理のポイント	202
【主な料理例】	202
茶碗蒸し／吸い口	202
【鯛の薫蒸し】	204
蓋物の扱い	204
蓋の開け方	205
(5) 揚げる	206
■揚げ物と調理のポイント	206
【主な料理例】	206
【天ぷら盛合せ】	208
揚げ出し豆腐	208
片口の器の置き方	209
(6) 茄でる／和える	210
①茄で物と調理のポイント	210
②和え物と調理のポイント	210
【主な料理例】	210
【筍の木の芽和え】	212
野菜の白和え	213
(7) 潬ける	214
■漬け物とは	214
【主な料理例】	214
糖漬け／塩漬け	214
(8) プロの料理と家庭料理	216
1) 盛り付けの違い	216
2) 調理プロセスの違い	216
(9) 調理道具	218
●包丁／真魚板	218
●丸鍋(やっこ鍋)／やっこ	219
●落とし蓋／フライパン／菜箸	219
●木杓子／玉杓子／泡立て器	220
●へら／おろし金／巻き簾	220
●すりこ木・すり鉢／バット／ボウル	221
●笊・金笊	221
●計量カップ・計量スプーン	221
4 和食のおもてなし	222
(1) 和室のしつらい	222
【和室】	224
●畳の各部の名称と敷き方	225
●装飾を兼ねた襖と欄間	225
●掛け軸	225
●四季の花々の例	225
(2) 和室での振舞	226
座り方(正座と跪座)	226
左上位	227
(3) 和食の食事作法	228
(4) 「いただきます」と「ごちそうさま」	228
【箸の使い方】	230
【鯛の塩焼きの食べ方】	231
復習	232
終章 未来に向けて	233
1 未来につなぐ和食文化	234
(1) 和食文化の継承と食育	236
□食育基本法の制定	238
●食育は知育・德育・体育の基礎	238
(2) 食料自給率を高める	240
2 和食の良さを見直す	242
(1) バランスのよい和食	242
□うま味の効用	244
(2) 未来に向けて	244
復習	246
復習解答	246
参考文献	247
索引	253

Contents

Preface

Test Guidelines for WASHOKU KENTEI

Chapter 1	Japanese food culture	25
1.	Essence of Japanese food culture	27
(1)	Origin of Japanese food culture	27
(2)	Basis of Japanese food culture	27
2.	What is Ichijū-Sansai ?	29
■	The world of Ichijū-Sansai	31
	【Chart of the world of Ichijū-Sansai】	33
3.	Origin of Japanese food culture	35
(1)	Japanese food in geographical, topographical and climatic features	35
1)	Climatic features	35
2)	Abundance of water	37
3)	Fish-eating culture brought by ocean currents	37
(2)	Passage of the time of Japanese food culture in terms of its distinctive features	40
1)	History of the rice-eating culture	43
□	Sake made from rice	45
2)	History of cooking	47
□	Utensils (dishes and chopsticks)	51
□	Japanese and meat diet	53
3)	History of seasonings	53
□	Japanese and sushi	55
	Chapter Review	56
Chapter 2	Inheritance of Japanese food culture	57
1.	Local foodstuff and local specialties	59
■	Local specialties playing a role in preservation and inheritance of local food culture	
–	local specialties from 47 prefectures –	61
	【Dish name of major local specialties across Japan】	60
	Hokkaido and Tohoku districts	63
①	Hokkaido / Ishikari-nabe hot-pot	63
②	Aomori / Ichigo-ni soup	63
③	Iwate / Hittsumi stew	63
④	Miyagi / Harako-meshi (salmon roe rice)	63
⑤	Akita / Kiritanpo-nabe hot-pot	65
⑥	Yamagata / Imo-ni-nabe hot-pot	65
⑦	Fukushima / Kozuyu soup	65
■	Kanto districts	65
⑧	Ibaraki / Ankō (anglerfish)-nabe hot-pot	65
⑨	Tochigi / Shimotsukare simmered dish (also called Sumutsukare, or Sumitsukare)	67
⑩	Gunma / Okkirikomi simmered noodle (Ni-bōtō)	67
⑪	Saitama / Iga-manjū sweet bun	67
⑫	Chiba / Iwashi-no-goma-zuke (vinegared sardine with sesame)	67
⑬	Tokyo / Fukagawa-donburi rice	69
⑭	Kanagawa / Kenchin-jiru soup	69
■	Hokuriku and Chubu districts	69
⑮	Niigata / Noppei-jiru soup	69
⑯	Toyama / Masu-no-sushi (trout sushi)	69
⑰	Ishikawa / Jibū-ni simmered dish	71
