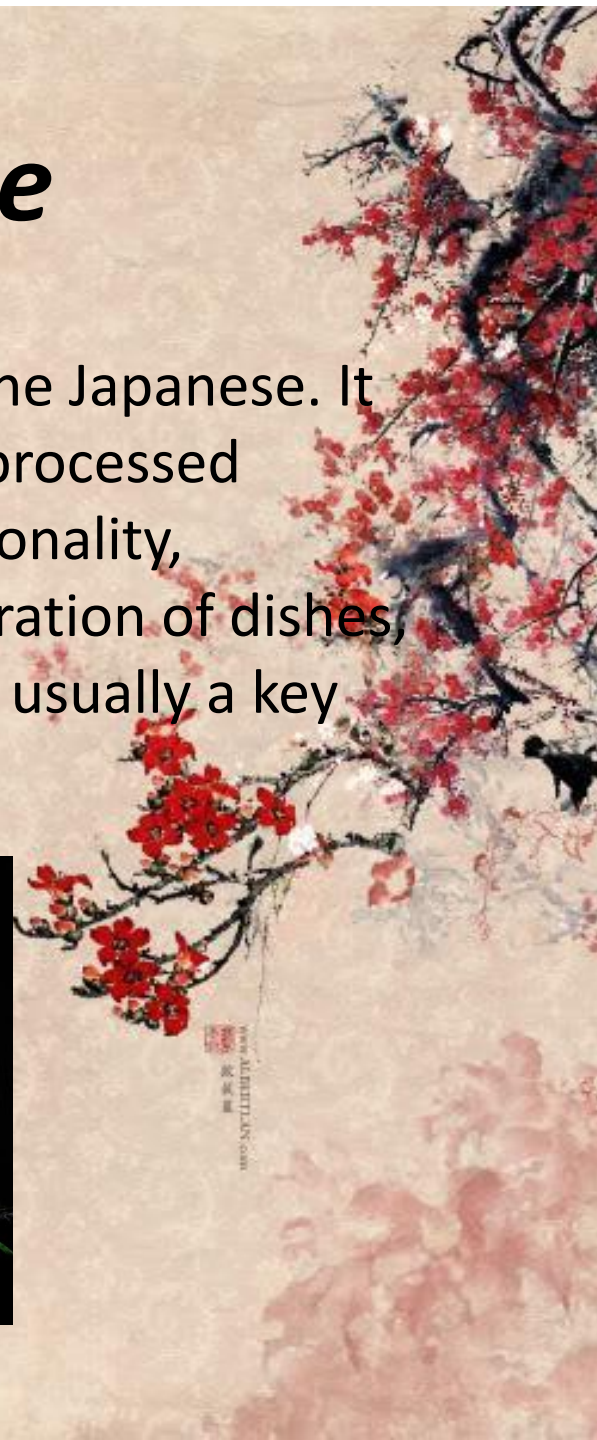


«Japanese cuisine»



Japanese cuisine

- Japanese cuisine is the national cuisine of the Japanese. It differs by preference of natural, minimally processed products, wide application of seafood, seasonality, characteristic dishes, specific rules of registration of dishes, serving, table etiquette. Japanese cuisine is usually a key attraction for tourists from other countries.



General characteristic

- There are many opinions about what defines Japanese cuisine, as the daily food of the Japanese in recent centuries has changed a lot, many dishes (for example, which has become almost a national Japanese dish ramen) appeared in Japan in the late XIX-early XX century or even later. In Japan, the term "Japanese cuisine" (YAP. "Nihon Ryo:ri" or "waseku") refers to traditional Japanese products similar to those that existed before the end of national seclusion in 1868.
- The most characteristic features of Japanese cuisine: The use of mainly fresh products, necessarily of high quality. Virtually no "long-term storage" products are used, except for rice and sauces. A huge range of seafood used for cooking. The desire to preserve the original appearance and taste of the ingredients in the dish (this does not always apply to meat dishes). This Japanese cuisine differs from most Asian, where the products in the process of cooking often change beyond recognition. Seasonality of food. Focus on combining sweet with salty and umami as a basic set of flavors in main dishes. Small portion. The amount of food is gained due to a greater variety of dishes, not the size of the portions. Specific Cutlery-most dishes need to be eaten with chopsticks, some can be eaten with hands, spoons are rarely used, forks and knives are not used at all. For this reason, most dishes are served as



