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The roots of Japanese cuisine, once traced, will reveal that several serving styles have been developed over the ages. During the Heian period in the eighth century, people ate individually served meals using their own tray tables (zen), plateware and chopsticks. The economy was built upon rice paddy cultivation, and rice had become an integral part of the Japanese diet. Under the Buddhist influence, eating four-legged animals was prohibited, bringing an end to meat consumption in Japan. However, various food ingredients were introduced. The origins of miso, soy sauce and tofu were first seen during this period, and people consumed abundant amounts of agricultural produce and marine foods, including seaweed and shellfish.First Appearance of Honzen Ryorione soup, three sidesJapan engaged in trade with foreign countries during the Muromachi period of the fourteenth century, and a distinctive Japanese culture flourished. Serving styles and rules were formalized, and the honzen ryori became a primary serving style of the time. The honzen ryori was a combination of several courses, each served on a tray table called a zen. It started with hon-zen (main tray), followed by second zen, third zen and so on. In fact, the historical record shows that it could consist of up to seven zens. A dessert tray was added during the later part of the era. A typical meal consisted only of hon-zen, which was prepared based on the principle of one soup, three sides. It came with rice, soup, pickles and three okazu dishes: namasu (vinegared vegetables), yakimono (a grilled dish) and nimono (a simmered dish). The second zen was prepared and served for guests, and the third zen and above were prepared and served for older or upper-class guests or on special occasions such as festivals. The honzen ryori underwent changes over time, but it continued to be a mainstream style of Japanese cuisine until the nineteenth century.Kaiseki Ryori and Shojin RyoriKaiseki ryoriAlso during this era, the kaiseki ryori, (tea-ceremony dishes), a style integrated with the tea ceremony, was popular among the nobility. The kaiseki ryori (tea-ceremony dishes), however, isnt just about the taste or gorgeous appearance of the food. With attention given to the types of serving plates and the arrangement of food items, the dishes are prepared according to a seasonal theme. The kaiseki ryori (tea-ceremony dishes) is a food culture that expresses the words wabi (quiet simplicity) and sabi (elegant but old-fashioned) in the manner of cooking.It was an era during which the temples were outside the realm of the government, so they had the status of special autonomy. Monks followed the Buddhist philosophy of not taking life, and consequently the temples prohibited the consumption of four-legged animals, birds and fish, which led to the creation of the vegetarian meal called shojin ryori. Shojin ryoriThe shojin ryori was created after a thorough search for the way to obtain nutrients from grains in replacement of animal proteins. While the processing techniques for beans and vegetables evolved, the continuous development of tofu led to the production of ganmodoki, koyadofu, natto, konnyaku and fu. Additionally, the techniques for making dashi stock were developed during this era. These techniques have made substantial contributions to the development of Japanese cuisine.Fast Food Developed During the Period of National IsolationThe Edo period began in the seventeenth century, and subsequently Japan entered the period of national isolation, which lasted for approximately 200 years. As national conflicts diminished and the nation became stable, the population increased. Accordingly, the amount of food production was increased and new ingredients and cooking techniques were introduced. Many restaurants emerged in the city of Edo.SobaSuch fast food dishes as ni-hachi soba, sushi and confectioneries were very popular. It was also during this era when dishes such as kabayaki (grilled eel), tsukudani (fish boiled in soy sauce) and tempura were developed.Restaurants in the Edo period began serving the banquet meal called kaiseki ryori, (beverage-main meal) in order to entertain customers with sake and accompanying dishes.Dishes were made with various types of seafood, all of which were selected with an emphasis on freshness and the area in which it was produced. Soy sauce, mirin, sugar, vinegar and miso were used as flavoring ingredients. Dashi stock was made with katsuobushi (bonito flakes), kombu (kelp) or dried shiitake mushrooms. Spices like wasabi, ginger, sansho pepper and red pepper were already being used during this era.We can therefore see that the origins of nearly all the types of Japanese-style dishes we eat today already existed during the Edo period.Once the Ban on Meat was LiftedSukiyakiThe Meiji Restoration took place in 1868, whereupon the new government issued the order to separate Shintoism and Buddhism. Consequently, the ban on meat consumption was removed. This facilitated the development of various meat dishes, including sukiyaki, shabu shabu, gyudon (beef bowl), yakitori and many other typical Japanese meat dishes. Then, as the long period of national isolation came to an end, many new ingredients and dishes were brought in from foreign countries. These were then adapted to suit the Japanese palate. Finally, dishes like tonkatsu (pork cutlet), croquette, curry rice and ramen noodles were introduced to Japan, resulting in the establishment of a new food category known as Western cuisine.Japanese dining table and tatami matsVarious foreign cultures were introduced to Japan, and they influenced the lifestyles of Japanese people. People sat on chairs instead of tatami mats in order to eat at dining tables. In the style of the honzen ryori, each person ate from his or her own tray table. However, the honzen ryori was then served only at restaurants, hotels or festival banquets. At home, people would gather around the dining table to enjoy the family meal together.From the Modern Era to TodayThe 1960s were years of rapid economic growth, and the Japanese lifestyle changed dramatically. Japanese cuisine was no longer classified into such styles as honzen, kaiseki and shojin dishes. Instead, these were disintegrated and then redesigned or blended to establish new styles and rules.IncorporatingNew StylesKaiten-zushi (revloving sushi)Many ingredients that were once very expensive eventually became widely available to the general public. The quality and freshness of ingredients improved, and cooking techniques were further refined. Today the ingredients for Japanese cuisine are now imported from throughout the world. A wide variety of food ingredients can be found in downtown shopping districts near train stations, supermarkets, wholesale markets and depa-chika (a department stores basement food floor). Many specialty restaurants have emerged, among which sushi restaurants, izakaya restaurants and Western-style restaurants are now considered the three pillars of Japanese cuisine. Kaiten-zushi (sushi served on a conveyor belt), soba, gyudon (beef bowl), curry rice and ramen noodles are the most popular forms of Japanese fast food, while take-out bento shops and sozai delis continue to thrive.Japanese Dishes Going GlobalFor many years, when new food ingredients or dishes were imported to Japan, they were altered to be incorporated into the nations cuisine. However, in recent years the export volume of Japanese food has increased significantly. Japanese dishes are made with many ingredients that cant be found in other countries and are prepared using methods developed over the centuries. With its delicious flavors, nutritional value and delicate presentation, the worldwide popularity of Japanese cuisine will continue to expand. Japanese cuisine is characterized by the use of a wide variety of fresh ingredients, such as seaweed, seafood, shellfish and all kinds of agricultural produce. Fresh seafood and shellfish served raw are considered to be among the finest dishes. Ingredients are seasoned only lightly to enhance their natural flavors through the use of dashi stock as a base, and along with fermented seasoning such as soy sauce, miso and mirin for added depth. Food is delicately arranged on a carefully selected plate in such a way that it represents a season or evokes emotions. Dishes are set on a table according to certain rules. For example, a bowl of cooked ricethe main part of a Japanese mealshould be placed on the left front. A soup bowl should be placed to the right of the rice and grilled fish in back with its head facing left. The most notable characteristic of Japanese cuisine is that new food items are constantly incorporated and adapted to fit the tastes of the Japanese people.The Appealing Aspects of Long-Established Japanese CuisineOsechi ryoriJapanese cuisine has been developed over the course of 1,800 years. Its rich history is recognizable whether it is at ordinary Japanese households or restaurants, or inside lunch boxes or osechi ryori (New Years foods). The long-established Japanese cuisine always captivates the mind, taking us back into its magnificent history. This is the history of food as well as Japanese culture. Japanese cuisine has slowly evolved through the centuries, and it has attracted much attention from the world. Any Japanese dish can impress the senses with its distinguished flavors and tasteful presentation, which are unique to this national cuisine.Gochiso Magazine, Nijiya Market Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. ,the free encyclopedia that anyone can edit.107,583 active editors 7,025,325 articles in EnglishSir William Gordon-Cumming (20July 1848 20May 1930) was a Scottish landowner, soldier and socialite. He was the central figure in the royal baccarat scandal of 1891. He joined the British Army in 1868 and saw service in South Africa, Egypt and the Sudan; he served with distinction and rose to the rank of lieutenant-colonel. An adventurer, he also hunted in the US and India. A friend of Edward, Prince of Wales, for over 20 years, in 1890 he attended a house party at Tranby Croft, where he took part in a game of baccarat at the behest of the prince. During the course of two nights' play he was accused of cheating, which he denied. After news of the affair leaked out, he sued five members of the party for slander; Edward was called as a witness. The case was a public spectacle in the UK and abroad, but the verdict went against Gordon-Cumming and he was ostracised from polite society. After the court case he married an American heiress, but their relationship was unhappy. (Fullarticle...)Recently featured: Great Wilbraham (causewayed enclosure)Henry de HinuberHurricane Claudette (2003)ArchiveBy emailMore featured articlesAboutPostcard with a Fula woman... that Franois-Edmond Fortier published more than 3,300 postcards of French West Africa (example pictured) between 1901 and 1920?... that a language riot broke out between members of Our Lady of the Rosary in 1917?... that Oleksandr Rodin's opera Kateryna was staged despite barricades, bombings, and an air-raid alarm?... that Paul Among the People treats the Pauline epistles as sources comparable to Homer, Aristophanes and Virgil on Greco-Roman attitudes?... that Gyula Kakas competed at two Olympics in gymnastics, set the Hungarian pole-vault record, and played for a national-champion football club?... that a lyric in Beautiful Chaos was praised for "spreading queer joy"?... that defending champions Bermuda did not compete in the women's football tournament at the 2015 Island Games?... that Vatican Taekwondo has no registered athletes or coaches?... that Iceland's entry for Eurovision in 2025 brought out a line of Ash Wednesday costumes?ArchiveStart a new articleNominate an articleMuhammadu BuhariFormer president of Nigeria Muhammadu Buhari (pictured) dies at the age of 82.Clashes between Druze militias and the Syrian Armed Forces result in hundreds of deaths.The International Criminal Court issues arrest warrants for Taliban leaders Hibatullah Akhundzada and Abdul Hakim Haqqani over their alleged persecution of women in Afghanistan.Flooding in Central Texas, United States, leaves at least 140 people dead.Ongoing: Gaza warRussian invasion of UkrainetimelineSudanese civil wartimelineRecent deaths: Raymond GuiotFelix BaumgartnerFauja SinghBradley John MurdochFrank BarrieIhor PokladNominate an articleJuly 20Forensic experts at the site of the Suru bombing1807 French brothers Claude and Nicphore Nipce received a patent for their Pyrolophore, one of the world's first internal combustion engines.1951 Abdullah I of Jordan was assassinated while visiting the Al-Aqsa Mosque in Jerusalem.1976 The Viking 1 lander became the first spacecraft to successfully land on Mars and perform its mission.1997 USSConstitution, one of the United States Navy's original six frigates, sailed for the first time in 116 years after a full restoration.2015 A suicide attack (aftermath pictured) in Suru, Turkey, for which Islamic State of Iraq and the Levant (ISIL) claimed responsibility, killed 34 people and injured 104 others.Alexander the Great (b.356 BC)Amanda Clement (d.1971)Bruce Lee (d.1973)Gisele Bndchen (b.1980)More anniversaries: July 19July 20July 21ArchiveBy emailList of days of the yearAboutC/2022 E3 (ZTF) is a non-periodic comet from the Oort cloud that was discovered by the Zwicky Transient Facility (ZTF) in 2022. With a comet nucleus of around 1 kilometre (0.62mi) in diameter, C/2022 E3 rotates on its axis once every 8.5 to 8.7 hours. Its tails of dust and gas extended for millions of kilometers and, during January 2023, an anti-tail was also visible. The comet reached its most recent perihelion in January 2023, at a distance of 1.11AU (166millionkm; 103millionmi) from the sun, and the closest approach to Earth was a few weeks later, at a distance of 0.28AU (42millionkm; 26millionmi). The comet reached magnitude 5 and was visible with the naked eye under moonless dark skies. This photograph of C/2022 E3 was taken in January 2023 and released by the Italian National Institute for Astrophysics.Photograph credit: Alessandro Bianconi; National Institute for AstrophysicsRecently featured: Passion fruitBasilica of StPaul, RabatClouded ApolloArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia itself, including policies and technical issues.Site news Sources of news about Wikipedia and the broader Wikimedia movement.Teahouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about encyclopedic topics.Content portals A unique way to navigate the encyclopedia.Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles DeutschEspaolFranaisItalianoNederlandsPolskiPortugusSvenskaTing Vit 250,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdLatvieuLietuviNorsk nynorskShqipSlovenina Retrieved from " 2This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.Find sources:"1807"news newspapers books scholar JSTOR (November 2015) (Learn how and when to remove this message)Calendar yearYearsMillennium2ndmillenniumCenturies18thcentury19thcentury 20thcenturyDecades1780s1790s1800s 1810s1820sYears1804180518061807 180818091810vteFebruary 7: Napoleon leads French troops into Russia in winter, and fights the Battle of Eylau.June 14: Napoleon triumphs over Russia's General Benningsen, at the Battle of Friedland.1807 (MDCCCVII) was a common year starting on Thursday of the Gregorian calendarand a common year starting on Tuesday of the Julian calendar, the 1807th year of the Common Era (CE) and Anno Domini (AD) designations, the 807th year of the 2ndmillennium, the 7th year of the 19thcentury, and the 8th year of the 1800s decade. As of the start of 1807, the Gregorian calendar was 12 days ahead of the Julian calendar, which remained in localized use until 1923. Calendar year 1807 by topicHumanitiesArchaeologyArchitectureArtLiteraturePoetryMusicBy countryAustraliaBrazilCanadaDenmarkFranceGermanyNew ZealandNorwayRussiaSouth AfricaSwedenUnited KingdomUnited StatesOther topicsRail transportScienceSportsLists of leadersSovereign statesSovereign state leadersTerritorial governorsReligious leadersLawBirth and death categoriesBirthsDeathsEstablishments and disestablishments categoriesEstablishmentsDisestablishmentsWorks categoryWorksvte1807 in various calendarsGregorian calendar1807MDCCCVIIAb urbe condita2560Armenian calendar1256 Assyrian calendar6557Balinese saka calendar17281729Bengali calendar12131214Berber calendar2757British Regnal year47Geo.348Geo.3Buddhist calendar2351Burmese calendar1169Byzantine calendar73157316Chinese calendar (FireTiger)4504 or 4297to (FireRabbit)4505 or 4298Coptic calendar15231524Discordian calendar2973Ethiopian calendar17991800Hebrew calendar55675568Hindu calendars- Vikram Samvat18631864- Shaka Samvat17281729- Kali Yuga49074908Holocene calendar11807Igbo calendar807808Iranian calendar11851186Islamic calendar12211222Japanese calendarBunka 4()Javanese calendar17331734Julian calendarGregorian minus 12 daysKorean calendar4140Minguo calendar105 before ROC105Nanakshahi calendar339Thai solar calendar23492350Tibetan calendar(male Fire-Tiger)1933 or 1552 or 780to(female Fire-Hare)1934 or 1553 or 781Wikimedia Commons has media related to 1807.January 7 The United Kingdom of Great Britain and Ireland issues an Order in Council prohibiting British ships from trading with France or its allies.[1]January 20 The Sierra Leone Company, faced with bankruptcy because of the imminent abolition of the slave trade in British colonies, petitions the British government for purchase and transfer of its property to the Crown; Parliament approves the transfer on July 29, and it takes effect on January 1, 1808.[2]February 3 Napoleonic Wars and Anglo-Spanish War: Battle of Montevideo The British Army captures Montevideo from the Spanish Empire, as part of the British invasions of the Ro de la Plata.February 7 Napoleon leads the forces of the French Empire in an invasion of the Russian Empire, and begins fighting at the Battle of Eylau against Russian and Prussian forces.[3]February 8 Battle of Eylau: Napoleon fights a hard but inconclusive battle against the Russians under Bennigsen.February 10 The Survey of the Coast (renamed the United States Coast Survey in 1836 and the United States Coast and Geodetic Survey in 1878) is established; work begins on August 3, 1816.February 17 Henry Christopher is elected first President of the State of Haiti, ruling the northern part of the country.February 19 Burr conspiracy: In Alabama, former Vice President of the United States Aaron Burr is tried for conspiracy, but acquitted.February 23 The Slave Trade Act is passed in the House of Commons of the United Kingdom by an overwhelming majority.[4]March 2 The United States Congress passes the Act Prohibiting Importation of Slaves "into any port or place within the jurisdiction of the United States ... from any foreign kingdom, place, or country" (to take effect January 1, 1808).March 25The United Kingdom Slave Trade Act becomes law abolishing the slave trade in most of the British Empire[5] with effect from 1 May (slavery itself is abolished in British colonies in 1833).The Swansea and Mumbles Railway in South Wales, at this time known as the Oystermouth Railway, becomes the first passenger-carrying railway in the world.March 29 H. W. Olbers discovers the asteroid Vesta.April 412 Froberg mutiny: The British suppress a mutiny at Fort Ricasoli, Malta, by men of the irregularly-recruited Froberg Regiment.April 14 African Institution holds its first meeting in London; it is intended to improve social conditions in Sierra Leone.May 22 A grand jury indicts former Vice President of the United States Aaron Burr for treason.