



# Traditional Japanese cuisine

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# Typical Japanese cuisine

Typical Japanese food is breakfast, lunch and dinner.  
Each meal includes rice and tea.



# Japanese dishes

## Soups

### Miso soup

Misoshiru is a soup made on the basis of miso paste. It is obtained during the fermentation of soybeans, rice, wheat or from a mixture of them.

Traditional miso is prepared with the addition of broth:

- tofu
- algae;
- luka.

You can also add meat, fish or seafood. Vegetables and tofu are eaten with chopsticks, and the liquid part of the soup is drunk.





# Ramen

A dish with chicken, beef or pork broth with wheat noodles and vegetables. There is no specific recipe for ramen, so when cooking, you can experiment by adding different fillings.

The broth, as in all Japanese soups, is cooked separately. When cooking, soy sauce or miso is added. Udon or buckwheat noodles, meat, fish, vegetables, boiled egg and seaweed are suitable for filling. In some variations, Japanese dumplings, pickles and seafood are added to the soup.





# Suimono

Suimono is a transparent fish soup. The broth is prepared from salmon with the addition of miso. For the filling, you will need wakame — algae rich in iodine and potassium, vegetables (carrots, green onions). The finishing touch when cooking is boiled or fried king shrimp, laid out on top.



## Salads

### Daikon salad

Daikon is a soft Japanese white radish. Here, the daikon is sprinkled with mustard greens and sprinkled with hot plum sauce.



### Namasu salad

it consists of carrots and daikon cut into thin strips, salted and seasoned with sweetened rice vinegar.





# Kani salad

Kani is the Japanese version of crab salad. It is made from chopped crabs and cucumbers, seasoned with creamy spicy mayonnaise and sprinkled with toasted breadcrumbs.





## Hot dishes

### Soba

served either hot with soy sauce or at room temperature with broth on a bamboo mat.



### Nikujaga

The meat is thinly sliced beef, stewed with potatoes and onions and seasoned with sweet soy sauce. Dashi is usually used as a extinguishing liquid.

### Katsudon

Cooked tonkatsu is cut into slices, stewed together with vegetables, beaten egg for a short time. Served on rice.





## Snacks

### **Agemoti**

a popular Japanese snack made from fried mochi (glutinous rice).



### **Takoyaki**

small balls of batter stuffed with boiled octopus and vegetables.



### **Taiyaki**

they are made from ordinary dough for pancakes or waffles.





## Desserts

### Daifuku mochi

It is a ball—shaped flatbread made of glutinous rice ground to a homogeneous mass (actually mochi), stuffed with anko - sweet paste of red adzuki beans. Berries or fruits can also be added to the filling.



### Ekan

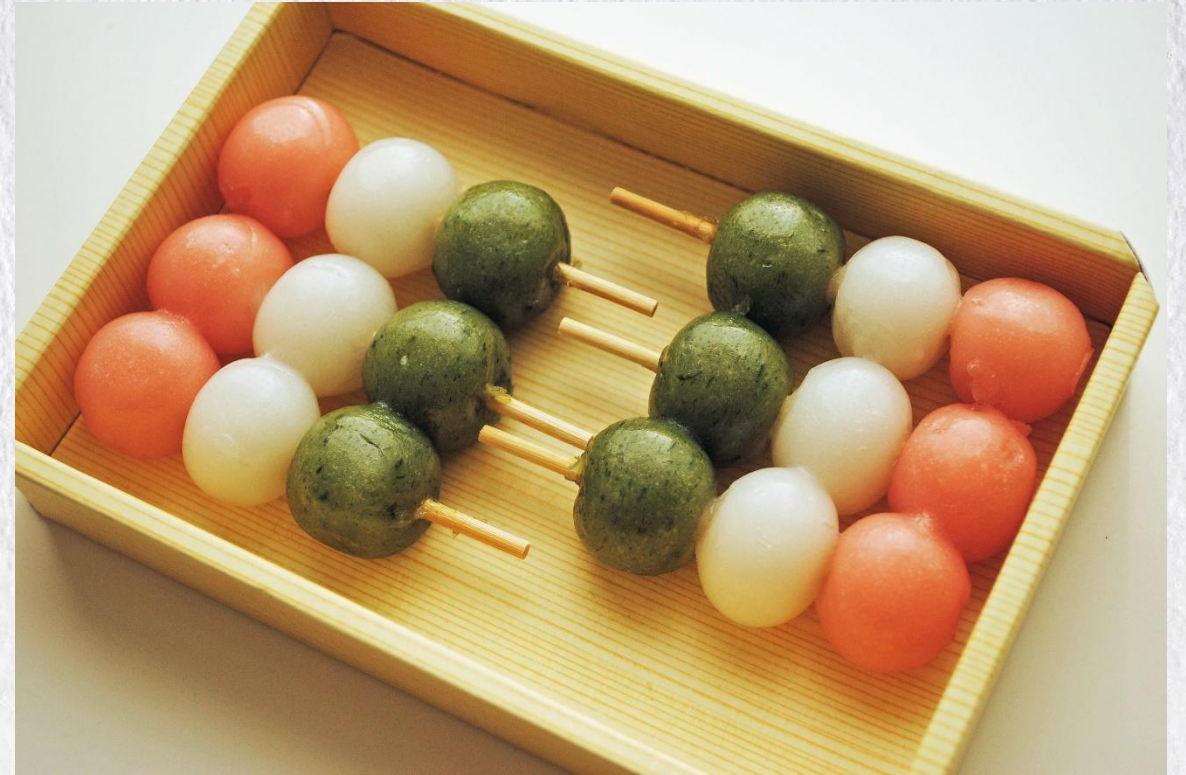
This jelly-like pastille made of beans, sugar and agar-agar. As flavoring additives, slices of persimmon, sweet potato, figs, chestnut or nut crumbs, as well as sweet adzuki beans can be found in the delicacy.





# Dango

It is a dumpling made of rice flour, most often strung on a skewer of 3 or 5 pieces. This dessert has many cooking and serving options — it is covered with anko paste, kinako soy flour, sesame seeds or mitarashi sauce.





# Drinks

## Sake

An alcoholic drink that is made by fermenting special varieties of rice.



## Setu

it is made from rice with the addition of buckwheat, sugar cane, sweet potatoes or wheat.



## Mugitya

"barley tea" is a Japanese drink made from roasted barley.





# Daily ration

The usual Japanese breakfast is rice or natto (soybeans), tamago - yaki (omelet), misoshiru (miso paste soup).



The Japanese prefer a light lunch. They often serve fish with rice. The additions are boiled vegetables or salads with different sauces.



Japanese dinner is heavy. They begin with soup and tsukemono (pickled vegetables), followed by meat or fish with rice or noodles.



*At the end, the Japanese eat dessert and green tea.*



Thank you for your attention!

