

## THE JAPANESE TRADITIONAL CUISINE: HISTORY AND DISHES (ЯПОНСЬКА КУХНЯ: ІСТОРИЯ ТА СТРАВИ)

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*Доповідь містить історичні факти щодо формування японської національної кухні із збереженням традицій регіональних кухонь, застосування найулюбленіших продуктів і способів приготування традиційних страв.*

Japanese cuisine has developed over the centuries as a result of many political and social changes. The cuisine eventually changed with the advent of the Medieval age which ushered in a shedding of elitism with the age of Shogun rule. In the early modern era massive changes took place that introduced non-Japanese cultures, most notably Western culture, to Japan.

The modern term "Japanese cuisine" ("nihon ryori" or "washoku") means traditional-style Japanese food, similar to what already existed before the end of national seclusion in 1868. In a broader sense of the word, it could also include foods whose ingredients or cooking methods were subsequently introduced from abroad, but which have been developed by Japanese who made them their own. Japanese cuisine is known for its emphasis on seasonality of food ("shun"), quality of ingredients and presentation.

There are many staple foods that are considered part of the nation's national cuisine today.

Japanese cuisine offers a vast array of regional specialties known as Kyodo Ryori in Japanese, many of them originating from dishes prepared using traditional recipes using local ingredients.

While "local" ingredients are now available nationwide, and some originally regional dishes such as okonomiyaki and Edo-style sushi have spread throughout Japan and is no longer considered as such, many regional specialties survive to this day, with some new ones still being created.

Regionalism is also apparent in many dishes which are served throughout Japan such as zoni soup. For example, the dashi-based broth for serving udon noodles is heavy on dark soy sauce, similar to soba broth in eastern Japan, while in western Japan the broth relies more on the complex dashi-flavoring, with a hint of light soy sauce. The traditional Japanese table setting has varied considerably over the centuries, depending primarily on the type of table common during a given era.