[6]May 24 Siege of Danzig ends after 6 weeks with Prussian and Russian defenders capitulating to French forces.May 29 Selim III, Ottoman Emperor since 1789, is deposed in favour of his nephew Mustafa IV.May 31 Primitive Methodism originates in an All Day of Prayer at Mow Cop, in the north midlands of England.[7]June 9 The Duke of Portland is chosen as Prime Minister after the United Kingdom general election.June 10 The Battle of Heilsberg ends in a draw.June 14 Battle of Friedland: Napoleon decisively defeats Bennigsen's Russian army.June 22 ChesapeakeLeopard affair: British Royal Navy fourth rate HMSLeopard attacks and boards United States Navy frigate USS Chesapeake off Norfolk, Virginia, seeking deserters. This act of British aggression plays a role in the run-up to the War of 1812.July 5 A disastrous British attack is mounted against Buenos Aires, during the second failed invasion of the Ro de la Plata.July 79 The Treaties of Tilsit are signed between France, Prussia and Russia. Napoleon and Russian Emperor Alexander I ally together against the British. The Prussians are forced to cede more than half their territory, which is formed into the Duchy of Warsaw in their former Polish lands, and the Kingdom of Westphalia in western Germany. The Free City of Danzig is also formed (established September 9 by Napoleon).July 13 With the death of Henry Benedict Stuart, the last Stuart claimant to the throne of the United Kingdom, Jacobitism comes to an effective end.July 20 Nicphore Nipce is awarded a patent by Napoleon Bonaparte for the Pyrolophore, the world's first internal combustion engine, after it successfully powers a boat upstream on the river Sane in France.August 17 The North River Steamboat, Robert Fulton's first American steamboat, leaves New York City for Albany on the Hudson River, inaugurating the first commercial steamboat service in the world.September 1 Former U.S. Vice President Aaron Burr is acquitted of treason. He had been accused of plotting to annex parts of Louisiana and Mexico, to become part of an independent republic.September 27 Battle of Copenhagen: The British Royal Navy bombards Copenhagen with fire bombs and phosphorus rockets, to prevent the Dano-Norwegian navy from surrendering to Napoleon; 30% of the city is destroyed, and 2,000 citizens are killed.September 7 Robert Morrison, the first Protestant missionary to China, arrives in Guangzhou (Canton).[8]September 13 Beethoven's Mass in C major, Op. 86, is premiered, commissioned by Nikolaus I, Prince Esterhzy, and displeasing him.[9]September 27 Napoleon purchases the Borghese art collection, including the Antinous Mondragone, and brings it to Paris.[10]October 9 Prussian Reform Movement: Serfdom is abolished by the October edict.October 13 The Geological Society of London is founded.October 30 El Escorial Conspiracy: Ferdinand, Prince of Asturias is arrested for conspiring against his father Charles IV of Spain.November 24 Battle of Abrantes, Portugal: The French under Jean-Andoche Junot take the town.November 29 Portuguese Queen Maria I and the Court embark at Lisbon, bound for Brazil. Rio de Janeiro becomes the Portuguese capital.December 511 Napoleonic Wars: Raid on Griessie A British Royal Navy squadron attacks the Dutch port of Griessie on Java in the Dutch East Indies, eliminating the last Dutch naval force in the Pacific and concluding the Java campaign of 18061807.[11]December 17 Napoleonic Wars: France issues the Milan Decree which confirms the Continental System (i.e. no European country is to trade with the United Kingdom).December 22 The United States Congress passes the Embargo Act, a trade embargo on all foreign nations.Battle of Hingakaka between two factions of Mori people, the largest battle ever fought in New Zealand, and the last fought there without firearms.[12] In 1807 or 1808 is fought the Battle of Moremonui, first of the Musket Wars.Robert E. LeeJanuary 13 Napoleon Bonaparte Buford, American general, railroad executive (d. 1883)January 19 Robert E. Lee, American Confederate general (d. 1870)January 28 Robert McClure, Irish-born Arctic explorer (d. 1873)February 10 Lajos Batthyny, 1st Prime Minister of Hungary (d. 1849)February 27 Henry Wadsworth Longfellow, American poet (d. 1882)[13]March 1 Wilford Woodruff, American religious leader (d. 1898)March 14 Josephine of Leuchtenberg, Queen of Sweden and Norway (d. 1876)April 2 William F. Packer, American politician (d. 1870)April 3 Jane Digby, English adventurer (d. 1881)April 20 John Milton, Governor of Florida (d. 1865)April 26 Charles Auguste Frossard, French general (d. 1875)May 28 Louis Agassiz, Swiss-born zoologist and geologist (d. 1873)June 6 Adrien-Franois Servais, Belgian musician (d. 1866)June 16 John Westcott, American surveyor and politician (d. 1888)Giuseppe GaribaldiJuly 4 Giuseppe Garibaldi, Italian patriot (d. 1882)August 11 David Rice Atchison, American politician (d. 1886)August 15 Jules Grvy, 4th President of France (d. 1891)August 18 Charles Francis Adams Sr., American historical editor, politician and diplomat (d. 1886)September 2 Fredrika Runeberg, Finnish writer (d. 1879)[14]September 7 Henry Sewell, 1st Premier of New Zealand (d. 1879)September 16 John Lenthall, American naval architect and shipbuilder (d. 1882)October 8 Harriet Taylor, English philosophical writer (d. 1858)[15]October 26 Barbu Catargiu, 1st Prime Minister of Romania (d. 1862)October 29 Aneo Kraljevi, Herzegovinian Catholic bishop (d. 1879)October 30 Christopher Wordsworth, Bishop of Lincoln (d. 1885)November 16 Eduard von Fransecky, Prussian general (d. 1890)December 8 Friedrich Traugott Ktzing, German pharmacist, botanist and phycologist (d. 1893)December 17 John Greenleaf Whittier, American Quaker poet and abolitionist (d. 1892)Pasquale PaoliFebruary 1 Sir Thomas Troubridge, 1st Baronet, British admiral (b. c.1758)February 5 Pasquale Paoli, Corsican patriot, military leader (b. 1725)February 27 Louise du Pierry, French astronomer (b.1746)March 10 Jean Thurel, French soldier (b. 1698)April 4 Jrme Lalande, French astronomer (b. 1732)April 10 Duchess Anna Amalia of Brunswick-Wolfenbttel, regent of Weimar and Eisenach (b. 1739)May 10 Jean-Baptiste Donatien de Vimeur, comte de Rochambeau, French soldier (b. 1725)May 13 Eliphalet Dyer, American statesman, judge (b. 1721)May 17 John Gunby, Maryland soldier in the American Revolutionary War (b. 1745)May 18 John Douglas, Scottish Anglican bishop, man of letters (b. 1721)June 9 Andrew Sterett, American naval officer (b. 1778)Angelica KauffmanJuly 13 Henry Benedict Stuart, Italian-born cardinal, Jacobite claimant to the British throne (b. 1725)July 19 Uriah Tracy, American politician and congressman from Connecticut, 1793 until 1807 (b. 1755)September 14 George Townshend, 1st Marquess Townshend, British field marshal (b. 1724)October 22 Jean-Franois Houbigant, French perfumer (b. 1752)November 2 Louis Auguste Le Tonnelier de Breteuil, Prime Minister of King Louis XVI of France (b. 1730)November 5 Angelica Kauffman, Swiss painter (b. 1741)November 8Darejan Dadiani, Georgian queen consort (b. 1738)Pierre-Alexandre-Laurent Forfait, French engineer, hydrographer, politician, and Minister of the Navy (1799-1801) (b. 1752)November 23 Jean-Franois Rewbell, French politician (b. 1747)November 26 Oliver Ellsworth, American founding father and 3rd Chief Justice of the United States Supreme Court (b. 1745)December 19 Friedrich Melchior, Baron von Grimm, German writer (b. 1723)December 21 John Newton, English cleric, hymnist (b. 1725)December 29 Diogo de Carvalho e Sampayo, Portuguese diplomat, scientist (b. 1750)^ William S. Dudley, ed. The Naval War of 1812: A Documentary History (Naval Historical Center, 1985) p34^ Stephen Tomkins, The Clapham Sect: How Wilberforce's Circle Transformed Britain (Lion Books, 2012) p200^ William Hodgson, The Life of Napoleon Bonaparte, Once Emperor of the French, who Died in Exile, at St. Helena, After a Captivity of Six Years' Duration (Orlando Hodgson, 1841) p384^ "William Wilberforce (17591833)". Retrieved January 18, 2021.^ "Abolition of the Slave Trade 1807". BBC. Archived from the original on October 11, 2007. Retrieved September 11, 2007.^ "The Aaron Burr Treason Trial" (PDF).^ Farndale, W. E. (1950). The Secret of Mow Cop: a new appraisal of the origins of Primitive Methodism. London: Epworth Press.^ "Sketch of the Canton Protestant Mission", by Rev. John Chalmers, in The Chinese Recorder and Missionary Journal, Volume 7 (American Presbyterian Mission Press, 1876) p174^ Marston, Nicholas (2006). Beethoven: Mass in C major, Op. 86 (PDF) (CD). Hyperion Records. 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Oxford Dictionary of National Biography (onlineed.). Oxford University Press. doi:10.1093/ref:odnb/38051. (Subscription or UK public library membership required.)Retrieved from " 3Second-largest asteroid of the main asteroid beltThis article is about the asteroid. For the Roman goddess, see Vesta (mythology). For other uses, see Vesta (disambiguation).4 VestaTrue color image of Vesta taken by Dawn. The massive Rheasilvia Crater dominates Vesta's south pole.DiscoveryDiscoveredbyHeinrich Wilhelm OlbersDiscoverydate29 March 1807DesignationsMPCdesignation(4) VestaPronunciation/vst/[1]Named afterVestaMinorplanet categoryMain belt (Vesta family)AdjectivesVestanVestian[a]Symbol (historically astronomical, now astrological)Orbital characteristics[6]Epoch 13September 2023(JD2453300.5)Aphelion2.57AU (384millionkm)Perihelion2.15AU (322millionkm)Semi-major axis2.36AU (353millionkm)Eccentricity0.0894Orbital period (sidereal)3.63yr (1325.86d)Average orbital speed19.34km/sMean anomaly169.4Inclination7.1422 to ecliptic5.58 to invariable plane[7]Longitudeof ascendingnode103.71Timeof perihelion26 December 2021[8]Argumentof perihelion151.66SatellitesNoneEarthMOID1.14AU (171millionkm)Proper orbital elements[9]Proper semi-major axis2.36151AUProper eccentricity0.098758Proper inclination6.39234Proper mean motion99.1888deg/ yrProper orbital period3.62944 yr(1325.654 d)Precession of perihelion36.8729 (2343 years)arcsec/ yrPrecessionof the ascendingnode39.5979 (2182 years)arcsec/ yrPhysical characteristicsDimensions572.6km 557.2km 446.4km[10]Mean diameter525.40.2km[10]Flattening0.2204Surface area(8.660.2)105km2[b][11]Volume7.4970107km3[10]Mass(2.5902710.000058)1020kg[12]Mean density3.4560.035g/cm3[10]Equatorial surfacegravity0.22m/s2 (0.022g0)Equatorial escape velocity0.36km/sSynodic rotation period0.2226d (5.342h)[6][13]Equatorial rotationvelocity93.1m/s[c]Axial tilt29Northpole right ascension20h 32m[d]Northpole declination48[d]Geometric albedo0.423[15]Temperaturemin: 75K (198C)max: 250K (23C)[16]Spectral typeV[6][17]Apparent magnitude5.1[18] to 8.48Absolute magnitude(H)3.20[6][15]Angular diameter0.70 to 0.22Vesta (minor-planet designation: 4 Vesta) is one of the largest objects in the asteroid belt, with a mean diameter of 525 kilometres (326mi).[10] It was discovered by the German astronomer Heinrich Wilhelm Matthias Olbers on 29 March 1807[6] and is named after Vesta, the virgin goddess of home and hearth from Roman mythology.[19]Vesta is thought to be the second-largest asteroid, both by mass and by volume, after the dwarf planet Ceres.[20][21][22] Measurements give it a nominal volume only slightly larger than that of Pallas (about 5% greater), but it is 25% to 30% more massive. It constitutes an estimated 9% of the mass of the asteroid belt.[23] Vesta is the only known remaining rocky protoplanet of the kind that formed the terrestrial planets.[24] Numerous fragments of Vesta were ejected by collisions one and two billion years ago that left two enormous craters occupying much of Vesta's southern hemisphere.[25][26] Debris from these events has fallen to Earth as howarditeeucritediogenite (HED) meteorites, which have been a rich source of information about Vesta.[27][28][29]Vesta is the brightest asteroid visible from Earth. It is regularly as bright as magnitude 5.1,[18] at which times it is faintly visible to the naked eye. Its maximum distance from the Sun is slightly greater than the minimum distance of Ceres from the Sun,[e] although its orbit lies entirely within that of Ceres.[30]NASA's Dawn spacecraft entered orbit around Vesta on 16 July 2011 for a one-year exploration and left the orbit of Vesta on 5 September 2012[31] en route to its final destination, Ceres. Researchers continue to examine data collected by Dawn for additional insights into the formation and history of Vesta.[32][33]Vesta, Ceres, and the Moon with sizes shown to scaleHeinrich Olbers discovered Pallas in 1802, the year after the discovery of Ceres. He proposed that the two objects were the remnants of a destroyed planet. He sent a letter with his proposal to the British astronomer William Herschel, suggesting that a search near the locations where the orbits of Ceres and Pallas intersected might reveal more fragments. These orbital intersections were located in the constellations of Cetus and Virgo.[34] Olbers commenced his search in 1802, and on 29 March 1807 he discovered Vesta in the constellation Virgoa coincidence, because Ceres, Pallas, and Vesta are not fragments of a larger body. Because the asteroid Juno had been discovered in 1804, this made Vesta the fourth object to be identified in the region that is now known as the asteroid belt. The discovery was announced in a letter addressed to German astronomer Johann H. Schrter dated 31 March.[35] Because Olbers already had credit for discovering a planet (Pallas; at the time, the asteroids were considered to be planets), he gave the honor of naming his new discovery to German mathematician Carl Friedrich Gauss, whose orbital calculations had enabled astronomers to confirm the existence of Ceres, the first asteroid, and who had computed the orbit of the new planet in the remarkably short time of 10 hours.[36][37] Gauss decided on the Roman virgin goddess of home and hearth, Vesta.[38]Vesta was the fourth asteroid to be discovered, hence the number4 in its formal designation. The name Vesta, or national variants thereof, is in international use with two exceptions: Greece and China. In Greek, the name adopted was the Hellenic equivalent of Vesta, Hestia (4); in English, that name is used for 46 Hestia (Greeks use the name "Hestia" for both, with the minor-planet numbers used for disambiguation). In Chinese, Vesta is called the 'hearth-god(dess) star', Zoshnxng, naming the asteroid for Vesta's role, similar to the Chinese names of Uranus, Neptune, and Pluto.[f]Upon its discovery, Vesta was, like Ceres, Pallas, and Juno before it, classified as a planet and given a planetary symbol. The symbol represented the altar of Vesta with its sacred fire and was designed by Gauss.[39][40] In Gauss's conception, now obsolete, this was drawn . His form is in the pipeline for Unicode 17.0 as U+1F777 .[41][42][g]The asteroid symbols were gradually retired from astronomical use after 1852, but the symbols for the first four asteroids were resurrected for astrology in the 1970s. The abbreviated modern astrological variant of the Vesta symbol is (U+26B6).[41][h]After the discovery of Vesta, no further objects were discovered for 38years, and during this time the Solar System was thought to have eleven planets.[47] However, in 1845, new asteroids started being discovered at a rapid pace, and by 1851 there were fifteen, each with its own symbol, in addition to the eight major planets (Neptune had been discovered in 1846). It soon became clear that it would be impractical to continue inventing new planetary symbols indefinitely, and some of the existing ones proved difficult to draw quickly. That year, the problem was addressed by Benjamin Apthorp Gould, who suggested numbering asteroids in their order of discovery, and placing this number in a disk (circle) as the generic symbol of an asteroid. Thus, the fourth asteroid, Vesta, acquired the generic symbol . This was soon coupled with the name into an official numbername designation, Vesta, as the number of minor planets increased. By 1858, the circle had been simplified to parentheses, (4) Vesta, which were easier to typeset. Other punctuation, such as 4) Vesta and 4, Vesta, was also briefly used, but had more or less completely died out by 1949.[48]SPHERE image is shown on the left, with a synthetic view derived from Dawn images shown on the right for comparison.[49]Photometric observations of Vesta were made at the Harvard College Observatory in 18801882 and at the Observatoire de Toulouse in 1909. These and other observations allowed the rotation rate of Vesta to be determined by the 1950s. However, the early estimates of the rotation rate came into question because the light curve included variations in both shape and albedo.[50]Early estimates of the diameter of Vesta ranged from 383 kilometres (238mi) in 1825, to 444km (276mi). E.C. Pickering produced an estimated diameter of 51317km (31911mi) in 1879, which is close to the modern value for the mean diameter, but the subsequent estimates ranged from a low of 390km (242mi) up to a high of 602km (374mi) during the next century. The measured estimates were based on photometry. In 1989, speckle interferometry was used to measure a dimension that varied between 498 and 548km (309 and 341mi) during the rotational period.[51] In 1991, an occultation of the star SAO 93228 by Vesta was observed from multiple locations in the eastern United States and Canada. Based on observations from 14 different sites, the best fit to the data was an elliptical profile with dimensions of about 550km 462km (342mi 287mi).[52] Dawn confirmed this measurement.[i] These measurements will help determine the thermal history, size of the core, role of water in asteroid evolution and what meteorites found on Earth come from these bodies, with the ultimate goal of understanding the conditions and processes present at the solar system's earliest epoch and the role of water content and size in planetary evolution.[53]Vesta became the first asteroid to have its mass determined. Every 18 years, the asteroid 197 Arete approaches within 0.04AU of Vesta. In 1966, based upon observations of Vesta's gravitational perturbations of Arete, Hans G. Hertz estimated the mass of Vesta at (1.200.08)1010M (solar masses).[54] More refined estimates followed, and in 2001 the perturbations of 17 Thetis were used to calculate the mass of Vesta to be (1.310.02)1010M.[55] Dawn determined it to be 1.30291010M.Vesta orbits the Sun between Mars and Jupiter, within the asteroid belt, with a period of 3.6 Earth years,[6] specifically in the inner asteroid belt, interior to the Kirkwood gap at 2.50AU. Its orbit is moderately inclined (i = 7.1, compared to 7 for Mercury and 17 for Pluto) and moderately eccentric (e = 0.09, about the same as for Mars).[6]True orbital resonances between asteroids are considered unlikely. Because of their small masses relative to their large separations, such relationships should be very rare.[56] Nevertheless, Vesta is able to capture other asteroids into temporary 1:1 resonant orbital relationships (for periods up to 2 million years or more) and about forty such objects have been identified.[57] Decameter-sized objects detected in the vicinity of Vesta by Dawn may be such quasi-satellites rather than proper satellites.[57]Olbers Regio (dark area) defines the prime meridian in the IAU coordinate system. It is shown here in a Hubble shot of Vesta, because it is not visible in the more detailed Dawn images.Claudia crater (indicated by the arrow at the bottom of the closeup image at right) defines the prime meridian in the Dawn/NASA coordinate system.Vesta's rotation is relatively fast for an asteroid (5.342h) and prograde, with the north pole pointing in the direction of right ascension 20h32min, declination +48 (in the constellation Cygnus) with an uncertainty of about 10. This gives an axial tilt of 29.