



Internet Guide

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Japanese Food

Articles and Essays

NIHON-RYORI “Japanese Food”

<http://www.theblackmoon.com/Jfood/food1.html>

Provides narratives with information on the basics of Japanese food. Presents discussions on Rice, *Tofu*, Vegetables, *Tsukemono* (pickles), Eggs, Drinks, *Miso*, One Pot Cookery (*nabemono*), Noodles, Sweets, and Other Delights. Each contains a description of the type of food, suggestions for preparation, and recipes. Also provides a glossary to help identify various foods, a recipe of the month selection, and a Japanese kitchenware store.

Rice: It's More Than Food in Japan (Japan Digest)

<http://www.indiana.edu/~japan/digest6.html>
Part of the National Clearinghouse for U.S.-Japan Studies online publications. Presents brief narratives entitled: “Rice: A Deeply Embedded Cultural Concept,” “The Role of Rice in the Culture,” “Aspects of the Rice Trade Issue,” and “Liberalization of the Japanese Rice Market.”

What Can We Learn about Japan from Its Vegetables?

<http://web-japan.org/nipponia/nipponia2/cont.html>
Part of the online magazine *Nipponia*, a quarterly magazine about modern Japan. A multi-page feature with sections titled: “Vegetables in the Japanese Diet,” “From Fields around the World to Tables in Japan,” “High-tech ‘Veggie Factories’,” “*Shojin Ryori*” (vegetarian cuisine),

and “Pickles, Past and Present.” Includes statistical information, color images, and historical information.

The Tea Ceremony

<http://web-japan.org/museum/tea/tea.html>
A Web site broken into four parts: “What Is the Tea Ceremony?” “A History of the Tea Ceremony and Development of Wabi-cha,” “A Tea Gathering,” and “Giving and Receiving.” Provides a history of the tea ceremony, pictures of the traditional utensils used, description of a tea ceremony, and instructions on the proper way to receive and drink tea during a ceremony.

Box Lunches (Bento)

<http://web-japan.org/nipponia/bon.html>
Provides narratives describing the history and tradition of these elaborately made box lunches. Presents a list of ingredients commonly found in *bento*.

Sushi Art

<http://www.garden-gifts.com/sushiart.htm>
Presents brief narratives on the different varieties of *sushi*. Includes images of *sushi* that has been rolled into art: butterflies, dragonflies, and flowers. Also includes a *norimaki sushi* recipe with basic ingredients, fill ingredients, utensils, and directions for the preparation of the *sushi* rice and techniques for rolling the *sushi*.

Eating up the Troubles: Japanese New Years Cuisine Sold Briskly for Y2K

[http://web-](http://web-japan.org/trends00/honbun/tj000114.html)

[japan.org/trends00/honbun/tj000114.html](http://web-japan.org/trends00/honbun/tj000114.html)
From the Japan Information Network's *Trends in Japan* journal. This article discusses the special dishes (*osechi ryori*) eaten during the Japanese New Year festivities. Although the article is somewhat dated, it does provide background information on the history of this New Year's tradition.

The Roots of Japanese Food Are Found in Kansai

http://www.kansai.gr.jp/culture_e/syoku/index.html

Part of the Kansai Window Web site sponsored by the Kansai Council and the Kansai International Public Relations Promotion office. This in-depth exploration of food from the Kansai region of Japan offers articles on food from the Kansai prefectures of Osaka, Kyoto, Hyogo, Nara, Shiga, Wakayama, Mie, Tokushima, and Fuku; an interview; discussion; and an essay on *sake* in Kansai.

Kikkoman Food Forum

<http://www.kikkoman.com/forum.html>

From The World of Kikkoman Web site. Presents over 15 essays on Japanese food culture. Topics include *wafu* (Japanese style food), *tempura*, *curry*, *Shojin Ryori* (vegetarian cuisine), *tsukemono*, different varieties of fish and seafood (salmon, abalone, *tai*), and Japanese edible wild herbs among others. Three separate articles on rice are also available.

Recipes

Japanese Cookbook for Kids

<http://web-japan.org/kidsweb/cook.html>

Provides an introduction to Japanese food and etiquette, as well as information on, and recipes for, Rice and *Miso* Soup, Favorite Dishes, *Sushi*, *Okonomiyaki* and *Yakisoba*, and *Soba* and *Udon*. Pictures of dishes in various stages of preparation are also included.

Japanese Recipe Collection

<http://www.bento.com/tf-recp.html>

Part of the Tokyo Food Page. Presents a variety of home-style Japanese recipes with a few adaptations for availability of ingredients outside of Japan. Recipes include preparation/cooking time, ingredients, and directions. Some also include a brief narrative with historical background and explanations of cooking techniques.

Yasuko-san's Home Cooking

http://www.nsknet.or.jp/~chrkaji/yasuko/index_e.html

Presents a wide variety of recipes for just about every style of Japanese cooking. Includes information on soups, pickles, *osechi ryori* (New Year's cuisine), etc. Also provides a section on ingredients with pictures and detailed descriptions of most items.

Bob & Angie's Kitchen: Daily Japanese Cooking (Basic Recipes and Hints)

[http://www.bob-](http://www.bob-an.com/recipe/English/index_e.html)

[an.com/recipe/English/index_e.html](http://www.bob-an.com/recipe/English/index_e.html)

Daily Japanese Cooking is part of Bob & Angie's Kitchen, sponsored by Osaka Gas. Lists over 100 recipes with color images of the prepared dish, ingredients, preparation, and helpful hints. Recipes are divided into six categories (daily cooking, beef, chicken, pork, seafood, and vegetables).

Japanese Specialty Cuisines

<http://www.bento.com/tf-recp.html>

Presents information about some of Japan's other favorite foods and how they are prepared.

This document is also available on the Clearinghouse Web site:

www.indiana.edu/~japan. Search for more resources on this topic in the online U.S.-Japan Database at the same URL.

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