

## **The Japanese Culinary Academy's Complete Japanese Cuisine**

*Graphic, Detailed, and Scientific Explanations for Professionals*

### **The Healthy Cuisine**

Since 2013, with the inscription of *washoku*, the traditional dietary cultures of Japan, on the UNESCO Intangible Cultural Heritage of Humanity list, professional chefs around the world began to take note of the methods and techniques of Japanese cuisine. Dishes featuring umami, the taste produced by dashi broth uniquely developed in Japan, provide a “healthy cuisine” that is lower in calories than foods that derive flavor from oils and fats. As the environment surrounding Japanese cuisine has grown increasingly sophisticated around the world, the Complete Japanese Cuisine series, available in English and Japanese, was launched to provide detailed and accurate explanations of the practices and the science that make it distinctive.

### **Editorial Policy: Fully Illustrated and Practical**

In contrast to the longstanding tradition of passing down the lore and techniques of Japanese cuisine through oral transmission and apprentice-style training—without clear step-by-step explanation—this series adopts the policy of presenting the procedures and techniques of Japanese cuisine in well-illustrated and step-by-step fashion supported by explanations of the science behind them.

Specifically, the series is intended to provide professional chefs in and outside of Japan with clearly presented procedures and scientific understanding of the techniques of Japanese cuisine. It is hoped that this material will enable them to put those techniques into practice in their own cuisine.

### **About the Japanese Culinary Academy**

The Japanese Culinary Academy, a non-profit organization, is a specialized group including chefs, researchers of taste and Japanese culture, educators from institutions of higher learning, representatives of food-related industries, and other professionals who are engaged in the promotion and transmission of Japanese cuisine. The project to publish the “The Complete Japanese Cuisine” series is a collaboration among chefs and experts in various fields, and aims to provide professional chefs with the information they need for the scientific and theoretical understanding of highly specialized techniques.

The organization is operated through the cooperation of researchers in various fields and related industries, with Murata Yoshihiro (third-generation owner of Kikunoi and recipient of the designation Person of Cultural Merit) serving as honorary president and Kurisu Masahiro (third-generation owner of Tankuma Kita-mise) as president. Since its establishment in 2004, the organization has worked vigorously to establish, disseminate, and transmit Japan’s culture of food, playing a central role in obtaining the listing of *washoku* as part of UNESCO’s Intangible Cultural Heritage of Humanity, the revision of Japan’s Basic Act on Culture and the Arts in 2017, and the listing of Kyoto cuisine as an Intangible Cultural Property of Japan.

## The Japanese Culinary Academy's Complete Japanese Cuisine

*Appealing, Understandable, and Science-based*

The content of the Complete Japanese Cuisine series is compiled expressly to be translated into English for a wide readership. The texts, which include basic information about Japan and Japanese culture along with photographs, are prepared in such a way as to make them appealing and understandable to readers who may not be familiar with Japan or Japanese cuisine.

### Introducing the First Five Volumes

#### ***Introduction to Japanese Cuisine: Nature, History and Culture***

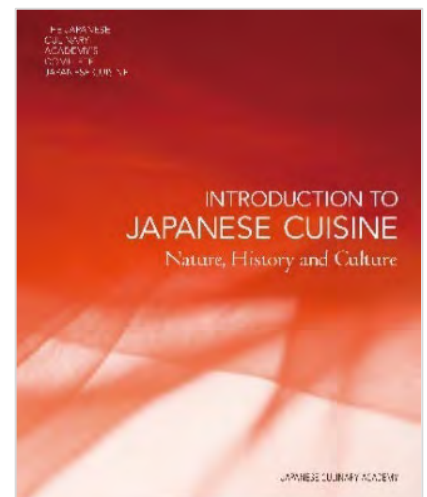
The first volume in the series has five chapters covering the topics of: Nature and Climate, History and Development, Artistic Awareness (*Rinpa*, *Yugen*, *Wabi* and *Sabi*, *Fukiyose*), The Essentials (Dashi, Umami, the Five Techniques), and Dishes for Seasonal Festivities. Along with the information provided in the texts, recipes, and captions, a wealth of photographs presents vivid visual detail.