[58]Two longitudinal coordinate systems are used for Vesta, with prime meridians separated by 150. The IAU established a coordinate system in 1997 based on Hubble photos, with the prime meridian running through the center of Olbers Regio, a dark feature 200km across. When Dawn arrived at Vesta, mission scientists found that the location of the pole assumed by the IAU was off by 10, so that the IAU coordinate system drifted across the surface of Vesta at 0.06 per year, and also that Olbers Regio was not discernible from up close, and so was not adequate to define the prime meridian with the precision they needed. They corrected the pole, but also established a new prime meridian 4 from the center of Claudia, a sharply defined crater 700 metres across, which they say results in a more logical set of mapping quadrangles.[59] All NASA publications, including images and maps of Vesta, use the Claudian meridian, which is unacceptable to the IAU. The IAU Working Group on Cartographic Coordinates and Rotational Elements recommended a coordinate system, correcting the pole but rotating the Claudian longitude by 150 to coincide with Olbers Regio.[60] It was accepted by the IAU, although it disrupts the maps prepared by the Dawn team, which had been positioned so they would not bisect any major surface features.[59][61]Relative sizes of the four largest asteroids. Vesta is second from left.This graph was using the legacy Graph extension, which is no longer supported. It needs to be converted to the new Chart extension.The mass of 4 Vesta (blue) compared to other large asteroids: 1 Ceres, 2 Pallas, 10 Hygiea, 704 Interamnia, 15 Eunomia and the remainder of the Main Belt. The unit of mass is1018 kg. Other objects in the Solar system with well-defined masses within a factor of 2 of Vesta's mass are Varda, Gknhmdm, and Salacia (245, 136, and 4921018 kg, respectively). No moons are in this range: the closest, Tethys (Saturn III) and Enceladus (Saturn II), are over twice and less than half of Vesta's mass.Vesta is the second most massive body in the asteroid belt, although it is only 28% as massive as Ceres, the most massive body.[62][23] Vesta is, however, the most massive body that formed in the asteroid belt, as Ceres is believed to have formed between Jupiter and Saturn. Vesta's density is lower than those of the four terrestrial planets but is higher than those of most asteroids, as well as all of the moons in the Solar System except Io. Vesta's surface area is about the same as the land area of Pakistan, Venezuela, Tanzania, or Nigeria; slightly under 900,000km2 (350,000sqmi; 90millionha; 220million acres). It has an only partially differentiated interior.[63] Vesta is only slightly larger (525.40.2km[10]) than 2 Pallas (5123km) in mean diameter,[64] but is about 25% more massive.Vesta's shape is close to a gravitationally relaxed oblate spheroid,[58] but the large concavity and protrusion at the southern pole (see 'Surface features' below) combined with a mass less than 51020kg precluded Vesta from automatically being considered a dwarf planet under International Astronomical Union (IAU) Resolution XXVI 5.[65] A 2012 analysis of Vesta's shape[66] and gravity field using data gathered by the Dawn spacecraft has shown that Vesta is currently not in hydrostatic equilibrium.[10][67]Temperatures on the surface have been estimated to lie between about 20C (253K) with the Sun overhead, dropping to about 190C (83.1K) at the winter pole. Typical daytime and nighttime temperatures are 60C (213K) and 130C (143K), respectively. This estimate is for 6 May 1996, very close to perihelion, although details vary somewhat with the seasons.[16]Further information: List of geological features on VestaBefore the arrival of the Dawn spacecraft, some Vestan surface features had already been resolved using the Hubble Space Telescope and ground-based telescopes (e.g., the Keck Observatory).[68] The arrival of Dawn in July 2011 revealed the complex surface of Vesta in detail.[69]Geologic map of Vesta (Mollweide projection).[70] The most ancient and heavily cratered regions are brown; areas modified by the Veneneia and Rheasilvia impacts are purple (the Saturnalia Fossae Formation, in the north)[71] and light cyan (the Divalia Fossae Formation, equatorial),[70] respectively; the Rheasilvia impact basin interior (in the south) is dark blue, and neighboring areas of Rheasilvia ejecta (including an area within Veneneia) are light purple-blue;[72][73] areas modified by more recent impacts or mass wasting are yellow/orange or green, respectively.Main articles: Rheasilvia and VeneneiaNorthern (left) and southern (right) hemispheres. The "Snowman" craters are at the top of the left image; Rheasilvia and Veneneia (green and blue) dominate the right. Parallel troughs are seen in both. Colors of the two hemispheres are not to scale,[j] and the equatorial region is not shown.South pole of Vesta, showing the extent of Rheasilvia crater.The most prominent of these surface features are two enormous impact basins, the 500-kilometre-wide (311mi) Rheasilvia, centered near the south pole; and the 400-kilometre-wide (249mi) Veneneia. The Rheasilvia impact basin is younger and overlies the Veneneia.[74] The Dawn science team named the younger, more prominent crater Rheasilvia, after the mother of Romulus and Remus and a mythical vestal virgin.[75] Its width is 95% of the mean diameter of Vesta. The crater is about 19km (12mi) deep. A central peak rises 23km (14mi) above the lowest measured part of the crater floor and the highest measured part of the crater rim is 31km (19mi) above the crater floor low point. It is estimated that the impact responsible excavated about 1% of the volume of Vesta, and it is likely that the Vesta family and V-type asteroids are the products of this collision. If this is the case, then the fact that 10km (6mi) fragments have survived bombardment until the present indicates that the crater is at most only about 1billion years old.[76] It would also be the site of origin of the HED meteorites. All the known V-type asteroids taken together account for only about 6% of the ejected volume, with the rest presumably either in small fragments, ejected by approaching the 3:1Kirkwood gap, or perturbed away by the Yarkovsky effect or radiation pressure. Spectroscopic analyses of the Hubble images have shown that this crater has penetrated deep through several distinct layers of the crust, and possibly into the mantle, as indicated by spectral signatures of olivine.[58]Subsequent analysis of data from the Dawn mission provided much greater detail on Rheasilvia's structure and composition, confirming it as one of the largest impact structures known relative to its parent body size.[74] The impact clearly modified the pre-existing very large, Veneneia structure, indicating Rheasilvia's younger age.[74] Rheasilvia's size makes Vesta's southern topography unique, creating a flattened southern hemisphere and contributing significantly to the asteroid's overall oblate shape.[69] Rheasilvia's ~22km (14mi) central peak stands as one of the tallest mountains identified in the Solar System.[74] Its base width of roughly 180km (110mi) and complex morphology distinguishes it from the simpler central peaks seen in smaller craters.[77] Numerical modeling indicates that such a large central structure within a ~505km (314mi) diameter basin requires formation on a differentiated body with significant gravity. Scaling laws for craters on smaller asteroids fail to predict such a feature; instead, impact dynamics involving transient crater collapse and rebound of the underlying material (potentially upper mantle) are needed to explain its formation.[77] Hydrocode simulations suggest the impactor responsible was likely 6070km (3743mi) across, impacting at roughly 5.4 km/s.[78] Models of impact angle (around 30-45 degrees from vertical) better match the detailed morphology of the basin and its prominent peak.[77] Crater density measurements on Rheasilvia's relatively unmodified floor materials and surrounding ejecta deposits, calibrated using standard lunar chronology functions adapted for Vesta's location, place the impact event at approximately 1 billion years ago.[79][70] This age makes Rheasilvia a relatively young feature on a protoplanetary body formed early in Solar System history. The estimated excavation of ~1% of Vesta's volume[74] provides a direct link to the Vesta family of asteroids (Vestoids) and the HED meteorites. Since Vesta's spectral signature matches that of the Vestoids and HEDs, this strongly indicates they are fragments ejected from Vesta most likely during the Rheasilvia impact.[27][79] The Dawn mission's VIR instrument helped to confirm the basin's deep excavation and compositional diversity. VIR mapping revealed spectral variations across the basin consistent with the mixing of different crustal layers expected in the HED meteorites. Signatures matching eucrites (shallow crustal basalts) and diogenites (deeper crustal orthopyroxenites) were identified, which usually correlate with specific morphological features like crater walls or slump blocks.[80][27] The confirmed signature of olivine-rich material, which were first hinted at by Hubble observations is strongest on the flanks of the central peak and in specific patches along the basin rim and walls, suggesting it is not uniformly distributed but rather exposed in distinct outcrops.[81][80] As the dominant mineral expected in Vesta's mantle beneath the HED-like crust,[10] the presence of olivine indicates the Rheasilvia impact penetrated Vesta's entire crust (~2040km (1225mi) thick in the region) and excavated material from the upper mantle.[81] Furthermore, the global stresses resulting from this massive impact are considered the likely trigger for the formation of the large trough systems, like Divalia Fossa, that encircle Vesta's equatorial regions.[82][69]The crater AeliaFeralia Planitia, an old, degraded impact basin or impact basin complex near Vesta's equator (green and blue). It is 270km (168mi) across and predates Rheasilvia (green at bottom)Several old, degraded craters approach Rheasilvia and Veneneia in size, although none are quite so large. They include Feralia Planitia, shown at right, which is 270km (168mi) across.[83] More-recent, sharper craters range up to 158km (98mi) Varronilla and 196km (122mi) Postumia.[84]Dust fills up some craters, creating so-called dust ponds. They are a phenomenon where pockets of dust are seen in celestial bodies without a significant atmosphere. These are smooth deposits of dust accumulated in depressions on the surface of the body (like craters), contrasting from the Rocky terrain around them.[85] On the surface of Vesta, we have identified both type1 (formed from impact melt) and type2 (electrostatically made) dust ponds within 030N/S, that is, Equatorial region. 10craters have been identified with such formations.[86]The "snowman craters" are a group of three adjacent craters in Vesta's northern hemisphere. Their official names, from largest to smallest (west to east), are Marcia, Calpurnia, and Minucia. Marcia is the youngest and cross-cuts Calpurnia. Minucia is the oldest.[70]"Snowman" craters by Dawn from 5,200km (3,200mi) in 2011Detailed image of the "Snowman" cratersThe majority of the equatorial region of Vesta is sculpted by a series of parallel troughs designated Divalia Fossae; its longest trough is 1020 kilometres (6.212.4mi) wide and 465 kilometres (289mi) long. Despite the fact that Vesta is a one-seventh the size of the Moon, Divalia Fossae dwarfs the Grand Canyon. A second series, inclined to the equator, is found further north. This northern trough system is named Saturnalia Fossae, with its largest trough being roughly 40km (25mi) wide and over 370km (230mi) long. These troughs are thought to be large-scale graben resulting from the impacts that created Rheasilvia and Veneneia craters, respectively. They are some of the longest chasms in the Solar System, nearly as long as Ithaca Chasma on Tethys. The troughs may be graben that formed after another asteroid collided with Vesta, a process that can happen only in a body that is differentiated,[82] which Vesta may not fully be. Alternatively, it is proposed that the troughs may be radial sculptures created by secondary cratering from Rheasilvia.[87]A section of Divalia Fossae, with parallel troughs to the north and southA computer-generated view of a portion of Divalia FossaeCompositional information from the visible and infrared spectrometer (VIR), gamma-ray and neutron detector (GRaND), and framing camera (FC), all indicate that the majority of the surface composition of Vesta is consistent with the composition of the howardite, eucrite, and diogenite meteorites.[88][89][90] The Rheasilvia region is richest in diogenite, consistent with the Rheasilvia-forming impact excavating material from deeper within Vesta. The presence of olivine within the Rheasilvia region would also be consistent with excavation of mantle material. However, olivine has only been detected in localized regions of the northern hemisphere, not within Rheasilvia.[32] The origin of this olivine is currently unclear. Though olivine was expected by astronomers to have originated from Vesta's mantle prior to the arrival of the Dawn orbiter, the lack of olivine within the Rheasilvia and Veneneia impact basins complicates this view. Both impact basins excavated Vestian material down to 60100km, far deeper than the expected thickness of ~3040km for Vesta's crust. Vesta's crust may be far thicker than expected or the violent impact events that created Rheasilvia and Veneneia may have mixed material enough to obscure olivine from observations. Alternatively, Dawn observations of olivine could instead be due to delivery by olivine-rich impactors, unrelated to Vesta's internal structure.[91]Pitted terrain has been observed in four craters on Vesta: Marcia, Cornelia, Numisia and Licinia.[92] The formation of the pitted terrain is proposed to be degassing of impact-heated volatile-bearing material. Along with the pitted terrain, curvilinear gullies are found in Marcia and Cornelia craters. The curvilinear gullies end in lobate deposits, which are sometimes covered by pitted terrain, and are proposed to form by the transient flow of liquid water after buried deposits of ice were melted by the heat of the impacts.[71] Hydrated materials have also been detected, many of which are associated with areas of dark material.[93] Consequently, dark material is thought to be largely composed of carbonaceous chondrite, which was deposited on the surface by impacts. Carbonaceous chondrites are comparatively rich in mineralogically bound OH.[90]Cut-away schematic of Vestan core, mantle, and crustEucrite meteoriteA large collection of potential samples from Vesta is accessible to scientists, in the form of over 1200HED meteorites (Vestan achondrites), giving insight into Vesta's geologic history and structure. NASA Infrared Telescope Facility (NASA IRTF) studies of asteroid (237442) 1999 TA10 suggest that it originated from deeper within Vesta than the HED meteorites.[94]Vesta is thought to consist of a metallic ironnickel core, variously estimated to be 90km (56mi)[63] to 220km (140mi)[10] in diameter, an overlying rocky olivine mantle, with a surface crust of similar composition to HED meteorites.From the first appearance of calciumaluminium-rich inclusions (the first solid matter in the Solar System, forming about 4.567billion years ago), a likely time line is as follows:[95][96][97][98][99]Timeline of the evolution of Vesta23million yearsAccretion completed45million yearsComplete or almost complete melting due to radioactive decay of 26Al, leading to separation of the metal core67million yearsProgressive crystallization of a convecting molten mantle. Convection stopped when about 80% of the material had crystallizedExtrusion of the remaining molten material to form the crust, either as basaltic lavas in progressive eruptions, or possibly forming a short-lived magma ocean.The deeper layers of the crust crystallize to form plutonic rocks, whereas older basalts are metamorphosed due to the pressure of newer surface layers.Slow cooling of the interiorVesta is the only known intact asteroid that has been resurfaced in this manner. Because of this, some scientists refer to Vesta as a protoplanet.[100]Composition of the Vestan crust (by depth)[101]A lithified regolith, the source of howardites and brecciated eucrites.Basaltic lava flows, a source of non-cumulate eucrites.Plutonic rocks consisting of pyroxene, pigeonite and plagioclase, the source of cumulate eucrites.Plutonic rocks rich in orthopyroxene with large grain sizes, the source of diogenites.On the basis of the sizes of V-type asteroids (thought to be pieces of Vesta's crust ejected during large impacts), and the depth of Rheasilvia crater (see below), the crust is thought to be roughly 10 kilometres (6mi) thick.[102]Findings from the Dawn spacecraft have found evidence that the troughs that wrap around Vesta could be graben formed by impact-induced faulting (see Troughs section above), meaning that Vesta has more complex geology than other asteroids. The impacts that created the Rheasilvia and Veneneia craters occurred when Vesta was no longer warm and plastic enough to return to an equilibrium shape, distorting its once rounded shape and prohibiting it from being classified as a dwarf planet today.[citation needed]Vesta's surface is covered by regolith distinct from that found on the Moon or asteroids such as Itokawa. This is because space weathering acts differently. Vesta's surface shows no significant trace of nanophase iron because the impact speeds on Vesta are too low to make rock melting and vaporization an appreciable process. Instead, regolith evolution is dominated by brecciation and subsequent mixing of bright and dark components.[103] The dark component is probably due to the infall of carbonaceous material, whereas the bright component is the original Vesta basaltic soil.[104]Some small Solar System bodies are suspected to be fragments of Vesta caused by impacts. The Vestian asteroids and HED meteorites are examples. The V-type asteroid 1929 Kollaa has been determined to have a composition akin to cumulate eucrite meteorites, indicating its origin deep within Vesta's crust.[28]Vesta is currently one of only eight identified Solar System bodies of which we have physical samples, coming from a number of meteorites suspected to be Vestan fragments. It is estimated that 1 out of 16 meteorites originated from Vesta.[105] The other identified Solar System samples are from Earth itself, meteorites from Mars, meteorites from the Moon, and samples returned from the Moon, the comet Wild 2, and the asteroids 25143 Itokawa, 162173 Ryugu, and 101955 Bennu.[29][k]Animation of Dawn's trajectory from 27 September 2007 to 5 October 2018 Dawn Earth Mars 4 Vesta 1 CeresFirst image of asteroids (Ceres and Vesta) taken from Mars. The image was made by the Curiosity rover on 20 April 2014.Animation of Dawn's trajectory around 4 Vesta from 15 July 2011 to 10 September 2012 Dawn 4 VestaIn 1981, a proposal for an asteroid mission was submitted to the European Space Agency (ESA). Named the Asteroidal Gravity Optical and Radar Analysis (AGORA), this spacecraft was to launch some time in 19901994 and perform two flybys of large asteroids. The preferred target for this mission was Vesta. AGORA would reach the asteroid belt either by a gravitational slingshot trajectory past Mars or by means of a small ion engine. However, the proposal was refused by the ESA. A joint NASAESA asteroid mission was then drawn up for a Multiple Asteroid Orbiter with Solar Electric Propulsion (MAOSEP), with one of the mission profiles including an orbit of Vesta. NASA indicated they were not interested in an asteroid mission. Instead, the ESA set up a technological study of a spacecraft with an ion drive. Other missions to the asteroid belt were proposed in the 1980s by France, Germany, Italy and the United States, but none were approved.