⑱	Fukui / Kodai-no-sasa-zuke (small sea bream with bamboo leaves)	71
⑲	Yamanashi / Hotō simmered noodle	71
⑳	Nagano / Oyaki sand bun	71
㉑	Gifu / Hōba (magnolia leaf) miso	73
㉒	Shizuoka / Unagi-no-kabayaki (broiled eel)	73
㉓	Aichi / Miso-nikomi-udon (simmered udon with miso)	73
■	Kinki districts	73
㉔	Mie / Tekone-zushi (local assorted sushi)	73

②⁹ Shiga / <i>Funa-zushi</i> (crucian carp sushi)	75
⑩ Kyoto / <i>Obanzai</i> daily dishes	75
⑪ Osaka / <i>Suzuki-no-hako-zushi</i> (local pressed sushi)	75
⑫ Hyogo / <i>Botan-nabe</i> (wild boar hot-pot)	75
⑬ Nara / <i>Kakinoha-zushi</i> (sushi wrapped in persimmon leaves)	77
⑭ Wakayama / <i>Mehari-zushi</i> (rice ball wrapped in pickled leaf mustard)	77
Chugoku and Shikoku districts	77
⑮ Tottori / <i>Kani-jiru</i> (crab soup)	77
⑯ Shimane / <i>Suzuki-no-hoshoyaki</i> (roasted Japanese sea bass wrapped in a paper)	77
⑰ Okayama / <i>Mamakari-zushi</i> (Japanese sardinella sushi)	79
⑱ Hiroshima / <i>Dote-nabe</i> (oyster hot-pot)	79
⑲ Yamaguchi / <i>Fuku</i> (blowfish) dishes	79
⑳ Tokushima / <i>Soba-gome-zosui</i> (buckwheat porridge)	79
㉑ Kagawa / <i>Anmochi-zōni</i>	81
㉒ Ehime / <i>Jako-ten</i> (deep-fried fish cake)	81
㉓ Kochi / <i>Sawachi-ryōri</i> (banquet dishes of sushi, sashimi and other assortments)	81
Kyushu and Okinawa districts	81
㉔ Fukuoka / <i>Game-ni</i> simmered dish	81
㉕ Saga / <i>Suko-zushi</i> (local pressed sushi)	83
㉖ Nagasaki / <i>Shippoku-ryōri</i> (Japanized Chinese style cuisine)	83
㉗ Kumamoto / <i>Karashi-renkon</i> (lotus root filled with mustard paste)	83
㉘ Oita / <i>Buri-no-atsumeshi</i> (Japanese amberjack rice in soup)	83
㉙ Miyazaki / <i>Hiya-jiru</i> (rice soaked with cold miso soup)	85
㉚ Kagoshima / <i>Kibinago</i> (blue sprat) dishes	85
㉛ Okinawa / <i>Chanpuri</i> (stir-fry dishes)	85
2. Traditional events and Japanese food	87
(1) Ceremonial occasions and Japanese food	87
冠 <i>Kan</i> Coming-of-age ceremony	87
婚 <i>Kon</i> Engagement / Wedding	87
葬 <i>Sou</i> Funeral Rites	89
祭 <i>Sai</i> Religious Rites	89
(2) Annual events and Japanese food	91
【Major Annual Events】	91
● <i>Shōgatsu</i> , New Year's	91
● <i>Osechi-ryōri</i> / <i>Zōni</i> (rice cake soup)	91
● <i>Kagami-biraki</i> , the Mirror Opening Day	93
● <i>Setsubun</i> , the Day before the First Day of Spring	93
● <i>Haru-higan</i> , the Vernal Equinox Week	93
● <i>Hanami</i> , Cherry Blossom Viewing	93
● <i>Nagoshi-no-Harae</i> , Summer Purification Rites	93
● <i>Doyō-no-ushi</i> , Midsummer Day of the Ox	95
● <i>Jūgo-ya</i> , Full Moon Viewing on the Night of September	95
● <i>Aki-higan</i> , the Autumnal Equinox Week	95
● <i>Jūsan-ya</i> , Moon Viewing on the Night of October	95
● <i>Shichi-go-san</i> , Celebration for Children of 3, 5 and 7 Years of Age	95
● <i>Tōji</i> , the Winter Solstice	97