Rice



- Is the main ingredient of Japanese cuisine and the basis of food in Japan. In Japanese, the word "gohan" (YAP. 御飯, boiled rice), like the Russian "bread", means not only a specific food product, but also food in General. For Japanese cuisine, rice varieties are preferred, characterized by increased stickiness when boiling-when cooking from such rice, the dish has a structure of small lumps, which are convenient to eat with the help of sticks. Rice is prepared as a separate dish and is used as a component in the preparation of many "combined" dishes.

Seafood

- Fish, shellfish, marine animals in Japanese cuisine are the second most important component after rice. As a rule, when cooking, they are subjected to only minor heat treatment (roasting, steaming), and some dishes (sashimi) are included simply in raw form. Used in Japanese cuisine and seaweed.



Noodle

- Japanese cuisine uses noodles:
 - ❖ ramen-from wheat flour with the addition of eggs (and / or alkaline mineral water " Sansui»);
 - ❖ Udon-from wheat flour without eggs;
 - ❖ soba — from buckwheat flour (more often-with the addition of wheat).



Meat



- **Meat (beef and pork) came to Japanese cuisine quite late from European and Chinese. Meat is a part of many dishes, usually borrowed, for example, ramen is often served with a piece of pork tyasyu. In many dishes, meat is used in the form of extremely thinly sliced slices (not thicker than 1 mm), which greatly reduces the cooking time and preserves the taste and aroma of meat.**



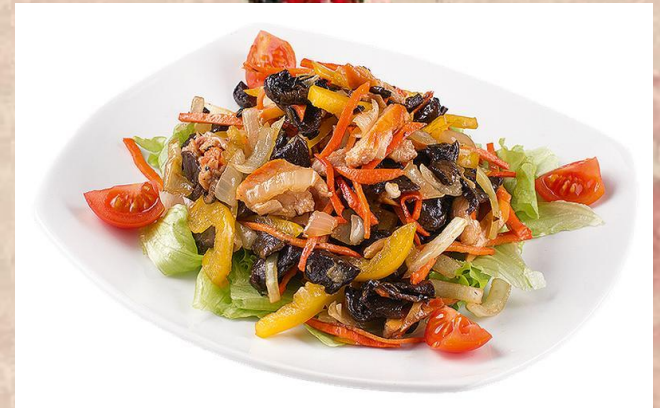
Rice dish

- Sushi (sushi) Despite the fact that historically this dish was a way of preserving fish in fermented rice (which was then thrown away), rice is now considered the main component of sushi. Unlike ordinary boiled rice, sushi rice is prepared in a special way, in slightly salted water with dried seaweed, to create a characteristic umami flavor. After cooking, the slightly cooled rice is poured with a special sweetened rice vinegar, and then intensively cooled with air flow (historically fanning, nowadays often with an electric fan), while constantly gently stirring, so that the seasoning forms a dried film on the surface of the rice grains. When rice acquires a glossy appearance and cools down to the possibility of painlessly taking it in hand, it is ready for further use: modeling nigiridzushi, twisting rolls (makizushi), etc.