[106] Exploration of Vesta by fly-by and impacting penetrator was the second main target of the first plan of the multi-aimed Soviet Vesta mission, developed in cooperation with European countries for realisation in 19911994 but canceled due to the dissolution of the Soviet Union.Artist's conception of Dawn orbiting VestaIn the early 1990s, NASA initiated the Discovery Program, which was intended to be a series of low-cost scientific missions. In 1996, the program's study team recommended a mission to explore the asteroid belt using a spacecraft with an ion engine as a high priority. Funding for this program remained problematic for several years, but by 2004 the Dawn vehicle had passed its critical design review[107] and construction proceeded.[citation needed]It launched on 27 September 2007 as the first space mission to Vesta. On 3 May 2011, Dawn acquired its first targeting image 1.2million kilometres (0.7510^6mi) from Vesta.[108] On 16 July 2011, NASA confirmed that it received telemetry from Dawn indicating that the spacecraft successfully entered Vesta's orbit.[109] It was scheduled to orbit Vesta for one year, until July 2012.[110] Dawn's arrival coincided with late summer in the southern hemisphere of Vesta, with the large crater at Vesta's south pole (Rheasilvia) in sunlight. Because a season on Vesta lasts eleven months, the northern hemisphere, including anticipated compression fractures opposite the crater, would become visible to Dawn's cameras before it left orbit.[111] Dawn left orbit around Vesta on 4 September 2012 11:26 p.m. PDT to travel to Ceres.[112]NASA/DLR released imagery and summary information from a survey orbit, two high-altitude orbits (6070m/pixel) and a low-altitude mapping orbit (20m/pixel), including digital terrain models, videos and atlases.[113][114][115][116][117][118] Scientists also used Dawn to calculate Vesta's precise mass and gravity field. The subsequent determination of the J2 component yielded a core diameter estimate of about 220km (140mi) assuming a crustal density similar to that of the HED.[113]Dawn data can be accessed by the public at the UCLA website.[119]Albedo and spectral maps of 4 Vesta, as determined from Hubble Space Telescope images from November 1994Elevation map of 4 Vesta, as determined from Hubble Space Telescope images of May 1996Elevation diagram of 4 Vesta (as determined from Hubble Space Telescope images of May 1996) viewed from the south-east, showing Rheasilvia crater at the south pole and Feralia Planitia near the equatorVesta seen by the Hubble Space Telescope in May 2007The 2006 IAU draft proposal on the definition of a planet listed Vesta as a candidate.[120] Vesta is shown fourth from the left along the bottom row.Vesta comes into view as the Dawn spacecraft approaches and enters orbit:Vesta from 100,000km(1 July 2011)Vesta from 41,000km(9 July 2011)In orbit at 16,000km(17 July 2011)In orbit from 10,500km(18 July 2011)The northern hemisphere from 5,200km(23 July 2011)In orbit from 5,200km(24 July 2011)In orbit from 3,700km(31 July 2011)Full rotation(1 August 2011)Composite greyscale imageCratered terrain with hills and ridges(6 August 2011)Densely cratered terrain near terminator(6 August 2011)Vestan craters in various states of degradation, with troughs at bottom(6 August 2011)Hill shaded central mound at the south pole of Vesta(2 February 2015)Detailed images retrieved during the high-altitude (6070m/pixel) and low-altitude (~20m/pixel) mapping orbits are available on the Dawn Mission website of JPL/NASA.[121]Annotated image from Earth's surface in June 2007 with (4) VestaIts size and unusually bright surface make Vesta the brightest asteroid, and it is occasionally visible to the naked eye from dark skies (without light pollution). In May and June 2007, Vesta reached a peak magnitude of +5.4, the brightest since 1989.[122] At that time, opposition and perihelion were only a few weeks apart.[123] It was brighter still at its 22 June 2018 opposition, reaching a magnitude of +5.3.[124]Less favorable oppositions during late autumn 2008 in the Northern Hemisphere still had Vesta at a magnitude of from +6.5 to +7.3.[125] Even when in conjunction with the Sun, Vesta will have a magnitude around +8.5; thus from a pollution-free sky it can be observed with binoculars even at elongations much smaller than near opposition.[125]In 2010, Vesta reached opposition in the constellation of Leo on the night of 1718 February, at about magnitude 6.1,[126] a brightness that makes it visible in binocular range but generally not for the naked eye. Under perfect dark sky conditions where all light pollution is absent it might be visible to an experienced observer without the use of a telescope or binoculars. Vesta came to opposition again on 5 August 2011, in the constellation of Capricornus at about magnitude 5.6.[126][127]Vesta was at opposition again on 9 December 2012.[128] According to Sky and Telescope magazine, this year Vesta came within about 6 degrees of 1 Ceres during the winter of 2012 and spring 2013.[129] Vesta orbits the Sun in 3.63 years and Ceres in 4.6 years, so every 17.4 years Vesta overtakes Ceres (the previous overtaking was in April 1996).[129] On 1 December 2012, Vesta had a magnitude of 6.6, but it had decreased to 8.4 by 1 May 2013.[129]Conjunction of Ceres and Vesta near the star Gamma Virginis on 5 July 2014 in the Constellation of Virgo.Ceres and Vesta came within one degree of each other in the night sky in July 2014.[129]3103 Eger3551 Verenia3908 Nyx4055 MagellanAsteroids in fictionDiogeniteEucriteList of former planetsHowarditeVesta family (vestoids)List of tallest mountains in the Solar System^ Marc Rayman of the JPL Dawn team used "Vestian" (analogous to the Greek cognate Hestian) a few times in 2010 and early 2011 in his Dawn Journal, and the Planetary Society continued to use that form for a few more years.[2] The word had been used elsewhere, e.g. in Tsiolkovsky (1960) The call of the cosmos. However, otherwise the shorter form "Vestan" has been used by JPL.[3] Most modern print sources also use "Vestan".[4][5]Note that the related word "Vestalian" refers to people or things associated with Vesta, such as the vestal virgins, not to Vesta herself.^ Calculated using the known dimensions assuming an ellipsoid.^ Calculated using (1) the known rotation period (5.342h)[6] and (2) the equatorial radius Req (285km)[10] of the best-fit biaxial ellipsoid to Asteroid 4 Vesta.^ a b topocentric coordinates computed for the selected location: Greenwich, United Kingdom[14]^ On 10 February 2009, during Ceres perihelion, Ceres was closer to the Sun than Vesta, because Vesta has an aphelion distance greater than Ceres's perihelion distance. (10 February 2009: Vesta 2.56AU; Ceres 2.54AU)^ wist is the closest Chinese approximation of the Latin pronunciation westa.^ Some sources contemporaneous to Gauss invented more elaborate forms, such as and .[43][44] A simplification of the latter from c.1930, ,[45] never caught on.^ This symbol can be seen in the top of the most elaborate of the earlier forms, . It dates from 1973, at the beginning of astrological interest in asteroids.[46]^ The data returned will include, for both asteroids, full surface imagery, full surface spectrometric mapping, elemental abundances, topographic profiles, gravity fields, and mapping of remnant magnetism, if any.[53]^ that is, blue in the north does not mean the same thing as blue in the south.^ Note that 6 Hebe may be the parent body for H chondrites, one of the most common meteorite types.^ "Vesta". Dictionary.com Unabridged (Online). n.d.^ "Search Results". Planetary Society. Archived from the original on 27 July 2020. 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Did you know that Japanese people have some of the longest life expectancies in the world, with their traditional cuisine playing a significant role in their longevity? Japanese cuisine stands as one of the worlds most refined culinary traditions, combining centuries-old cooking techniques with seasonal ingredients and artistic presentation principles that date back to the 8th century.The global impact of Japanese cuisine speaks for itself UNESCO recognized traditional Japanese dietary cultures (Washoku) as an Intangible Cultural Heritage in 2013, acknowledging its unique approach to natural, seasonal ingredients and its deep connection to Japanese cultural identity. From small family-run ramen shops perfecting their craft over generations to high-end sushi restaurants earning coveted Michelin stars, Japanese food has earned worldwide recognition for its exceptional quality and attention to detail.This comprehensive guide will take you through the fascinating history of Japanese cuisine, introduce you to 40 must-try dishes that represent its diverse flavors, and explain the cultural significance behind traditional Japanese foods. Youll learn about the health benefits of Japanese cooking techniques, understand the role of specialty ingredients, and gain insights into Japans rich food culture.By reading this article, youll gain the knowledge to appreciate Japanese cuisine beyond just its flavors youll understand the principles behind its preparation, recognize the cultural significance of different dishes, and learn how to incorporate these healthy eating practices into your own life. Whether youre planning a trip to Japan, looking to expand your culinary horizons, or interested in adopting healthier eating habits, this guide will serve as your roadmap to understanding and enjoying Japanese cuisine.Japanese cuisines history spans over 2,000 years, evolving through distinct periods that shaped its unique cooking methods, ingredients, and cultural significance. The foundation of Japanese food culture began in the Jmon period (14,000-300 BCE) with hunting, gathering, and basic cultivation practices.Each historical era brought significant changes to Japanese cooking. During the Heian period (794-1185), rice became the staple food and Buddhist influences limited meat consumption. The Kamakura period (1185-1333) introduced tea ceremonies and simple, zen-influenced cooking. The Edo period (1603-1867) saw the rise of sushi, tempura, and other now-classic dishes through increased urbanization and merchant culture.Historical EraKey DevelopmentsNotable Foods & PracticesJmon (14000-300 BCE)Basic cultivation, potteryWild plants, fish, shellfishHeian (794-1185)Buddhist influence, formal diningRice cultivation, vegetarian dishesKamakura (1185-1333)Zen Buddhism, tea ceremonyGreen tea, one-bowl mealsSengoku (1467-1615)Portuguese tradeIntroduction of tempura, breadEdo (1603-1867)Urban food cultureSushi, soba noodles, street foodMeiji (1868-1912)Western influenceBeef dishes, curry, breadShwa (1926-1989)Modern innovationsRamen, yoshoku (Western-style Japanese food)The introduction of Buddhism in the 6th century significantly influenced Japanese cuisine by promoting vegetarian cooking and the use of soy-based products. Trade with China brought new ingredients and cooking techniques, while Portuguese traders in the 16th century introduced tempura and other cooking methods that were adapted to local tastes and ingredients.Japanese cuisine stands among the worlds most refined culinary traditions, celebrated for its meticulous preparation methods and emphasis on seasonal ingredients. These 40 popular Japanese dishes showcase the depth and variety of Japans food culture, where each dish tells a story through its preparation, presentation, and taste.Sushi represents Japans most recognized culinary export, built around perfectly seasoned vinegared rice. Nigiri sushi features hand-pressed rice topped with fresh seafood, while maki rolls wrap rice and fillings in nori seaweed. Master sushi chefs select the finest seasonal fish and seafood, ensuring peak flavor and texture.The rice serves as the foundation of great sushi, seasoned with rice vinegar, salt, and sugar to achieve the perfect balance. Chefs train for years to master the precise rice preparation, maintaining optimal temperature and texture. Each grain should remain distinct yet stick together gently.Traditional sushi accompaniments include wasabi, pickled ginger, and soy sauce. Proper serving temperature matters greatly sushi rice should be body temperature, while the fish should remain cool and fresh. Many Japanese people eat sushi with their hands, particularly nigiri, though chopsticks are also acceptable.Ramen has evolved from its Chinese origins into a distinctly Japanese dish. The soup features wheat noodles in various broths: shoyu (soy sauce), miso (fermented soybean paste), and tonkotsu (pork bone). Each region develops its own style Sapporo miso ramen brings robust flavors, while Hakata tonkotsu ramen offers rich, creamy broth.The noodles must have the right firmness and texture to complement the broth. Typical toppings include chashu (braised pork), nori seaweed, bamboo shoots, and soft-boiled eggs. Regional variations might add local ingredients or unique preparation methods.Many ramen shops specialize in one specific style, perfecting their recipe over generations. The broth often simmers for hours or even days to develop deep, complex flavors. Customers can usually customize their bowls by requesting firmer or softer noodles and adding extra toppings.Tempura exemplifies the Japanese art of light, crispy batter-frying. Chefs coat seafood or vegetables in a simple batter of cold water, flour, and egg, then fry them quickly in clean oil. The result should be airy and crisp, never greasy or heavy.Popular tempura ingredients include shrimp, white fish, sweet potato, eggplant, and seasonal vegetables. The batter should be mixed minimally to maintain its light texture. Proper oil temperature control prevents greasiness and ensures even cooking.Diners typically enjoy tempura with tentsuyu dipping sauce, made from dashi stock, mirin, and soy sauce. Some restaurants serve tempura piece by piece, ensuring each bite arrives hot and crispy at the table.Sashimi showcases the pure flavor of raw fish and seafood, relying on exceptional product quality and precise knife work. Chefs slice fish against the grain to achieve the ideal texture, with each cut requiring specific technique and blade angle.Traditional presentation includes shredded daikon radish, shiso leaves, and carved vegetables as garnish. The garnishes provide visual appeal and palate-cleansing freshness between bites. Common sashimi fish include tuna, salmon, yellowtail, and sea bream.The best sashimi restaurants maintain close relationships with fish markets to secure the finest products. Chefs consider the fishs origin, season, and aging process to serve each variety at its peak flavor.Wagyu beef represents the pinnacle of Japanese cattle breeding and meat production. These cattle receive specialized care, including specific feed combinations and stress-free environments, resulting in intensely marbled meat.The distinctive marbling pattern creates meat that melts at human body temperature. Farmers raise wagyu cattle with careful attention to genetics and feeding programs, often including beer and sake in their diets. This process can take several years before the cattle reach market weight.Chefs prepare wagyu using methods that highlight its natural flavors and tender texture. Common cooking approaches include teppanyaki grilling, shabu-shabu hot pot, or simple searing. The meat requires minimal seasoning, often just salt and pepper, to showcase its natural richness.Japanese curry stands out with its mild, sweet-savory profile that differs from its Indian counterparts. The thick, rich sauce starts with a curry roux base, creating a smooth, comforting texture that coats each ingredient perfectly. Home cooks and restaurants typically add tender chunks of potato, sliced carrots, and sauted onions to create a hearty meal.The dish typically features tender meat chicken, pork, or beef simmered until perfectly tender. Restaurants serve this warming curry over a bed of steaming white rice, creating a filling meal thats popular throughout Japan. Many families have their own special recipe, adjusting the spice level and ingredients to their preferences.Modern Japanese curry shops often offer creative variations, including cheese-topped versions or curry with katsu (fried cutlets). The dish represents a perfect blend of foreign influence and Japanese adaptation, making it a beloved part of Japanese culture.A bowl of miso soup starts with dashi, a fundamental Japanese stock made from kombu (kelp) and dried bonito flakes. The key ingredient, miso paste, comes from fermented soybeans and adds a rich, umami-packed flavor that defines this essential soup.Common additions include small cubes of silken tofu, which absorb the soups flavors while adding protein. Wakame seaweed brings a subtle ocean taste and pleasant texture. Some versions include sliced green onions, mushrooms, or small clams, depending on regional preferences and seasonal availability.Japanese families often start their day with a warming bowl of miso soup. Restaurants serve it as part of traditional meal sets, and its probiotic properties make it both delicious and nutritious.Tonkatsu transforms a simple pork cutlet into a crispy, golden-brown delight. Chefs coat thick slices of pork loin in flour, egg, and light, airy panko breadcrumbs before deep-frying them to perfection. The result is a satisfying contrast between the crunchy exterior and juicy meat inside.Restaurants traditionally serve tonkatsu with finely shredded cabbage, which provides a fresh, crisp contrast to the rich pork. Different regions in Japan offer unique accompanying sauces some prefer a thick, sweet-savory tonkatsu sauce, while others serve it with miso-based dips.This dish appears in various forms across Japanese cuisine, from casual tonkatsu restaurants to convenience store sandwiches. Many shops specialize solely in tonkatsu, perfecting their techniques over generations.Okonomiyaki, often called Japanese comfort food, combines shredded cabbage, protein, and various ingredients in a savory pancake form. The name literally means grilled as you like it, reflecting its customizable nature. Osaka-style okonomiyaki mixes all ingredients into the batter, while Hiroshima-style layers them separately with noodles.Cooks grill these pancakes on a flat iron griddle, creating a crispy exterior while maintaining a tender center. Traditional toppings include sweet-savory okonomiyaki sauce, Japanese mayo, dried seaweed flakes, and dancing bonito flakes that wave from the heat.Each region takes pride in its unique preparation method, making okonomiyaki a dish that reflects local cooking traditions and preferences.Yakitori elevates simple chicken skewers through careful grilling over special charcoal called binchotan. Skilled chefs thread various cuts of chicken onto bamboo skewers, including tender thigh meat, crispy skin, and flavorful offal cuts for adventurous eaters.The seasoning remains deliberately simple to highlight the chickens natural flavors. Cooks typically offer two options: salt (shio) or a sweet-savory tare sauce made from soy sauce, mirin, and sake. The charcoal imparts a distinct smoky flavor that makes yakitori particularly appealing.Yakitori stands and specialized restaurants often feature counter seating where customers can watch their food being grilled to order. This interactive dining experience adds to yakitoris popularity as a social food, especially when paired with cold beer or sake.Udon stands out with its thick, chewy wheat noodles that bring comfort to every bowl. These white, substantial noodles can be served hot in a steaming broth during winter months or chilled for refreshing summer meals. The hot version often features a clear dashi-based soup, while cold