● <i>Omisoka</i> , New Year's Eve	97
(3) Calendar days and Japanese food	97
1) Lunar calendar, Lunar-solar calendar and Solar calendar	97
2) <i>Nijū-shi-sekki</i> (the Twenty-four Seasons) and <i>Zassetsu</i> (Other Calendar Days)	99
【Chart of calendars: <i>Nijū-shi-sekki</i> and <i>Zassetsu</i> in the new calendar】	99
3) <i>Go-sekku</i> , The Five Festivals	101
● <i>Jinjitsu</i> , <i>Nanakusa</i>	101
● <i>Jōshi</i> , <i>Hina-matsuri</i> , the Girl's Festival	101
● <i>Tango</i> , the Boy's Festival	101
● <i>Tanabata</i> , the Star Festival	103
● <i>Chōyo</i> , the Chrysanthemum Festival	103
3. Seasonal dish and food	105
■ Food and Sense of seasons	105
1) Spring food and dishes	105
● <i>Shellfish sashimi</i> / Common orient clam soup / Grilled sea bream in its original shape	105
● Wild plants tempura	107
● <i>Udo</i> (Japanese spikenard) seasoned with vinegared miso	107
● Simmered Butterbur / Salt-boiled broad bean	107
2) Summer food and dishes	107

● <i>Hamo-chiri</i> (Parboiled and iced pike eel) / Salt-grilled sweet <i>ayu</i>	107
● Quick-seared bonito (<i>Katsuo-no-tataki</i>) / Loach hot-pot in <i>Yanagawa</i> style	109
● Salt-boiled <i>edamame</i> (green soybean) / Simmered wax gourd	109
● <i>Myōga</i> (Japanese ginger)	109
3) Autumn food and dishes	109
● Japanese spiny lobster (<i>Ise-ebi</i>) sashimi in its original shape	109
● Salt-grilled pacific saury	109
● Mackerel simmered with miso	111
● Rice cooked with <i>matsumake</i> mushroom / Vinegared lotus root	111
● Deep-fried ginkgo / Boiled taro tumbled in soy sauce	111
4) Winter food and dishes	111
● Marinated flounder with kelp / Grilled horse-head fish, <i>Wakasa-yaki</i>	111
● Crab rice / Blowfish hot-pot	113
● Sea cucumber parboiled in tea, <i>Cha-buri</i>	113
● <i>Kinpira-gobo</i> , sautéed burdock	113
● <i>Kōhaku-namasu</i> , red (carrot) and white (daikon radish) salad	113
5) Foodstuff in all seasons	115
● Dried fish / Fish Cakes / <i>Tōfu</i>	115
● Salted fish guts (<i>Shiokara</i>) / Roe / <i>Tsukuda-ni</i>	115
Descriptions for illustrations	116
Chapter Review	117
 Chapter 3 The world that creates elements of Japanese food culture	119
1. Foodstuff and dishes of Japanese food culture	121
(1) Rice	121
1) Japanese and rice	121
2) Process of rice cultivation	121
3) Varieties of rice	123
● Non-glutinous rice (<i>uruchimai</i>) / Glutinous rice (<i>mochigome</i>)	123
Ancient species of rice	123
● Unpolished brown rice / Polished white rice	123
4) Rice bran	125
● Various ways of using rice bran	125
5) Dishes made of rice (non-glutinous rice, or <i>uruchimai</i>)	125
【Major Dishes】	125
6) Foods made of glutinous rice (<i>mochigome</i>)	127
7) Sake made from rice and Shinto rituals	127
8) Other cereals	127
● Wheat / Corn	127
(2) Seafood / Algae	129
1) Fish / Crustaceans / Mollusks / Shellfish / Algae	129
