



② "One soup, three sides" form the basics of *Washoku*; rice, soup and three types of side dishes and pickled vegetables.



★The basic foods that protect your health are rice, the main dish and side dishes (soups).

The average Japanese lifespan is long due to nutritionally balanced meals!



Side dishes made up of *yakimono*, *nimono* or *aemono*.

Various pickled items.



Cooked rice.

Food Tidbits (Broth)

Umami sets the flavoring of *Washoku*.

- ① Bonito Stock
 - Heat a 10cm square of *konbu* in 5 cups of water.
 - Take out *konbu* and add *katsuo-bushi* when the water comes to a boil.
 - Decoct for two minutes and filter.
- ② Dried Sardine Stock
 - Heat 20 small sardines in 5 cups of water.
 - After bringing to a boil, let it sit for 3 minutes and filter.

Food Tidbits (Rice + Main Dish + Side Dishes) Five basic flavors, colors and methods.

- ① Basic Flavors: Sweet, Sour, Salty, Bitter, *Umami*
- ② Five Colors: Red, Yellow, Green, White, Black
- ③ Five Methods: Raw, Grilled, Simmered, Steamed, Fried

★Umami Substance

Glutamic Acid --- *Konbu* (Kelp)
Inosinic Acid --- *Katsuo-bushi*, Dried Sardines
Guanylic Acid --- Dried Shiitake Mushroom



Freeze broth in ice cube trays for future use!



Soup with broth taken from *konbu* or *katsuo-bushi*, miso or salt for seasoning and ingredients added.

【Main Seasonings Indispensable for *Washoku*】

Fermented seasonings	Miso	<i>Koji</i> mold is added to simmered and steamed soy beans and mixed with salt to ferment, making a truly Japanese seasoning. Types of miso vary by region.
	Soy Sauce	Saltwater is added to <i>koji</i> mold made with soy beans and wheat, fermented and pressed. Soy sauce is divided into 5 varieties.
	Vinegar	Made by fermenting acetic acid bacteria added to distilled rice wine.
	Sake	Water is added to sake rice and malted rice and fermented. Resulting in the removal of food odors. It also brings out the <i>umami</i> of foods, to give a milder taste.
Seasoning	Mirin	Made by fermenting the main ingredients of steamed glutinous rice and malted rice over 40 to 60 days.
	Salt	Salt has been used since olden times, not only as a seasoning, but also as a method of food preservation.
	Sugar	Indispensable to modern <i>Washoku</i> , which has many sweetened dishes. It is used together with miso, salt and soy sauce in various meals such as <i>nimono</i> .