For example, in the chapter on “Nature and Climate,” topical sections introduce the traditions and role of rice culture, the blessings of water, the rich culture of fermented seasonings and foods supported by the warm, humid climate, the Japanese archipelago’s location between warm and cold ocean currents carrying a wealth of seafood, and the tremendous variety of ingredients that flourish in its constantly shifting seasons.

The chapter on “History and Development” outlines the evolution of culinary techniques in the course of history, noting long-established customs for expressing gratitude for the blessings of nature. The origins of Japanese cuisine are believed to go back to offerings (*shinsen*) made to the kami deities. Dining on such offerings after they are taken down from the shrine is believed to allow human beings to receive energy from the divine. A rich tradition of *shōjin* vegetarian cuisine developed after the introduction of Zen Buddhism.

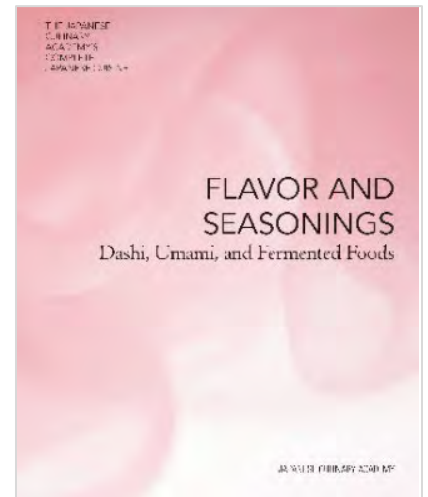
“The Essentials” chapter gives a run-down of the “five techniques”: *kiru* (cutting), *niru* (cooking in liquid), *yaku* (grilling), *musu* (steaming), and *ageru* (deep-frying). Representative dishes for each technique are pictured and their recipes provided at the back of the book.

The “Dishes for Seasonal Festivities” chapter presents commentary and leading festive dishes for each of eleven traditional annual events, amply illustrated with photographs.



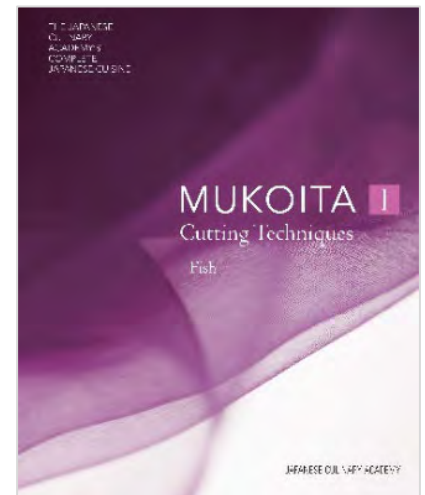
***Flavor and Seasonings: Dashi, Umami, and Fermented Foods***

The second volume of the series focuses on the origins and history of dashi and umami, which are essential elements of Japanese cuisine. It details the history, types, and production of kombu, the seaweed ingredient of dashi, as well as the manufacturing process developed over centuries for katsuobushi bonito flakes, the fish ingredient. “Dashi Ingredient Science” explains the role of glutamic and inosinic acids in the creation of the umami taste. This is followed by sections on three leading seasonings used in Japanese cuisine: shoyu, miso, and sake, featuring *Aspergillus oryzae*, the “lynchpin of fermentation production” that is known as the “national fungus” in Japan. The chapter “The Basics of Dashi” details information on the science behind the umami taste and a run-down of the various types of dashi ingredients as well as methods of making it. The end of the volume features numerous recipes for dishes highlighting the flavors of dashi, including its vegetarian versions, and an introduction to fermented seasonings, the uses of miso and molds, as well as sake, mirin, vinegar, salt, and sugar. A section on “Aromatic Ingredients” introduces the rich array of vegetables, citrus, and roots that are used to garnish dishes.