2) Red fish / White fish / Blue-skinned fish	129
Hikari-mono	129
3) Algae	131
4) Celebratory fish	131
● <i>Shusseuo</i>	131
● Fish with names that have a nice ring to them · Seafood with an auspicious sign	131
5) Ways of using	133
6) <i>Kanji</i> characters written “fish(魚)” on the left	133
7) Wisdom of preserving fish	133
(3) Vegetables and others	135
1) Vegetables	135
【Dishes using burdocks】	134
【Vegetables native to Japan】	135
Local dento-yasai	135
2) Tubers	137
3) Beans	137
4) Mushrooms	137
5) Wild plants	137
6) Fruits	139
7) Dried food	139
8) Spices	139
● Wasabi / Ginger	139
● <i>Daikon-oroshi</i> (grated daikon radish) / <i>Some-oroshi</i> / <i>Momiji-oroshi</i>	141

● <i>Shichimi-togarashi</i> (seven dried red chilies)	141
● <i>Kosanshō</i> (powdered Japanese pepper)	141
● <i>Koshō</i> (pepper) / <i>Yuzu koshō</i> (<i>yuzu</i> citron pepper)	141
(4) Meats / Eggs	143
Animal meats prohibited	143
1) Beef	143
2) Pork	143
3) Chicken	143
4) <i>Aigamo</i> (crossbreed of wild and domestic ducks)	145
5) Venison / Horsemeat / Wild boar meat	145
6) Whale meat	145
7) Eggs	145
2. Elements create the deep flavor of Japanese food	147
(1) Water	147
1) Water plays a key role in Japanese food	147
2) Characteristic of water in Japan	147
<i>Otoko-zake</i> in Nada, <i>Onna-zake</i> in Fushimi	147
(2) Umami (deliciousness)	149
1) Ways of using umami (deliciousness)	149
2) Ingredients for deriving dashi (soup stock)	149
● Dried fish for dashi / <i>Ni-boshi</i> (boiled and dried small fish)	149
● Kelp / Dried <i>shiitake</i> mushroom / Others	149
3) Wisdom of fermented products	151
● Pickles / <i>Nuka-doko</i> (fermented rice bran paste)	151
● Miso / <i>Shottsuru</i> / <i>Nattō</i>	151
(3) Seasonings	153
1) Salt	153
2) Miso	153
3) Soy Sauce	153
4) Sake	155
5) Vinegar	155
6) Sweetness	155
● <i>Mirin</i> (sweet sake for seasoning) / Sugar	155
3. Elements create atmosphere in Japanese-style dining	157
(1) Sake or Rice wine (<i>nihonshu</i> / <i>seishu</i>)	157
1) Varieties, features and tastes of sake	157
What is <i>Seimai-buai</i>?	157
2) Japanese and sake	159
● <i>O-toso</i> (New Year's spiced sake) / White sake / <i>Amazake</i>	159
● <i>San-san-ku-do</i> (the three-times-three exchange) / Manners of serving sake	159
(2) Japanese tea (green tea)	161
1) Varieties / Features / Flavors	161
【The broad classification of tea depending on production methods】	161
● <i>Sencha</i> (ordinary tea) / <i>Fukamushi-sencha</i> (deep-steamed green tea)	161
● <i>Bancha</i> (coarse tea) / <i>Hojicha</i> (roasted green tea)	161
● <i>Genmai-cha</i> (green tea and roasted brown rice) / <i>Gyokuro</i> (highest-quality tea)	163
● <i>Tencha</i> or <i>Maccha</i> (powdered green tea)	163
2) Effects	163
3) Ways of pouring and drinking tea	163