udon comes with a concentrated dipping sauce.Popular udon variations include tempura udon, topped with crispy battered shrimp, and kitsune udon, featuring sweet fried tofu pouches. Many shops garnish their udon with green onions, kamaboko (fish cake), and seasonal vegetables, creating a balanced and satisfying meal.Takoyaki represents Osakas street food culture at its finest. These golden-brown spherical snacks contain tender pieces of octopus at their center. The batter, made from wheat flour and eggs, is poured into special round molds and filled with octopus, pickled ginger, and green onions.Skilled vendors rotate these balls with special picks as they cook, creating a perfectly round shape with a crispy exterior and soft interior. Traditional toppings include mayonnaise, takoyaki sauce, aonori (seaweed powder), and dancing bonito flakes that wave from the heat.Onigiri embodies the simplicity and practicality of Japanese food. These triangular or round rice balls serve as a convenient meal or snack. The rice is typically salted to preserve freshness and shaped by hand around various fillings.Common onigiri fillings include umeboshi (pickled plum), grilled salmon, or tuna mixed with mayonnaise. A strip of crisp nori wraps the bottom, providing both flavor and a practical handle. Modern convenience stores offer creative variations, but traditional fillings remain the most popular.Yakiniku transforms dining into an interactive experience with its table-top grilling approach. Diners cook small pieces of marinated beef, pork, and vegetables on built-in grills at their tables. The meat selection often includes premium cuts like ribeye, short rib, and pork belly.Each restaurant provides signature dipping sauces, with tare (soy-based sauce) and sesame-based options being standard choices. The cooking process allows diners to control their preferred level of doneness while enjoying the social aspect of shared grilling.Japanese fried chicken, known as karaage, features juicy chicken pieces marinated in soy sauce, ginger, and garlic before frying. The double-frying technique creates an exceptionally crispy exterior while maintaining moisture inside. Each piece offers a perfect bite-size portion.Restaurants serve karaage with lemon wedges to cut through the richness. The dish often comes with shredded cabbage and Japanese mayonnaise for dipping. This cooking method results in a lighter, more flavorful alternative to other fried chicken styles.Soba noodles, made from buckwheat flour, offer a nutty flavor and firm texture. These thin, brown noodles contain essential nutrients and can be enjoyed hot or cold. Cold soba arrives on a bamboo mat with a separate cup of tsuyu (dipping sauce) mixed with wasabi and green onions.Hot soba dishes feature the noodles in a warm broth, often topped with tempura, mountain vegetables, or duck. The cooking process requires precise timing to achieve the ideal texture, making soba preparation an art form in itself.Gydon combines thinly sliced beef and onions simmered in a sweet-savory sauce over a bowl of steaming rice. The beef cooks quickly with onions in a mixture of soy sauce, mirin, and dashi, creating a flavorful topping that seeps into the rice below.Many restaurants offer optional toppings like raw egg, which adds richness when mixed in, or benishoga (pickled ginger) for a tangy contrast. This quick, filling meal remains a favorite among busy workers and students.Donburi represents a category of rice bowl dishes where various toppings create complete meals. Popular variations include oyakodon (chicken and egg) and katsudon (breaded pork cutlet). Each type features its own cooking style and sauce combination.The toppings simmer in specialized pans with eggs and onions before being placed over rice. The heat from the toppings slightly warms the rice, while the sauce filters through, seasoning each grain. These filling bowls offer balanced nutrition in a single serving.These eight dishes demonstrate the range of cooking techniques and flavor combinations in Japanese cuisine. From noodles to rice bowls, each preparation method highlights the careful attention to ingredients and presentation that makes Japanese food special.Sukiyaki brings people together around a simmering hot pot filled with a sweet and savory soy-based broth. This warming dish features paper-thin slices of marbled beef, fresh tofu, and seasonal vegetables like napa cabbage and mushrooms.The cooking process is interactive, with diners cooking ingredients in the bubbling broth right at the table. A traditional way to enjoy sukiyaki is to dip the cooked ingredients in a small bowl of beaten raw egg, which creates a rich, silky coating.The broth combines soy sauce, sugar, and mirin, creating a perfect balance of flavors that complement the beef and vegetables. Many Japanese families enjoy sukiyaki during cold winter months as a communal dining experience.Shabu-shabu takes its name from the swishing sound made when diners cook thin slices of meat in a clear, hot broth. This interactive dining style lets everyone cook their own portions to their preferred doneness.The dish typically includes high-quality beef or pork, tofu, and an assortment of fresh vegetables. Diners can choose between two dipping sauces: a citrusy ponzu sauce or a creamy sesame sauce, each adding distinct flavors to the cooked ingredients.The beauty of shabu-shabu lies in its simplicity and the social atmosphere it creates. The light, clean flavors make it a healthier alternative to other hot pot dishes, while maintaining the enjoyable communal dining experience.Unagi, or freshwater eel, holds a special place in Japanese cuisine. Prepared kabayaki style, the eel is grilled and basted with a sweet soy-based sauce that caramelizes beautifully on the surface.The most popular way to enjoy unagi is as unadon grilled eel served over a bowl of steamed rice. The rich, fatty meat of the eel pairs perfectly with the sweet-savory sauce and fluffy rice beneath.Japanese people traditionally eat unagi during summer months, believing it provides stamina to combat heat fatigue. The preparation requires skill and precision, making it a respected dish in Japanese cuisine.Japanese gyoza are crispy-bottomed dumplings filled with minced pork and finely chopped vegetables. These half-moon shaped parcels feature a delicate wrapper thats steam-cooked on top and pan-fried on the bottom for contrasting textures.The filling typically combines ground pork, cabbage, garlic, ginger, and chives. Restaurants serve gyoza with a custom dipping sauce mixing soy sauce, rice vinegar, and often a drop of chili oil for heat.These dumplings make perfect appetizers or side dishes, often appearing in ramen shops and izakayas. Many Japanese families have their own gyoza-making traditions, gathering to prepare large batches together.Mochi exemplifies Japanese cuisines attention to texture. These chewy rice cakes start with special sticky rice thats pounded into a smooth, elastic dough. The resulting texture is uniquely soft and stretchy.Traditional mochi can contain sweet fillings like red bean paste or ice cream, while savory versions appear in soups and hot pots. The making of mochi, called mochitsuki, remains an important New Year tradition in Japan.Fresh mochi has a subtle rice flavor that pairs well with various ingredients. During New Year celebrations, Japanese people enjoy special mochi soups and decorated mochi stacks called kagami mochi.Kaiseki represents the height of Japanese fine dining. This sophisticated multi-course meal showcases seasonal ingredients through various cooking techniques. Each dish arrives as a small, artfully presented portion.A typical kaiseki meal progresses through specific courses, including sashimi, simmered dishes, grilled items, and soup. Chefs pay careful attention to color, texture, and flavor combinations, creating a balanced dining experience.The presentation incorporates seasonal elements, from the dishes used to the garnishes chosen. Kaiseki meals change throughout the year, reflecting available ingredients and traditional calendar celebrations.Dorayaki consists of two soft pancake-like layers sandwiching sweet fillings. The classic version contains sweet red bean paste, though modern variations include custard, cream, or chocolate.The outer pancakes have a honey-sweet flavor and fluffy texture. Their golden-brown color comes from careful grilling on special dorayaki pans. The filling stays secure between the two cake layers, making it an easy street snack.This beloved sweet has become a cultural icon, featuring in popular media and remaining a favorite among all age groups in Japan.Dango brings simple pleasure through chewy rice flour dumplings. These small, round treats come skewered in groups, often featuring different flavors or coatings. The mitarashi variety, glazed with sweet soy sauce, remains particularly popular.Street vendors and traditional sweet shops prepare dango fresh, ensuring the perfect chewy texture. The dumplings themselves have a subtle flavor that takes well to various toppings and glazes.People enjoy dango year-round, but certain varieties connect to specific seasons, like cherry blossom dango in spring.Taiyaki delights with its distinctive fish shape and sweet fillings. Vendors pour batter into fish-shaped molds and add fillings before cooking until golden brown. The traditional red bean paste filling remains popular, but modern versions offer new tastes.The outer layer provides a crispy waffle-like texture that contrasts with the smooth filling inside. Contemporary variations include custard, chocolate, cheese, or sweet potato fillings.These fish-shaped treats often appear at festivals and shopping streets, where their aroma attracts customers seeking warm, freshly made snacks.Edamame offers a simple yet satisfying start to Japanese meals. These young soybeans, served in their pods, require just light boiling and a sprinkle of sea salt to shine.The bright green pods contain tender beans with a subtle, fresh flavor and satisfying texture. Diners pop the beans directly from the pod into their mouths, making them an interactive appetizer.These beans frequently appear in izakayas alongside cold beer, making them a classic Japanese bar snack. Their nutritional benefits and natural flavor have helped them gain popularity worldwide.Matcha is finely ground green tea powder that holds deep cultural significance in Japan. This bright green powder transforms into a frothy beverage through a precise whisking technique using hot water.Materials needed for traditional preparation: Bamboo whisk (chasen) Matcha bowl (chawan) Matcha powder Hot water (175F/80C) Small sifter Measuring scoop (chashaku)The preparation of matcha remains central to Japanese tea ceremonies, where each movement carries meaning. Modern research shows matcha contains high levels of antioxidants and L-theanine, supporting brain function and metabolism.Chawanmushi presents a delicate balance of flavors in a steamed egg custard. This savory dish combines beaten eggs with dashi stock and soy sauce, creating a silky-smooth texture.Each serving typically includes tender pieces of chicken, shiitake mushrooms, and seasonal ingredients suspended throughout the custard. The dish arrives in a small covered cup, releasing aromatic steam when opened.Restaurants often serve chawanmushi as part of a multi-course meal, though home cooks also prepare this comforting dish for family dinners.Ochazuke represents Japanese simplicity at its finest. This comfort food consists of green tea poured over steamed rice, often topped with salted salmon, pickled vegetables, or nori seaweed.The warm tea softens the rice while adding subtle flavor. Many Japanese people enjoy ochazuke as a late-night meal or when seeking something light and soothing.Some variations use dashi or light soup instead of tea, but the basic concept remains unchanged: a simple, warming bowl of flavored rice.Tamagoyaki transforms ordinary eggs into an artful rolled omelet. Cooks create this dish by rolling multiple layers of seasoned egg in a rectangular pan, resulting in a slightly sweet, multi-layered creation.This versatile dish appears in bento boxes, as a sushi topping, or as a breakfast item. The careful rolling technique requires practice, but the result offers both visual appeal and satisfying texture.Professional sushi chefs often use tamagoyaki as a measure of skill, as its preparation demands precision and patience.Natto consists of fermented soybeans known for their distinctive sticky texture and strong aroma. These beans come packaged with tare sauce and karashi mustard, typically mixed with chopped green onions before eating.Despite its polarizing nature, natto offers remarkable health benefits. The fermentation process creates beneficial compounds, including vitamin K2 and beneficial bacteria. Many Japanese people eat natto for breakfast with rice.Regular natto consumption links to improved bone health and blood circulation, making it a nutritional powerhouse in Japanese cuisine.Tsukemono encompasses various Japanese pickled vegetables, each with unique preparation methods. Common ingredients include daikon radish, cucumber, and eggplant, preserved through salt, rice bran, or vinegar.These pickles serve multiple purposes in Japanese meals. They act as palate cleansers between dishes and provide contrasting textures and flavors. Traditional Japanese meals often include several types of tsukemono.The pickling process varies from quick overnight methods to several months of fermentation, creating diverse flavors and textures.Katsu curry combines two beloved Japanese dishes: crispy tonkatsu and rich curry sauce. The dish features a breaded, deep-fried pork cutlet served alongside or topped with thick curry sauce.The contrast between crunchy katsu and smooth curry creates an satisfying eating experience. Restaurants typically serve this dish with rice and shredded cabbage.This fusion dish represents the Japanese talent for adapting foreign influences into something uniquely their own.Anmitsu offers a traditional Japanese dessert experience. Clear cubes of agar jelly form the base, topped with sweet azuki bean paste, fresh fruits, and optional brown sugar syrup (mitsu).The combination of textures makes each spoonful interesting from the firm jelly to the smooth bean paste. Modern versions might include ice cream or different fruit combinations.This refreshing dessert remains popular during warm months, though available year-round in Japanese cafes and restaurants.Korokke represents Japans interpretation of the French croquette. These crispy treats feature a mashed potato filling mixed with ground meat or vegetables, coated in panko breadcrumbs, and deep-fried until golden.Home cooks and street vendors alike prepare korokke as a popular snack or side dish. The crispy exterior gives way to a creamy, flavorful interior. Common variations include curry, crab, or cheese fillings.Shops often serve korokke fresh from the fryer with shredded cabbage and tonkatsu sauce.Hiyayakko showcases the elegant simplicity of Japanese cuisine. This dish consists of chilled silken tofu topped with fresh ginger, thinly sliced green onions, and a drizzle of soy sauce.During hot summer months, hiyayakko provides a cooling, protein-rich option. The smooth, cold tofu contrasts beautifully with the sharp, fresh toppings. Some versions include bonito flakes or sesame oil for extra flavor.This dish demonstrates how Japanese cooking can highlight natural ingredients with minimal preparation.Kamameshi brings drama to the dinner table through its preparation in individual iron pots (kama). Rice cooks directly in the pot with various ingredients, absorbing flavors from seafood, meat, or seasonal vegetables.The iron pot creates a slightly crispy bottom layer of rice, prized for its texture. Steam rises when the lid comes off, releasing enticing aromas. Traditional restaurants serve the dish in the cooking vessel itself.Each region in Japan offers local kamameshi variations featuring indigenous ingredients.Oden warms Japanese diners throughout winter months. This hot pot stew features various ingredients including daikon radish, boiled eggs, fish cakes, and konnyaku (yam cake) in a light dashi broth.Convenience stores and street vendors sell oden from large simmering pots, where ingredients cook slowly for hours. Customers choose their preferred items, each infused with the subtle, smoky dashi flavor.The dish exemplifies Japanese comfort food simple, warming, and satisfying.Japanese cuisine celebrates seasonal ingredients, precise preparation methods, and balanced flavors. These twelve dishes demonstrate the range of cooking techniques and ingredient combinations that make Japanese food distinctive. From the ceremony of matcha to the comfort of oden, each dish tells a story of Japans culinary traditions and innovations.Traditional Japanese food represents one of the worlds most refined and sophisticated cuisines, built on fresh ingredients and careful preparation methods. Japanese dishes emphasize natural flavors, seasonal ingredients, and precise cooking techniques that bring out umami flavors in every bite.Rice serves as the foundation of Japanese cuisine, appearing in countless preparations that showcase its versatility. Donburi, a popular rice bowl dish, combines steamed rice with various toppings like grilled eel (unagi-don), tempura (ten-don), or simmered beef (gyudon). Each topping adds distinct flavors while maintaining the rices essential role in the meal.Onigiri, Japanese rice balls, demonstrate how simple ingredients create satisfying meals. These portable snacks contain plain or seasoned rice formed around fillings like grilled salmon, pickled plum, or tuna mayo. The rice is often wrapped in nori seaweed, making it easy to eat on the go.Japanese curry rice offers a unique take on the Indian-inspired dish, featuring a thick, sweet-savory sauce served over short-grain rice. Chefs prepare this comfort food with carrots, potatoes, and meat, creating a perfect blend of Japanese and foreign influences.Japanese noodle soups stand out for their complex broths and fresh ingredients. Ramen noodles, served in rich broths made from pork, chicken, or seafood, come topped with ingredients like char siu pork, bamboo shoots, and soft-boiled eggs. Each region in Japan offers its own ramen variation, from Hokkaidos miso ramen to Hakatas tonkotsu.Soba noodles, made from buckwheat flour, provide a healthy alternative with their nutty flavor. Restaurants serve these thin noodles either hot in soup or chilled with a dipping sauce. The freshest ingredients enhance sobas natural taste, making it a favorite among health-conscious diners.Udon, thick wheat noodles, appear in both hot soups and cold preparations. Their chewy texture complements light broths made from dashi, soy sauce, and mirin. Popular versions include kitsune udon topped with sweet fried tofu, and tempura udon featuring crispy battered seafood or vegetables.Beyond rice and noodles, Japanese cuisine offers numerous distinctive dishes. Tempura exemplifies the Japanese approach to cooking, with light, crispy batter coating seafood and vegetables. Chefs focus on the freshest fish and seasonal vegetables to create this beloved dish.Yakitori, grilled chicken skewers, represents Japans mastery of grilling. These bite-sized pieces come seasoned with salt or brushed with a sweet-savory tare sauce. Different cuts of chicken, from thigh meat to skin, showcase the Japanese principle of using all parts of an ingredient.Sukiyaki and shabu-shabu highlight Japanese hot pot traditions. These communal dishes feature thin-sliced beef and vegetables cooked at the table in flavorful broths. The interactive nature of these meals makes them popular choices for social gatherings.Japanese cuisine combines simple