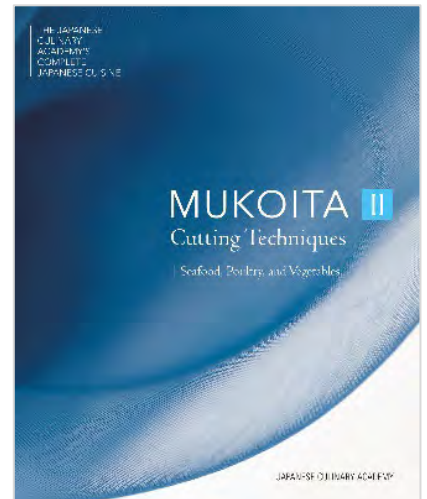
***Mukoita I Cutting Techniques: Fish***

Of the “Five Techniques” introduced in volume 1, this volume takes up cutting, beginning with the basics of “Knives in the history of Japanese Cuisine,” “Hygiene for Food Eaten Raw,” “Knives in the Japanese Kitchen,” “Posture and Grip,” and ending with “Knife Maintenance.” The chapter on “Standard Techniques” covers fish anatomy and the procedure for spiking fish and presents the steps for carving red sea bream, yellowtail, bonito, butterfish, and salmon. More specialized techniques for less-commonly encountered ingredients are presented for flounder, bartail flathead, devil stinger, tilefish, tiger pufferfish, soft-shelled turtle, monkfish, carp, and tuna. The cutting techniques for each kind of fish are shown in carefully framed photographs accompanied by verbal instructions.



### ***Mukoita II Cutting Techniques: Seafood, Poultry, and Vegetables***

This volume explains in detail how to clean and dress long fish such as eel, conger eel, and pike conger, as well as small fish such as horse mackerel, and seafood such as squid, shrimp, and shellfish. It also covers the techniques for carving chicken, duck, and quail, which are frequently used in Japanese cooking. It presents the basic cutting techniques for vegetables (*sengiri*, *araregiri*, *mijingiri*, *wagiri*, *hangetsugiri*, etc.) along with instructions on peeling and decorative cutting (*katsuramuki*, *roppomuki*, *yorininjin*, *shobu-udo*, *baika-ninjin*, etc.).

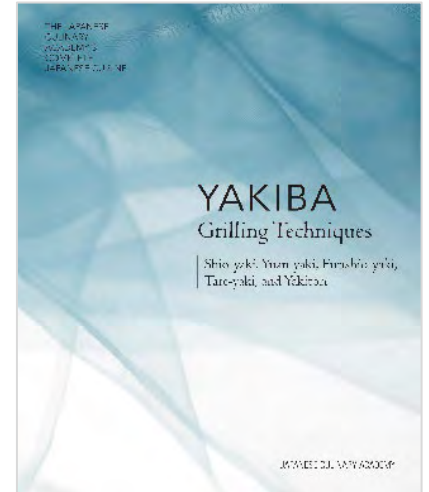


### ***Yakiba Grilling Techniques: Shio-yaki, Furishio-yaki, Yuan-yaki, Tare-yaki, and Yakitori***

Forthcoming 2025.

(Japanese edition currently available.)

The first two chapters explain the standard grilling methods of heating in Japanese cuisine. What kinds of heat achieve what results? What kinds of chemical changes take place in the ingredients as a result of preliminary preparation, such as by sprinkling salt or marinating before heating? Supporting the often-repeated rule in Japanese cuisine that “preliminary preparation makes all the difference,” the texts explain the science behind the flavors and techniques, and photos clarify comparisons of the different approaches.



Two more chapters cover the four “basic grilling techniques” for butterfish, salmon, barracuda, beltfish, tilefish, whiting, yellowtail, and eel, quail, and sweetfish, and continue to provide recipes for 42 different grilled dishes and 22 types of yakitori, and instructions for different kinds of skewering and use of electric grills.

Also forthcoming

### ***Nikata: Simmering and Steaming Techniques***

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