● Way of pouring <i>sencha</i> (ordinary tea)	163
● Way of whipping up and drinking <i>Maccha</i> or <i>Ousu</i> (powdered green tea)	163
(3) Japanese sweets (<i>wagashi</i>)	165
□ Seasonal Japanese sweets / Annual events and Japanese sweets	165
【Major Annual Events and Japanese Sweets】	165
(4) Dishware	167
1) Pottery	167
Earthenware (<i>tōki</i>) / Stoneware (<i>sekki</i>) / Porcelain (<i>jiki</i>)	167
<i>Kyō ware</i>	167
<i>Sometsuke</i> (blue and white ware) / <i>Iroe</i> (painted ware) / <i>Kiseto</i> / <i>Oribe</i>	167
<i>Setomono</i>	167
2) Woodenware	169
● Bowl (<i>wan</i>) / Small individual low eating table (<i>zen</i>), tray (<i>oshiki</i>) / Tray (<i>bon</i>)	169
3) Special features of Japanese dishware	169
(5) Chopstick	171
1) Japanese and chopstick culture	171

2) Japanese chopsticks	171
3) How to hold and use chopsticks correctly	171
4) Varieties of chopsticks	173
■ <i>Temoto-bashi</i>	173
5) Taboos of using chopsticks	173
Chapter Review	174
Chapter 4 Cooking skills and hospitality of Japanese food	175
1. Japanese food and cooking	177
■ The fine arrangement of Japanese food	177
2. Cooking rice · Preparing dashi (soup stock)	179
(1) Cooking Rice	179
1) Washing rice	179
【How to wash rice】	179
2) How to cook rice	179
3) How to put rice in a bowl to serve <i>Boiled-rice container</i>	179
(2) Preparing dashi (soup stock)	181
1) Ingredients for dashi (soup stock): kelp, <i>katsuobushi</i> (dried bonito) and <i>ni-boshi</i> (boiled and dried small fish)	181
2) Appropriate use of each dashi (soup stock)	181
3) Soup, <i>shiru-mono</i>	181
【Major Soup Examples】	183
4) How to prepare first dashi (soup stock)	183
【Kelp and dried bonito flakes dashi】	183
【 <i>Ni-boshi</i> (boiled and dried small fish) dashi】	183
(3) Basis of Japanese food: <i>Gomi</i> (five flavors), <i>Goshoku</i> (five colors) and <i>Gohō</i> (five methods)	185
【Distinction of Wu-Xing】	185
3. Cooking skills and major dishes	187
(1) Serving raw / Cutting	187
■ Cutting	187
① Essentials of making sashimi	189
<i>Mukōzuke in Kaiseki-ryōri</i> (懷石料理: Tea ceremony dishes)	189
【Major Dish Examples】	189
② Rules for dishing	191
③ Toppings and its effects	191
● <i>Ken</i> / <i>Tsuma</i> / <i>Karami</i> (pungent taste)	191
④ Soy sauce	191
【Major Soy Sauce Variations】	191
【Sashimi assortment】	193
Variation of sashimi	193
(2) Roasting / Frying / Grilling / Broiling	195
Effects of charcoal	195
■ Essentials of grilling	195
【Major Dish Examples】	195
【 <i>Tai-no-teri-yaki</i> (<i>teri-yaki</i> -style sea bream)]	196
【 <i>Tai-no-kabuto-yaki</i> (grilled sea bream in <i>kabuto-yaki</i> -style)]	197
<i>Kesho-jio</i> (Salt makeup)	197
Front side of tableware	197
Ratio of 40-60 is the basis of sauce	197
(3) Simmering (simmering down until condensed · simmering in broth)	199
■ Essentials of simmering	199
【Major Dish Examples】	199
