



What's your favorite kind of *Washoku*? [和食]

★ *Washoku* (traditional Japanese cuisine, 和食) was registered as **UNESCO Intangible Cultural Heritage**.

Implementing a nutritionally balanced Japanese-style diet, centered around rice with seafood or animal products, with vegetables as one of a variety of side dishes, has been said to prevent lifestyle diseases and obesity.

By eating *Washoku* using traditional dishes as well as locally grown and seasonal ingredients, food culture is passed down.



① How to Prepare *Washoku* (cut, simmer, grill, steam, boil, dress, fry)

Ohitashi

Vegetables that have been soaked in *dashi* seasoning.



Fried Items (Tempura)

Ingredients are deep-fried in 150 - 200°C oil.

Aemono

Fish, shellfish, or vegetables are dressed with sesame, miso, or vinegar.



Sashimi

Sliced, raw ingredients accompanied by seasoning and garnish.



Many ways to bring out delicious flavors



Mushimono

Steamed dishes.



Yudemono

Boiled ingredients.



Yakimono

Sprinkle salt and slowly grill on direct heat (slightly away from high heat).



Tsukemono

Items going through lactic fermentation aided by salt.



Soups (Miso Soup)

The *umami* of ingredients form the flavor base.



Nimono

Simmered in broth over a period of time until the liquid is absorbed into the base ingredient or evaporated.



Materials Provided by:
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