ingredients with precise techniques to create memorable dining experiences. From humble rice dishes to elaborate presentations, each preparation reflects a deep respect for ingredients and tradition.Japanese cuisine stands out for its emphasis on fresh ingredients, balanced meals, and mindful preparation methods. The traditional approach to Japanese cooking focuses on preserving natural flavors while maintaining nutritional value through simple cooking techniques.Japanese cooking prioritizes fresh produce and seafood, creating meals that are both satisfying and nutritious. The preparation methods typically use minimal oils, instead favoring techniques like steaming, grilling, and simmering that help retain nutrients. Most dishes incorporate a variety of vegetables, making it easy to meet daily nutritional needs.Traditional Japanese meals follow a structure that promotes balance and portion control. A typical meal includes small servings of different dishes, allowing diners to enjoy various flavors and textures while maintaining moderate portions. This approach helps prevent overeating while ensuring diverse nutrient intake.The emphasis on seasonal ingredients ensures that foods are consumed at their peak freshness and nutritional value. Japanese cooks select produce based on whats currently available at local markets, resulting in meals that naturally align with the bodys seasonal needs.Japanese meals typically combine several components that create a well-rounded nutritional profile. A standard meal includes proteins like fish or tofu, vegetables prepared in different ways, and moderate portions of rice or noodles. This combination provides essential nutrients while maintaining reasonable calorie levels.Fermented foods play a significant role in Japanese cuisine. Items like miso, pickled vegetables, and natto add beneficial probiotics to meals while enhancing flavor. These fermented components aid digestion and contribute to gut health, adding another layer of nutritional value to Japanese dishes.The inclusion of both cooked and raw ingredients in meals provides varying nutritional benefits. Raw vegetables offer maximum vitamin content, while cooked items can make certain nutrients more accessible to the body. This diversity in preparation methods helps maximize nutritional intake.Fish features prominently in Japanese cuisine, particularly varieties rich in omega-3 fatty acids like salmon and mackerel. These fish provide essential nutrients that support heart and brain health. The regular consumption of seafood in Japanese diets contributes to overall wellness.Soy-based products such as tofu, edamame, and miso offer plant-based protein options. These ingredients provide alternatives to meat while delivering beneficial compounds. Tofu, in particular, serves as a versatile protein source that can be prepared in numerous ways.Seaweed varieties like nori, wakame, and kombu add minerals and vitamins to dishes. These sea vegetables contain iodine and other trace minerals that support thyroid function. Green tea, a staple beverage in Japanese culture, contains antioxidants that complement meals.The combination of these ingredients, along with cooking methods that preserve their natural benefits, creates meals that support overall health while remaining enjoyable to eat. Japanese cuisine demonstrates that healthy eating can be both practical and satisfying.Japans culinary landscape features distinct regional specialties that vary based on local ingredients, climate, and cultural traditions. Each region takes pride in its signature dishes, creating a rich tapestry of flavors across the country.Regional specialties in Japan reflect centuries of local food culture development, with each area maximizing its natural resources and geographical advantages. From Hokkaidos fresh seafood to Osakas vibrant street food scene, these specialties have become integral to Japans gastronomic identity.Heres a comprehensive look at Japans major regions and their specialty foods:RegionNotable Specialty FoodsHokkaido Fresh uni (sea urchin) Hairy crab Miso ramen Fresh dairy productsTohoku Wanko soba (buckwheat noodles) Kiritanpo (pounded rice) Apple productsKanto Monjayaki (savory pancake) Tsukudani (simmered fish) Chanko nabe (sumo wrestler stew)Kansai Takoyaki (octopus balls) Kushikatsu (breaded and deep-fried pork cutlet) Udon noodlesKyushu Tonkotsu ramen Mentaiko (spicy cod roe) Champon noodlesOkinawa Goya champuru Rafute (braised pork belly) Umibudo (sea grapes)These regional specialties showcase the foundational ingredients and flavor profiles unique to each area, creating an array of dishes that contribute to Japans diverse culinary heritage.Japan doesnt have an officially designated national dish, though several foods stand out as cultural icons in Japanese cuisine. Two dishes in particular curry rice (kare raisu) and sushi have become deeply embedded in the nations culinary identity.Curry rice entered Japanese culture during the Meiji period (1868-1912) through British naval influences. The Japanese navy adopted curry as a practical meal for sailors, and it quickly spread throughout the country. Today, Japanese curry differs significantly from its Indian origins, featuring a sweeter, thicker sauce and unique local ingredients. The dish has become so integrated into daily life that the average Japanese person eats curry rice more than 80 times a year.While sushis popularity as a cultural symbol is undeniable, its evolution from street food to national pride tells an interesting story. In the 1920s and 1930s, the development of modern refrigeration and rice vinegar production methods transformed sushi from a regional specialty into a nationwide phenomenon. The post-war economic boom of the 1960s cemented its status as a beloved dish that represents Japanese culinary craftsmanship to the world.Traditional beverages play a central role in Japanese culture, serving as symbols of hospitality and bringing people together during celebrations and daily life. These drinks carry centuries of history and craftsmanship, reflecting Japans dedication to preserving its cultural heritage.Sake stands as Japans national drink, with a history spanning over 2,000 years. This rice-based alcoholic beverage emerged from ancient agricultural practices, becoming deeply woven into religious ceremonies and social gatherings throughout Japanese history.The production of sake involves a complex fermentation process where rice starch converts to sugar, then to alcohol. Master brewers, known as toji, carefully monitor temperature and humidity while managing the delicate balance of ingredients. This meticulous attention to detail results in sakes distinct flavors and aromas.Niigata Prefecture, renowned for its pure water and excellent rice, produces some of Japans finest sake. The regions cold climate creates ideal conditions for sake brewing. Similarly, Hiroshima Prefecture maintains a strong sake-making tradition, with its breweries crafting unique varieties that showcase local water sources and brewing techniques.Matcha represents more than just a green tea powder; it embodies Japanese principles of mindfulness and respect. The tea ceremony, known as chanoyu, transforms the simple act of preparing and drinking matcha into an art form that honors these values.During the tea ceremony, hosts carefully prepare matcha using traditional tools and precise movements. Each gesture carries meaning, from the way the tea is whisked to how guests receive their bowls. This ritual creates moments of connection between participants, transcending everyday interactions.The social significance of matcha extends beyond formal ceremonies. Modern Japanese culture continues to incorporate matcha into daily life, from casual tea gatherings to contemporary cafes. This adaptability shows how traditional beverages maintain their relevance while connecting past and present Japanese society.Both sake and matcha demonstrate how traditional Japanese beverages strengthen social bonds and preserve cultural practices, making them essential elements of Japans heritage.Japanese food culture centers on the principle of ichiju-sansai (one soup, three sides), emphasizing balance and mindful eating through carefully portioned meals. This traditional approach extends beyond mere sustenance, incorporating shared dining experiences called washoku a UNESCO-recognized cultural heritage that brings families and communities together around the table.Seasonal ingredients and presentations play a vital role in Japanese dining, with each of the four seasons bringing distinct flavors and cooking methods. Chefs and home cooks select ingredients at their peak freshness, known as shun, creating dishes that reflect natures cycles from spring bamboo shoots to autumn matsutake mushrooms. Food presentation, or moritsuke, follows strict artistic principles, with dishes arranged to highlight natural beauty and create visual harmony through color, texture, and space.Family gatherings and regional food traditions strengthen Japans culinary identity through shared meals and cooking practices. During New Years celebrations, extended families prepare osechi ryori together, filling special boxes with symbolic foods that represent good fortune. Regional specialties, passed down through generations, maintain local food heritage like Osakas street food culture or Kyotos refined temple cuisine. These communal experiences reinforce cultural bonds and teach younger generations about food respect and tradition.

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A model attribution edit summary is Content in this edit is translated from the existing Japanese Wikipedia article at [[:ja:#]]; see its history for attribution.You may also add the template {{Translated|ja|#}} to the talk page.For more guidance, see Wikipedia:Translation.This article relies largely or entirely on a single source. Relevant discussion may be found on the talk page. Please help improve this article by introducing citations to additional sources.Find sources:"History of Japanese cuisine"news newspapers books scholar JSTOR (May 2012) (Learn how and when to remove this message)This article is part of the seriesJapanese cuisineRegional cuisinesMain articleNagoyaOkinawaYshokuIngredientsBentoMain dishesDessertsNoodlesSashimiSushiPreparation and cookingStir fryingDouble steamingRed cookingUtensilsList of Japanese cooking utensilsRituals and festivalsEtiquetteKaisekiNew Year Japan portal Food portalvteThis article traces the history of cuisine in Japan. Foods and food preparation by the early Japanese Neolithic settlements can be pieced together from archaeological studies, and reveals paramount importance of rice and seafood since early times.The Kofun period (3rd to 7th centuries) is shrouded in uncertainty. Some entries in Japan's earliest written chronicles hint at a picture of food habits from the time of the formation of the imperial dynasty. When Buddhism became widely accepted with the rise of the Soga clan, a taboo on eating meat (especially mammals) began to be enforced, and became common practice, although wild game was still being taken by mountain people, and would be eaten by townspeople when the opportunity arose.Treatises on ceremony, tax documents, and fiction allows one to make a list of food ingredients used, and basic preparation methods in the Heian period. However anything like recipes from the Middle Ages are a rare commodity in Japan or any country.Records throughout Middle Ages may give some idea of the dishes being enjoyed, but do not give details such as to provide accurate recipes.Once Japan entered the Edo period, there were rich records of foods and cuisine from commoners (i.e., non-samurai), who were largely literate, and produced a great deal of wood-block printed literature.Following the Jmon period (14,000300 BCE), Japanese society shifted from semi-sedentary hunter-gatherer lifestyle to an agricultural society. This was the period in which rice cultivation began, having been introduced by China around the third century BCE.[1] Rice was commonly boiled plain and called gohan or meshi, and, as cooked rice has since been the preferred staple of the meal, the terms are used as synonyms for the word "meal". Peasants often mixed millet with rice, especially in mountainous regions where rice did not proliferate.[2]During the Kofun period (300 to 538 CE), Chinese culture was introduced into Japan from Korea. As such, Buddhism became influential on Japanese culture. After the 6th century, Japan directly pursued the imitation of Chinese culture of the Tang dynasty (618 to 907).[3] It was this influence that marked the taboos on the consumption of meat in Japan. In 675 CE, Emperor Tenmu decreed a prohibition on the consumption of cattle, horses, dogs, monkeys, and chickens during the 4th-9th months of the year; to break the law would mean a death sentence. Monkey was eaten prior to this time, but was eaten more in a ritualistic style for medicinal purposes. Chickens were often domesticated as pets,[citation needed] while cattle and horses were rare and treated as such. A cow or horse would be ritually sacrificed on the first day of rice paddy cultivation, a ritual introduced from China. Emperor Tenmu's decree, however, did not ban the consumption of deer or wild boar, which were important to the Japanese diet at that time.[4]The Heian Period (794 to 1185) in the 8th century saw many additional decrees made by emperors and empresses banning the killing of any animals. In 752 CE, Empress Kken decreed a ban on fishing, but made a promise that adequate rice would be given to fishermen whose livelihood would have otherwise been destroyed. In 927 CE, regulations were enacted that stated that any government official or member of nobility that ate meat was deemed unclean for three days and could not participate in Shinto observances at the imperial court.[5]Chopsticks on a chopstick restIt was also the influence of Chinese cultures through Korea that brought chopsticks to Japan early in this period.[6][7][8][9][10] Chopsticks at this time were used by nobility at banquets; they were not used as everyday utensils however, as hands were still commonly used to eat. Metal spoons were also used during the 8th and 9th centuries, but only by the nobility.[11] Dining tables were also introduced to Japan at this time. Commoners used a legless table called a oshiki, while nobility used a lacquered table with legs called a zen. Each person used his own table. Lavish banquets for the nobility would have multiple tables for each individual based upon the number of dishes presented.[12]Along with the addition of chopsticks, Chinese tea was also introduced to Japan during the Heian Period. Although first recorded in Japan during the Nara Period (710 to 784),[13] tea grew popular after Buddhist Monks Saicho and Kukai traveled back to Japan from China

bearing tea seeds and leaves in 805 CE. Tea then became popular in Japanese court, and as farmers began to grow and farm tea plants around the time of 805 CE, tea began to expand in popularity.[14]Upon the decline of the Tang dynasty in the 9th century, Japan made a move toward its individuality in culture and cuisine. The abandonment of the spoon as a dining utensil which was retained in Korea is one of the marked differences, and commoners were now eating with chopsticks as well. Trade continued with China and Korea, but influence en masse from outside Japan would not be seen again until the 19th century. The 10th and 11th centuries marked a level of refinement of cooking and etiquette found in the culture of the Heian nobility. Court chefs would prepare many of the vegetables sent as tax from the countryside. Court banquets were common and lavish; garb for nobility during these events remained in the Chinese style which differentiated them from the plain clothes of commoners.[15]The dishes consumed after the 9th century included grilled fish and meat (yakimono), simmered food (nimono), steamed foods (mushimono), soups made from chopped vegetables, fish or meat (atsumono), jellied fish (nikogori) simmered with seasonings, sliced raw fish served in a vinegar sauce (namasu), vegetables, seaweed or fish in a strong dressing (aemono), and pickled vegetables (tsukemono) that were cured in salt to cause lactic fermentation. Other snacks included fruit, nuts, and rice cakes, which were made with rice and different vegetables.[16] Oil and fat were avoided almost universally in cooking. Sesame oil was used, but rarely, as it was of great expense to produce.[17]Documents from the Heian nobility note that fish and wild fowl were common fare along with vegetables. These Heian nobles ate twice a day, once at 10 AM and once at 4 PM.[16] Their banquet settings consisted of a bowl of rice and soup, along with chopsticks, a spoon, and three seasonings which were salt, vinegar and hishio, which was a fermentation of soybeans, wheat, sake and salt. A fourth plate was present for mixing the seasonings to desired flavor for dipping the food. The four types of food present at a banquet consisted of dried foods (himono), fresh foods (namamono), fermented or dressed food (kubotsuki), and desserts (kashi). Dried fish and fowl were thinly sliced (e.g. salted salmon, pheasant, steamed and dried abalone, dried and grilled octopus), while fresh fish, shellfish and fowl were sliced raw in vinegar sauce or grilled (e.g. carp, sea bream, salmon, trout, pheasant). Kubotsuki consisted of small balls of fermented sea squirt, fish or giblets along with jellyfish and aemono. Desserts would have included Chinese cakes, and a variety of fruits and nuts including pine nuts, dried chestnuts, acorns, jujube, pomegranate, peach, apricot, persimmon and citrus. The meal would be ended with sake.[18]The Kamakura period marked a large political change in Japan. Prior to the Kamakura period, the samurai were guards of the landed estates of the nobility. The nobility, having lost control of the Japanese countryside, fell under the militaristic rule of the peasant class samurai, with a military government being set up in 1192 in Kamakura giving way to the period. Once the position of power had been exchanged, the role of the court banquets changed. The court cuisine which had prior to this time emphasized flavor and nutritional aspects changed to a highly ceremonial and official role.[19]Minamoto no Yoritomo, the first shgun, punished other samurai who followed the earlier showy banquet style of the nobility. The shgun banquet, called ban, was attended by military leaders from the provinces. The ban originally referred to a luncheon on festival days attended by soldiers and guards during the Heian period, and was attached to the warrior class. The menu usually consisted of dried abalone, jellyfish aemono, pickled ume called umeboshi, salt and vinegar for seasoning, and rice. Later in the period, the honzen-ryri banquet became popularized.[20]The cuisine of the samurai came distinctly from their peasant roots. The meals prepared emphasized simplicity while being substantial. The cuisine avoided refinement, ceremony and luxury, and shed all further Chinese influence. One specific example is the change from wearing traditional Chinese garb to a distinct clothing style that combined the simple clothing of the common people. This style evolved into the kimono by the end of the Middle Ages.[21]The Buddhist vegetarian philosophy strengthened during the Kamakura period as it began to spread to the peasants. Those who were involved in the trade of slaughtering animals for food or leather came under discrimination. Those practicing this trade were considered in opposition to the Buddhist philosophy of not taking life, while under the Shinto philosophy they were considered defiled. This discrimination intensified, and eventually led to the creation of a separate caste, the burakumin.