【 <i>Chikuzen-ni</i> (chicken and vegetables in <i>chikuzen-ni</i> -style)】	201
<i>Takiawase</i>	201
<i>Hisui-ni</i>	201
(4) Steaming	203
■ Essentials of steaming	203
【Major Dish Examples】	203
<i>Chawan-mushi</i> (cup-steamed Japanese egg custard) / <i>Suikuchi</i>	203
Handling of liddedware	204
【 <i>Tai-no-kabura-mushi</i> (sea bream steamed with turnip)】	205
How to open liddedware	205
(5) Deep-frying	207
■ Essentials of deep-frying	207

【Major Dish Examples】	207
<i>Age-dashi-dofu</i> (deep-fried tofu with amber sauce)	208
【Tempura assortment】	209
How to place a lipped bowl	209
(6) Boiling / Dressing	211
① Essentials of boiling	211
② Essentials of dressing	211
【Major Dish Examples】	211
【 <i>Takenoko-no-kinome-ae</i> (bamboo shoots seasoned with leaf bud and miso paste)】	213
<i>Yasai-no-shira-ae</i> (vegetables seasoned with tofu paste)	213
(7) Pickling	215
■ What is <i>tsukemono</i> (pickles)?	215
【Major Dish Examples】	215
<i>Nuka-zuke</i> , pickling in rice bran paste / <i>Shio-zuke</i> , pickling in salt	214
(8) Professional cooking and home cooking	217
1) Difference in arrangement	217
2) Difference in cooking process	217
(9) Cooking utensils	218
● Knives / Cutting board	218
● Round pot (<i>Yattoko-nabe</i>) / <i>Yattoko</i>	219
● Drop-lid / Frying pan / Kitchen chopsticks	219
● Flat wooden spoon / Soup ladle / Whisk	220
● Spatula / Grater / Bamboo rolling mat	220
● Grinding pestle and bowl / Bat / Bowl	221
● Draining colander and metal colander	221
● Measuring cup and measuring spoon	221
4. Omotenashi (hospitality) in Japanese food culture	223
(1) <i>Shitsurai</i> (furnishings) for <i>washitsu</i> (Japanese-style room)	223
【 <i>Washitsu</i> (Japanese-style room)】	224
● Each part name and composition of <i>tatami</i>	225
● <i>Fusuma</i> sliding door and <i>Ranma</i> with decorative effect	225
● <i>Kakejiku</i> (Hanging scroll)	225
● Examples of seasonal flowers	225
(2) Decent conduct in <i>washitsu</i> (Japanese-style room)	227
Sitting positions (<i>Seiza</i> and <i>Kiza</i>)	226
Left is higher rank than right	227
(3) Table manners in Japanese food	229
(4) "Itadakimasu" and "Gochisosama"	229
【How to use chopsticks】	230
【How to eat salt-grilled sea bream】	231
Chapter Review	232
Final Chapter Towards the future	233
1. Inheriting Japanese food culture for the future	235
(1) Inheritance of Japanese food culture and dietary education	237
□ Enactment of the Basic Act on Food Education	239
● Dietary education is a basis of intellectual, moral and physical education	239
(2) Improve the food self-sufficiency rate	241
2. Reconsider the merits of Japanese food	243
(1) Well-balanced Japanese food	243
□ Effects of umami (deliciousness)	245
(2) Towards the future	245
Chapter Review	246
Answers to Chapter Reviews	246
Reference	247
Index	253