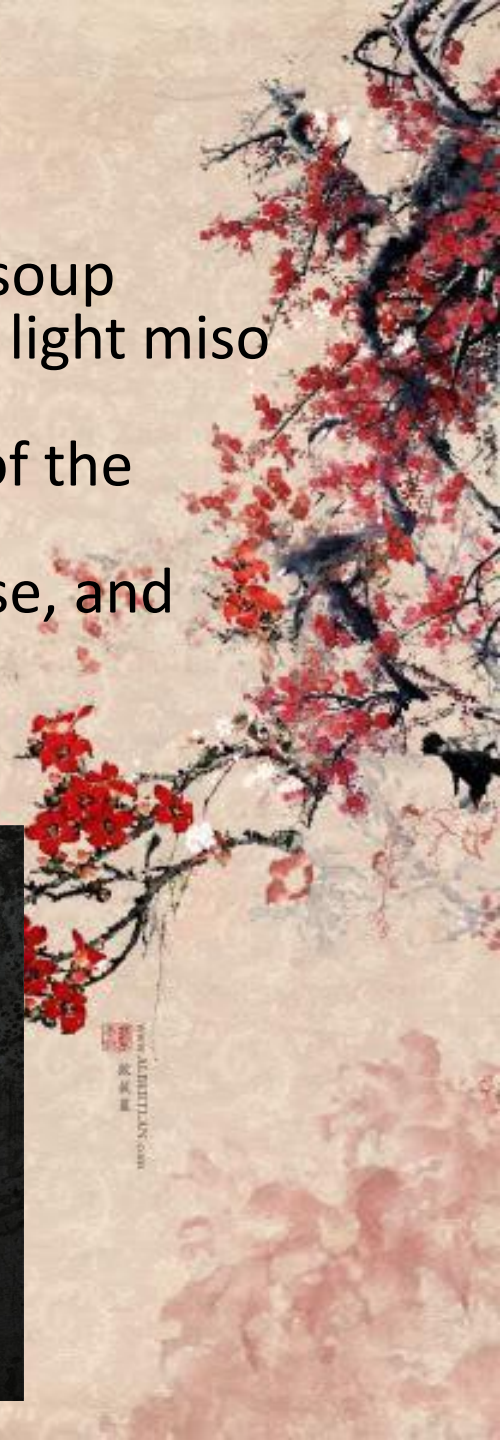
Salads

- The Japanese make salads from a variety of products: vegetables, fruits, mushrooms, rice, noodles, fish, seafood, poultry and meat. Moreover, they try either to avoid heat treatment at all, or to make it minimal, which preserves the ingredients: their natural composition, odors, nutritional properties[2]. As a dressing, rice vinegar, soy sauce or sake are usually used: for example, namasu salad consists of carrots and daikon cut into thin strips, salted and seasoned with sweetened rice vinegar. Also in Japanese salads add a variety of spices: dried seaweed, ground or pickled ginger, ground black or allspice and grated nutmeg. In addition to traditional salads, such as gomaae (blanched greens with sesame dressing) or kimpira-gobo (boiled in sweet soy sauce burdock root with carrots) in Japanese cuisine is widespread under the influence of European cuisine version of vegetable salad.



Soup

- Traditional for Japanese cuisine is considered soup "misoshiru." Its main ingredients are dark and light miso paste (made from fermented soybeans) and concentrated fish broth "hondashi". The rest of the ingredients can vary in taste, it can be shiitake mushrooms, wakame seaweed, tofu soy cheese, and various types of meat and fish.



Japanese cuisine also includes the following soups:

- butajiru/tonjiru— misoshiru with pork;
- mangazero - soup with Dango, seaweed, tofu, Lotus root, other vegetables;
- imoni— stewed Taro root, a popular autumn dish in the Northern regions of the country;
- Zoni— soup with mochi with vegetables and, sometimes, meat, most often his eat on a new Year;
- ODEN - winter soup of boiled eggs, daikon, konnyaku, stewed in clear Dashi broth with soy sauce;
- Siroco— soup from adzuki, in which add mochi, portrayed on new Year;
- suimono - transparent soup with a basis of Dasi with the addition of soy sauce and salt.

