

## THE JAPANESE CUISINE: HISTORY AND RECIPES (ЯПОНСЬКА КУХНЯ: ІСТОРІЯ ТА ТРАДИЦІЇ)

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*У доповіді йдеться про історію створення японської кухні. Традиції, яких дотримуються японці з давніх часів, які вони поважають та не змінюють. Деякі страви японців дуже незвичні для Європейців, але у японській традиційній кухні вони звичайні.*

The history of the Japanese cuisine goes back to V century B.C.. From its inception the Japanese cuisine has been replete with all sorts of wild species of plants, grass, and especially seafood.

The Japanese cuisine has a very distinctive character. The first settlers from the continent in ancient times had to radically change their way of life and instead of meat pass over to fish. To survive the workers had no choice but to examine some 2,000 islands and islets in search of some kind of subsistence. They managed to find mushrooms, mosses and algae that still serve as sources of nutrition. Fish, vegetables, seaweed and shellfish are served in an exclusive design of radish, cucumber, carrots and green the Japanese wasabi mustard, bamboo shoots and lotus roots. Inventive Japanese housewives create stunning still life on a tray.

However, in our time, it is sold in every supermarket. But the Japanese don't consider it a product of the first necessity. Japanese soy soup starts the day, a little seasoned rice, and rather weak tea. Vegetables and fish are fried mostly in fat. Fried foods are called tempura and emerged in the years 1543-1637 when the Dutch and the Portuguese established a network of missionaries in the islands' mills. Japan's policy of isolation forced foreigners to leave the country, but roasting became widespread among the Japanese housewives.

A special delicacy is fugu sashimi. This is a world-famous dish from the poisonous puffer fish. Its venom is 25 times stronger than the poison curare and 275 times more toxic than cyanide. The one fugu poison can kill 40 people, and hasn't antidote. Chef cooking is an expensive dish (\$ 250 - 750), a special graduate school to get a license to open a specialty restaurant. Cook fish cleaners in front of the guests, removing poisonous parts and washing pieces. Aerobatics - leave as much of the poison, so that consumers had a feeling of euphoria, which is comparable with the effect of the drug. If you do some mistake of waiting for gourmet paralysis, coma and death. However, the Japanese proverb says, "Those who eat fugu are fools, but those who do not eat it are fools, too."