[22]A fruit market stand in Meiji-era JapanJesuit Catholic Portuguese missionary Joo Rodrigues said that Japanese refused to eat lard, hens, duck, pigs, cow, horse, and ass, and refused to eat their own livestock and only sometimes hunted wild animals during feasts, in contrast to the Chinese who ate geese, hens, domestic duck, bacon, lard, pork, cow, horse and ass.[23] Catholic Christians visiting Japan were accused of eating dogs, horses and cattle by Japanese Buddhist monks. The book "comparison between European and Japanese Cultures" was written by Lus Fris (1532-1597), a Jesuit Father in 1585. He said "Europeans relish hens, quails, pies, and blancmanges, Japanese prefer wild dogs, cranes, large monkeys, cats, and uncooked seaweed [for eating] ... We do not eat dog meat but beef; Japanese do not eat beef but dog meat as medicine". the Japanese also ate raw, sliced boar meat, unlike Europeans who cooked it in stew.[24] Animal milk like cow milk was despised and abhorred and meat eating was avoided by the Japanese in the 19th century. When one Japanese, Marsukara wanted to feed cow milk to babies after he was told western babies were fed it, he imported from Shanghai milking equipment at the French consul's advice and purchased Nagasaki cows. He never drank it himself.[25] Beef was not eaten as regular food in Japan until the Meiji restoration.[26][27] Meat eating was forbidden by Buddhism in Japan.[28] Meat eating was an abhorred western practice, according to one Samurai family's daughter who never ate meat.[29][30] Shintoism and Buddhism both contributed to the vegetarian diet of medieval Japanese while 0.1 ounces of meat was the daily amount consumed by the average Japanese in 1939. Japan lacked arable land for livestock so meat eating was outlawed several times by Japan's rulers. In 675 a law was passed stating that from late spring to early autumn, dog, chicken, monkey and beef meat was not allowed for that period of time. Other bans were implemented. Japan mostly got meat from hunting wild animals but wild animals like boar and deer decreased as farmers cut down forests for farms since the population grew. Japan started adopting meat based diets from Europeans like the Dutch who were taller than them in the 18th century and then when the Meiji emperor ate meat in public on 24 January 1872. Then Japan started importing Korean beef with a 13 times increase in Tokyo's beef consumption in 5 years. The average Japanese conscript was weak, with a minimum height at 4 feet 11 inches; 16% of conscripts were shorter than that height and were generally thin. Japan needed to boost its army strength at the time when it was modernizing. Japan then saw American soldiers eating bacon, steaks and hamburgers after the Second World War when America occupied Japan. Japan's McDonald's chief Den Fujita said "If we eat hamburgers for a thousand years, we will become blond. And when we become blond we can conquer the world."[31] Beef was however eaten as medicine in both China and Japan as a special exemption to the ban before the 19th century. The ban originated in the 10th century AD.History of sushiHistory of meat consumption in Japan^ "Road of rice plant". National Science Museum of Japan. Archived from the original on 2015-04-05. 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Since the introduction of Buddhism which forbids meat - eating, the Japanese people ...^ Bulletin, Issue 31. Bulletin, National Council for the Social Studies. The National Council for the Social Studies. 1959. p.73. The daughter of an old Samurai family describes life and customs in a Japan so little touched by western ways as to abominate the eating of meat .^ National Council for the Social Studies (1955). Bulletin - National Council for the Social Studies, Issues 29-31. Bulletin - National Council for the Social Studies, National Council for the Social Studies. National Council for the Social Studies. p.73. The daughter of an old Samurai family describes life and customs in a Japan so little touched by western ways as to abominate the eating of meat .^ ZARASKA, MARTA (March 7, 2016). "How Japan went from being an almost entirely vegetarian country to a huge consumer of meat". Business Insider India.Heibonsha (1969) [1968]. (Sekai hyakka jiten). (world encyclopedia, in Japanese)Ishige, Naomichi (2001). The History and Culture of Japanese Food. New York: Columbia University Press. ISBN0710306571.Kiple, Kenneth F.; Ornelas, Kriemhild (2000). The Cambridge World History of Food. Vol.2. Cambridge, UK: ColuCambridge University Press. ISBN0521402166. Archived from the original on 2012-05-04.Portals: Food History JapanRetrieved from " 4.8K By the very nature of the Japanese archipelago, which is made up of many islands and stretches for more than 3,500 kilometers, Japanese cuisine is first and foremost a regional (or even local) cuisine, in which certain major principles are expressed in accordance with the local tastes and ingredients available. The result is a wide variety of dishes; however, these kitchens have gradually been marked both by common changes in consumption patterns across the country and by foreign innovations (new ingredients, new culinary techniques) quickly accepted, disseminated and adapted throughout the country.History of Japanese Cuisine in details:Jmon Period (-14000 -400 BCE) The Jmon period corresponds to the Japanese protohistory. During this period, food in Japan has gradually evolved from the traditional diet of nomadic hunter-gatherers to that of sedentary peoples mastering agriculture and cooking.In prehistoric Japan, the Jmon people living in Japan were mainly semi-sedentary hunter-gatherers. The Jmon islands have a great diversity of Natural Resources in all the biotopes of their archipelago : in spring and early summer, deep-sea fish species (Tunas and bonitos) and marine mammals are fished as they approach the coast to breed. Salmon and other marine species brought back by the Oyashio current are also caught. On the shores of the Sea of Japan and the Pacific, there are numerous shellfish aggregations that show the strong presence of shellfish in the diet. During this period, the most practiced ways of getting food were river fishing and hunting.In the late fall and throughout the winter, deer and wild boar are hunted, as are bear, deer and Hare. Many local tree species provide large amounts of food for humans and animals. In autumn, the fruits and seeds are ready to be picked, and the harvest of chestnuts, nuts, hazelnuts and Acorns is stored in many underground silos.Yams and other wild plants supplement the diet. Although agricultural techniques have not yet been certified, there has been a gradual development in the cultivation of certain types of plants, such as squash, hazelnut and millet.There is evidence that soybeans were already present in Japan and probably cultivated during the Jmon period, with significant variations in seed size indicating human hand selection, probably in multiple locations in Korea, China, and Japan before 5000 BCE, and in large amounts from around 3000 BCE.The first proof of cooking comes from the pottery. They were mostly quite small bowls with a round bottom of 10-50 cm high used to boil food and store it. Some date back to the 14th millennium BC..The first jmon pottery can be found throughout the archipelago ; archaeologists count 70 different styles and even more sub-styles. Although the first pottery was small in size so that it could be transported easily, the size of the pieces of pottery gradually increased and their style diversified, reflecting the gradual sedentarization of these people.After 1500, the climate was cooling and the population was drastically reduced. Compared to the previous period, few sites prove a human presence after 1500. From 900 B. C., new arrivals from the Korean Peninsula settled in Western Kysh. These new populations bring with them new techniques and new ingredients: they bring rice cultivation and master bronze, iron and pottery similar to that of Mumun culture. For a thousand years, both populations coexisted. Yayoi Period (400 BCE 250 AD)During this period, in addition to rice cultivation, the Japanese also cultivated wheat, barley, millet, buckwheat and soybeans. The food is described for the first time: raw vegetables, rice, fish tasted without utensils. Alcohol is consumed at parties, and the first known Japanese chef appears.The earliest writings about Japan are Chinese writings from this period. WA the Japanese pronunciation of one of the first Chinese names given to Japan-is for the first time mentioned in 57 AD. Ancient Chinese historians described Wa as a country dotted with hundreds of tribal communities, not the unified land declared in the Nihonji that gives Japan a founding date of 660 BC.Chinese sources from the 3rd Century report that the people of Wa lived on raw vegetables, rice and fish served on wooden and bamboo platters (takatsuki), that they had granaries and provincial markets, and ate with their hands, baguettes not yet being present.In a history written in Kojiki, Takahashi ujibumi, and Nihon shoki, Emperor Keik named Iwakamutsukari no Mikoto, chief of the imperial court, having greatly appreciated a dish combining bonito and Palourde. Today, he is considered the founder of Japanese seasoning culture. At that time, which preceded the appearance of the soy sauce, the seasoning consisted mainly of salt and vinegar.Tokyo, Japan barrels of sake stacked together at Meiji Jingu Shrine in Tokyo.The first mention of alcohol consumption in Japan appears in Weis book, chronicles of the Three Kingdoms. This text from the third century describes Japanese drinking and dancing.According to some, the production of rice sake was introduced from China to Japan shortly after rice cultivation, spreading from West to east from Kysh and Kinki.The inoculation of ferment was of the most primitive, so-called kuchikami (chewed in the mouth), the cooked cereals being saccharified by saliva, and the making of sake was said to be kamosu, derived from the verb kamu (chew, bite) . However, the advent of sake-making methods such as those that persist today will not take place until the 12th century. The confirmation of the presence of sake can be found in Kojiki, the first Japanese history, which was made in the year 712 AD.The Yamato Period (250-710 AD)The Yamato period was the scene of many Korean and Chinese migrations, introducing Confucianism and Buddhism, which triggered the first decree banning meat consumption. Traditional ingredients such as soy sauce come from trade with neighbouring nations ; sake is becoming more common. There is little information on the culinary practices of this period. It should be noted, however, that strong waves of Chinese (in the fifth century) and Korean (in the fourth century) immigration may have had a significant impact.The introduction of Buddhism in Japan was attributed to King Baekje Seong in year 538. The Soga clan, a family of the court that accompanied the rise of the Emperor Kinmei around 531 AD, pushed for the adoption of Buddhism and a Chinese Confucian cultural model, but encountered strong opposition from the Nakatomi clan, who was responsible for shinto rituals at the court, as well as from the Mononobe clan.For more than a century, wars of influence have taken place to fight Buddhism. However, in 675 AD, the use of cattle and the consumption of wild animals (horse, cow, dog, monkey, Birds, etc.) was banned by the Emperor Temmu to respect the rules of buddhism. Consumption of pests, fallow deer and wild boar was not prohibited. This ban was renewed throughout the Asuka period, but ended in the Heian period. One can see in this prohibition the beginnings of the shojin ryori, which was not widespread until the 13th century.Sake, made of rice, water, and Kji mould (Tar, Aspergillus oryzae), of very low degree, became the predominant alcohol. The soy sauce, originally from China, originated from a paste called hishio, first made with meat and fish marinade, then with soybean seeds and flour. It was introduced to Japan during the Fujiwara period (694-710).Traditional CuisineJapanese cuisine can be defined strictly as the traditional Japanese cuisine, called nihon ryri (or washoku) preceding the Meiji Era, which saw the introduction of recipes and cooking techniques from abroad.Nara Period (710 AD -794 AD)The Nara era brought many changes : the mastery of fermentation increased, and ingredients such as bread and natto were introduced. Seasonings previously reduced to vinegar and salt were superseded by the ancestors of the classic seasonings miso, hishio (the ancestor of soy sauce), and shi.Fermentation is an essential process for the preparation of many ingredients in japanese cuisine (to name only the most famous : miso, sake, soy sauce, rice vinegar, mirin, tsukemono, natto, katsuobushi, kusaya). While some processes such as manufacturing are known, fermentation remains a process dependent on the control of the fungus used for fermentation. Evidence of early mastery appears, such as the Kin-jinja temple in Shiga Prefecture, dedicated to the fungus used in the production of narezushi.In this most primitive type of sushi, the fish was salted and coated in fermented rice. Nare-zushi was a gutted fish and could be stored for months, with fermented rice preserving the fish from rot.At the time of eating, the fermented rice was discarded and only the fish was eaten. This type of sushi was an important source of protein for the Japanese.The fermentation processes will gradually be brought under control.Natto on rice.The natto, now traditional ingredient of the Japanese diet, is introduced in its 2 most common versions (itohiki-natto and shiokara-natto) during the Nara period by a Buddhist monk.Its consumption will be promoted by the progressive spread of Buddhist vegetarian practices.The Japanese brought bing (bread) from China, a Chinese unleavened bread similar to French pancakes, following contacts with the Chinese dynasties Sui (581-618) and Tang (618-907)20. There is evidence that miso, hishio (the ancestor of soy sauce, a paste made from soy), and shi (soy nuggets) occupy a very important place in Japanese seasoning, part of the code Yr, a form of code regulating the life of ancient Japan being dedicated to them and stipulating how to use them. At the Imperial Court, Two Chiefs were responsible for the production of these three ingredients, which were also widespread among the Japanese people.So it was a type of dairy product made in Japan between the 7th and 10th centuries. The method of preparing this dish is noted in Engishiki since the so could officially be used as a gift for the emperor. Daigo, another ancient Japanese dairy product, was made from soy.Heian Period (794-1185)The Heian period saw the appearance of chopsticks and the introduction of major dishes of Japanese cuisine, tofu and noodles. The codification of the rules of consumption is in progress : ceremonies or rituals related to sake are developed at the imperial court, and the osechi ryri, which codifies banquets, appears. Originally reserved for ritual and religious uses, the chopsticks introduced from China at the same time as Confucianism began to be used for daily food and spread among the people, as evidenced by the development of the chopsticks trade in Japan.In Japan, it is a popular tradition that tofu came from China, brought by the Buddhist monk Kanshin, in 754 AD or as in another version of the story, by the zen monk Ingen, who would have introduced it in 1654 AD. Instead of repeating the prevailing view, Shinoda Osamu undertook a study of ancient Japanese texts. The earliest records of tofu he identified can be found in an imperial menu dated 1183 AD and then in the letter of a monk dated 1239 AD.From the 14th century onwards, the number of occurrences increased rapidly. Shinoda also notes that Buddhist temples have played an important role in the manufacture and dissemination of tofu. The obligation not to eat meat forced the monks to seek vegetarian and nourishing dishes as an alternative to animal protein.So we can assume with Huang, that tofu probably came to Japan at the end of the Tang or under the Song. It was probably brought by buddhist monks at a time when cultural exchanges between the two countries were intense. It was also at this time that it was passed on to Korea. Japans tofu-making technique evolved differently than in China. Tofu is softer, lighter and has a finer flavour than in China.Soba noodlesChinese noodles were introduced through Buddhist monks who imported them from The Song Dynasty (1127-1279) over a period from the end of the Heian period (1185) to the beginning of the Kamakura period (1185-1333).The monks introduced all the cultivation linked to the production of flour, and objects that are intimately linked to it, such as the grindstone.A book, The Kyoka hitsuyo jirui zenshu, made around 1279, gives a list of recipes imported by one of these priests, Eisai (1141-1215), founder of the Rinzai School of zen Buddhism, namely: suikamen, smen, tettaimen, koshimen, suiromen and pasta called konton destined to be filled.During the Heian period, sake was used in religious ceremonies, court festivals, and games in boire. The term ryri refers to a type of meal, and by extension a type of cuisine to prepare it. The codification of osechi ryri is defined for the first time: it is a banquet kitchen, with multiple dishes available to guests. It is the direct ancestor of the osechi served at the beginning of the Year in Japan.Feudal period (1185-1603))The feudal period saw the maturation of techniques for preparing ingredients, rites related to cooking and the codification of consumption patterns. Fermentation is mastered, cutting becomes an art, noodles in their present form appear, and honzen ryri and shojin ryri each define a particular meal style. Late in the day, Portuguese Jesuits introduce recipes that are adapted to local tastes and become a must in Japanese cuisine, such as tenpuras or tonkatsu.Between the end of the Heian period and the beginning of the Kamakura period, the production of kji, the fermentation source of most of the Japanese fermented products still in use today, was finally brought under control. Production can then become mass production and allows the diffusion of its products and facilitates access to them.Udon noodles are first mentioned in a document, the Kagen-ki, on July 7, 1347, under the name uton. The first mention of soba noodles in Onryo-ken Nichiroku, October 12, 1438. The noodles known today in Japan are slightly different from these versions. The noodles will take their present form during the Eiroku era (1558-1570).Fresh steamed green Japanese soybean (edamame) in wooden bowl sprinkled with sea saltThe first document referring to edamame dates back to 1275, when a famous Japanese monk, Nichiren, wrote a note thanking a parishioner for having left edamame on the temple. The edamame also appeared in haikai in the Edo period (1603-1868).Honzen-ryri () cuisine is considered to be reserved only for the Samurai. It is known ftom the time of Muromachi (1336-1573), it is considered to be the formal Japanese cuisine in the Edo period (1600-1868), but declined from the Meiji period (1868-1912). Today, it is found in a derivative form in the Kchi region of Shikoku island, known as the sawachi cuisine (, sawachi ryri). Shojin ryri is one of the three main types of food in modern Japan, consisting of strict adherence to vegetarian cuisine. Introduced to Japan around 531 AD, it is considered in the 13th century and adopted by a large number of Japanese people.Instead of the narezushi ancestor, the Japanese preferred the namanare or the namanari. During the Muromachi period, namanare was the most popular type of sushi. Namanare was raw