

TRADITIONS AND MANNERS OF JAPANESE CUISINE (ТРАДИЦІЇ ЯПОНСЬКОЇ КУХНІ ТА МАНЕРИ ЗА СТОЛОМ)

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Йдеться про японську кухню та її особливості, основні правила японської трапези.

Food is very serious business in Japan.

Japanese cuisine has been influenced by the food customs of other nations, but has adopted and refined them to create its own unique cooking style and eating habits.

Japanese food is one of the most popular cuisines in the world and for good reason. Based on “rules of five”, traditional Japanese cooking, or washoku, emphasizes variety and balance. This is achieved through the use of five colors (black, white, red, yellow, and green), five cooking techniques (raw food, grilling, steaming, boiling, and frying), and five flavors (sweet, spicy, salty, sour, and bitter). These principles can be found even in a single meal of one soup and three sides paired with rice. With its aesthetic of beautifully presented food and the use of fresh, high-quality seasonal ingredients, it's no wonder that Japan's cuisine is so delicious and so highly prized by people around the world.

Japanese cuisine encompasses the regional and traditional foods of Japan, which have developed through centuries of political, economic, and social changes. The traditional cuisine of Japan, Washoku, is based on rice with miso soup and other dishes; there is an emphasis on seasonal ingredients. Side dishes often consist of fish, pickled vegetables, and vegetables cooked in broth. Seafood is common, often grilled, but also served raw as sashimi or in sushi. Seafood and vegetables are also deep-fried in a light batter, as tempura. Apart from rice, staples include noodles, such as soba and udon. Japan also has many simmered dishes such as fish products in broth called oden, or beef in sukiyaki and nikujaga.

Generally, each dish is served in different bowls or plates like the staple food, rice. Even at homes, the meal is served like this. This is also related to Japanese food etiquette and table manners. When having a meal, as each individual has its own bowls/plates, the person should eat only from his/her portions. If there are shared food placed on the middle of the table, it should be moved with the opposite end of chopsticks, otherwise it is rude to touch food with used chopsticks.