fish wrapped in rice, eaten fresh, before its taste deteriorated. Unlike the primitive narezushi, the namanare is a dish, and no longer just a method of preserving fish.In medieval samurai society, the process of preparing poultry and meat begins to be ritualized. During the period (1394-1573), knife masters were recognized and the methods of preparation previously limited to cutting extended and codified the way of cutting, knives to use and developed into schools specializing in the tools and methods used.fried shrimps tempura on topped rice bowl Japanese food styleThe tempura recipe was introduced to Japan by Portuguese Jesuit missionaries active in Nagasaki during the 16th century (1549). These Jesuits also introduced panko and dishes that are still popular today, such as the tonkatsu.All the dishes, resulting from this mixture of Portuguese and Japanese cuisine, are often referred to as Nanban cuisine.) (barbarians of the south) and is part of the various cultural contributions of this era referred to as Nanban art. Edo Era (1603-1868)The Edo period is the golden era of Japanese cuisine, finally coming to maturity [not neutral] . Economic prosperity and urbanization allow more and more people to consider cooking as a pleasure and an art.mirin plays an important role in Japanese cuisine, and the quintessence of traditional Japanese food, kaiseki ryri is defined by merchants and artists. In the Edo period, mirin took its present important place in traditional recipes.The diet of the Edo period resembles that of todays Japanese, with some major exceptions, including the absence of meat and the rarer presence of Fish and seafood. It consisted of 3 meals, as it is today, and was based on the current menus, with a bowl of rice, a soup and one or two side dishes.There are numerous documents that make it possible to reconstruct the diet of the daimyos, which was differentiated between ordinary and ceremonial meals.Ordinary meals usually consisted of rice, a soup, and one or two side dishes, as well as tsukemono. The sake was not served. The ceremonial meal, often in the evening, was a formal meal accompanied by a sak-tasting ritual, and potentially a drink party, and took place approximately once a week.The most common ingredients were rice, tofu, daikon, seasonal vegetables and mushrooms. The use of fish in regular menus varied from time to time (sometimes rarely present, sometimes more), with the exception of katsuobushi used as a seasoning; they were eaten more often at ceremonial meals.Kaiseki kitchen.Kaiseki cuisine (kaiseki ryri) is that of merchants and artists. Its origin is confused with that of its namesake kaiseki ryri of the tea ceremony.After the 8th century narezushi and the medieval namare, a third type of sushi is introduced, the Haya-zushi. Haya-zushi was assembled in such a way that rice and fish could be eaten at the same time. Rice was no longer used for fermentation but mixed with vinegar, fish, vegetables and various dried ingredients. This type of sushi is still popular nowadays, each region has a local variation.In the early 19th century, the yatai, small stalls selling food, became popular in Edo. It was at this time that the nigiri-zushi was created : consisting of a cluster of oblong rice surmounted by raw fish, it is the sushi known worldwide. After the Kant earthquake of 1923, the leaders preparing the nigiri-sushi left Edo and dispersed across Japan, popularizing the dish across the country. Today, the world-famous sushi is the nigirizushi invented by Hanaya Yohei (1799-1858).Introduction of foreign cuisineOmelet on rice easy omurice mealIn the early Meiji period (1868-1912), the sakoku (closure of the country) was abolished by Emperor Meiji and Western ideas and menus were considered the future of Japan. Among the reforms, the emperor lifted the ban on eating red meat, and promoted Western cuisine, which was seen as the cause of Westerners large size.The transformation of Japanese food is twofold: on the one hand, foreign recipes and techniques are introduced, enlarging the palette of tastes of Japanese cuisine.On the other hand, the lifting of the ban on eating meat increases the consumption of meat, milk and bread and leads to a decline in the consumption of rice, the intake of which is supplanted by animal protein. Recipes imported from the West and neighbouring countries have been adapted to local tastes and ingredients.These adapted recipes are for the most part considered Japanese in the cultures from which they originate. Conversely, in Japan, they often remain outside traditional Japanese cuisine, even if they are part of the Japanese culinary heritage.Japanese western cuisine, (yshoku) refers to dishes that were imported from the West during the Meiji Restoration and adapted to local tastes. These are European dishes that have been adapted, which often have European sounding names, which are usually written using katakana. These are dishes most often based on meat, a new ingredient in Japanese cuisine, whose origins are European (French, English, Italian, etc.). These Japanese versions are often quite different from their original versions.The opening of genuine European restaurants, serving versions more in keeping with their original recipes, made people aware of the difference between yshoku and European dishes in the 1980s.If you like European cuisine, you can also try some of the wonderfully delicious Croatian dishes and enjoy the diversity and rich flavors which Mediterranean cuisine offers.Omurice, naporitan, korokke are examples of yoshoku dishes. Japanese curry was introduced to Japan during the same period, while India was under the administration of the English east India Company. This is why curry is classified in Japan as a Western dish instead of an Asian dish. During the same period, due to the opening of the country, many now popular dishes were imported from Chinese and Korean kitchens. If they followed the same import process, these dishes are not yshoku since they are not Western. Among the most famous are the rmen, the shabu-shabu and the gyoza. With these dishes, new cooking techniques appear, such as saut cooking with wok, itamemono.Decline in rice consumptionUnder the influence of Western kitchens, meat, milk and bread are introduced into Japanese cuisine and Customs.Milk becomes a traditional ingredient in the diet of Japanese children. Before World War II, in 1939, rice was rationed at 330 grams of rice per day per person. The average consumption in the 2000s fell to 165 grams, with rice being replaced by meat. Between the 1960s and 2000, meat consumption increased by 400%, and by the mid-1980s, the ratio of meat to fish consumed reversed, with meat even exceeding fish consumption. What are some common ingredients in Japanese cooking?What is the significance of tea ceremonies in Japanese culture?What are the most popular noodle dishes in Japan?How do Japanese festivals influence food culture? The roots of Japanese cuisine, once traced, will reveal that several serving styles have been developed over the ages. During the Heian period in the eighth century, people ate individually served meals using their own tray tables (zen), plateware and chopsticks. The economy was built upon rice paddy cultivation, and rice had become an integral part of the Japanese diet. Under the Buddhist influence, eating four-legged animals was prohibited, bringing an end to meat consumption in Japan. However, various food ingredients were introduced. The origins of miso, soy sauce and tofu were first seen during this period, and people consumed abundant amounts of agricultural produce and marine foods, including seaweed and shellfish.First Appearance of Honzen Ryorione soup, three sidesJapan engaged in trade with foreign countries during the Muromachi period of the fourteenth century, and a distinctive Japanese culture flourished. Serving styles and rules were formalized, and the honzen ryori became a primary serving style of the time. The honzen ryori was a combination of several courses, each served on a tray table called a zen. It started with hon-zen (main tray), followed by second zen, third zen and so on. In fact, the historical record shows that it could consist of up to seven zens. A dessert tray was added during the later part of the era. A typical meal consisted only of hon-zen, which was prepared based on the principle of one soup, three sides. It came with rice, soup, pickles and three okazu dishes: namasu (vinegared vegetables), yakimono (a grilled dish) and nimono (a simmered dish). The second zen was prepared and served for guests, and the third zen and above were prepared and served for older or upper-class guests or on special occasions such as festivals. The honzen ryori underwent changes over time, but it continued to be a mainstream style of Japanese cuisine until the nineteenth century.Kaiseki Ryori and Shojin RyoriKaiseki ryoriAlso during this era, the kaiseki ryori, (tea-ceremony dishes), a style integrated with the tea ceremony, was popular among the nobility. The kaiseki ryori (tea-ceremony dishes), however, isnt just about the taste or gorgeous appearance of the food. With attention given to the types of serving plates and the arrangement of food items, the dishes are prepared according to a seasonal theme. The kaiseki ryori (tea-ceremony dishes) is a food culture that expresses the words wabi (quiet simplicity) and sabi (elegant but old-fashioned) in the manner of cooking.It was an era during which the temples were outside the realm of the government, so they had the status of special autonomy. Monks followed the Buddhist philosophy of not taking life, and consequently the temples prohibited the consumption of four-legged animals, birds and fish, which led to the creation of the vegetarian meal called shojin ryori. Shojin ryoriThe shojin ryori was created after a thorough search for the way to obtain nutrients from grains in replacement of animal proteins. While the processing techniques for beans and vegetables evolved, the continuous development of tofu led to the production of ganmodoki, koyadofu, natto, konnyaku and fu. Additionally, the techniques for making dashi stock were developed during this era. These techniques have made substantial contributions to the development of Japanese cuisine.Fast Food Developed During the Period of National IsolationThe Edo period began in the seventeenth century, and subsequently Japan entered the period of national isolation, which lasted for approximately 200 years. As national conflicts diminished and the nation became stable, the population increased. Accordingly, the amount of food production was increased and new ingredients and cooking techniques were introduced. Many restaurants emerged in the city of Edo.SobaSuch fast food dishes as ni-hachi soba, sushi and confectioneries were very popular. It was also during this era when dishes such as kabayaki (grilled eel), tsukudani (fish boiled in soy sauce) and tempura were developed.Restaurants in the Edo period began serving the banquet meal called kaiseki ryori, (beverage-main meal) in order to entertain customers with sake and accompanying dishes.Dishes were made with various types of seafood, all of which were selected with an emphasis on freshness and the area in which it was produced. Soy sauce, mirin, sugar, vinegar and miso were used as flavoring ingredients. Dashi stock was made with katsuobushi (bonito flakes), kombu (kelp) or dried shiitake mushrooms. Spices like wasabi, ginger, sansho pepper and red pepper were already being used during this era.We can therefore see that the origins of nearly all the types of Japanese-style dishes we eat today already existed during the Edo period.Once the Ban on Meat was LiftedSukiyakiThe Meiji Restoration took place in 1868, whereupon the new government issued the order to separate Shintoism and Buddhism. Consequently, the ban on meat consumption was removed. This facilitated the development of various meat dishes, including sukiyaki, shabu shabu, gyudon (beef bowl), yakitori and many other typical Japanese meat dishes. Then, as the long period of national isolation came to an end, many new ingredients and dishes were brought in from foreign countries. These were then adapted to suit the Japanese palate. Finally, dishes like tonkatsu (pork cutlet), croquette, curry rice and ramen noodles were introduced to Japan, resulting in the establishment of a new food category known as Western cuisine.Japanese dining table and tatami matsVarious foreign cultures were introduced to Japan, and they influenced the lifestyles of Japanese people. People sat on chairs instead of tatami mats in order to eat at dining tables. In the style of the honzen ryori, each person ate from his or her own tray table. However, the honzen ryori was then served only at restaurants, hotels or festival banquets. At home, people would gather around the dining table to enjoy the family meal together.From the Modern Era to TodayThe 1960s were years of rapid economic growth, and the Japanese lifestyle changed dramatically. Japanese cuisine was no longer classified into such styles as honzen, kaiseki and shojin dishes. Instead, these were disintegrated and then redesigned or blended to establish new styles and rules.IncorporatingNew StylesKaiten-zushi (revloving sushi)Many ingredients that were once very expensive eventually became widely available to the general public. The quality and freshness of ingredients improved, and cooking techniques were further refined. Today the ingredients for Japanese cuisine are now imported from throughout the world. A wide variety of food ingredients can be found in downtown shopping districts near train stations, supermarkets, wholesale markets and depa-chika (a department stores basement food floor). Many specialty restaurants have emerged, among which sushi restaurants, izakaya restaurants and Western-style restaurants are now considered the three pillars of Japanese cuisine. Kaiten-zushi (sushi served on a conveyor belt), soba, gyudon (beef bowl), curry rice and ramen noodles are the most popular forms of Japanese fast food, while take-out bento shops and sozai delis continue to thrive.Japanese Dishes Going GlobalFor many years, when new food ingredients or dishes were imported to Japan, they were altered to be incorporated into the nations cuisine. However, in recent years the export volume of Japanese food has increased significantly. Japanese dishes are made with many ingredients that cant be found in other countries and are prepared using methods developed over the centuries. With its delicious flavors, nutritional value and delicate presentation, the worldwide popularity of Japanese cuisine will continue to expand. Japanese cuisine is characterized by the use of a wide variety of fresh ingredients, such as seaweed, seafood, shellfish and all kinds of agricultural produce. Fresh seafood and shellfish served raw are considered to be among the finest dishes. Ingredients are seasoned only lightly to enhance their natural flavors through the use of dashi stock as a base, and along with fermented seasoning such as soy sauce, miso and mirin for added depth. Food is delicately arranged on a carefully selected plate in such a way that it represents a season or evokes emotions. Dishes are set on a table according to certain rules. For example, a bowl of cooked ricethe main part of a Japanese mealshould be placed on the left front. A soup bowl should be placed to the right of the rice and grilled fish in back with its head facing left. The most notable characteristic of Japanese cuisine is that new food items are constantly incorporated and adapted to fit the tastes of the Japanese people.The Appealing Aspects of Long-Established Japanese CuisineOsechi ryoriJapanese cuisine has been developed over the course of 1,800 years. Its rich history is recognizable whether it is at ordinary Japanese households or restaurants, or inside lunch boxes or osechi ryori (New Years foods). The long-established Japanese cuisine always captivates the mind, taking us back into its magnificent history. This is the history of food as well as Japanese culture. Japanese cuisine has slowly evolved through the centuries, and it has attracted much attention from the world. Any Japanese dish can impress the senses with its distinguished flavors and tasteful presentation, which are unique to this national cuisine.Gochiso Magazine, Nijiya Market The roots of Japanese cuisine, once traced, will reveal that several serving styles have been developed over the ages. During the Heian period in the eighth century, people ate individually served meals using their own tray tables (zen), plateware and chopsticks. The economy was built upon rice paddy cultivation, and rice had become an integral part of the Japanese diet. Under the Buddhist influence, eating four-legged animals was prohibited, bringing an end to meat consumption in Japan. However, various food ingredients were introduced. The origins of miso, soy sauce and tofu were first seen during this period, and people consumed abundant amounts of agricultural produce and marine foods, including seaweed and shellfish.First Appearance of Honzen Ryorione soup, three sidesJapan engaged in trade with foreign countries during the Muromachi period of the fourteenth century, and a distinctive Japanese culture flourished. Serving styles and rules were formalized, and the honzen ryori became a primary serving style of the time. The honzen ryori was a combination of several courses, each served on a tray table called a zen. It started with hon-zen (main tray), followed by second zen, third zen and so on. In fact, the historical record shows that it could consist of up to seven zens. A dessert tray was added during the later part of the era. A typical meal consisted only of hon-zen, which was prepared based on the principle of one soup, three sides. It came with rice, soup, pickles and three okazu dishes: namasu (vinegared vegetables), yakimono (a grilled dish) and nimono (a simmered dish). The second zen was prepared and served for guests, and the third zen and above were prepared and served for older or upper-class guests or on special occasions such as festivals. The honzen ryori underwent changes over time, but it continued to be a mainstream style of Japanese cuisine until the nineteenth century.Kaiseki Ryori and Shojin RyoriKaiseki ryoriAlso during this era, the kaiseki ryori, (tea-ceremony dishes), a style integrated with the tea ceremony, was popular among the nobility. The kaiseki ryori (tea-ceremony dishes), however, isnt just about the taste or gorgeous appearance of the food. With attention given to the types of serving plates and the arrangement of food items, the dishes are prepared according to a seasonal theme. The kaiseki ryori (tea-ceremony dishes) is a food culture that expresses the words wabi (quiet simplicity) and sabi (elegant but old-fashioned) in the manner of cooking.It was an era during which the temples were outside the realm of the government, so they had the status of special autonomy. Monks followed the Buddhist philosophy of not taking life, and consequently the temples prohibited the consumption of four-legged animals, birds and fish, which led to the creation of the vegetarian meal called shojin ryori. Shojin ryoriThe shojin ryori was created after a thorough search for the way to obtain nutrients from grains in replacement of animal proteins. While the processing techniques for beans and vegetables evolved, the continuous development of tofu led to the production of ganmodoki, koyadofu, natto, konnyaku and fu. Additionally, the techniques for making dashi stock were developed during this era. These techniques have made substantial contributions to the development of Japanese cuisine.Fast Food Developed During the Period of National IsolationThe Edo period began in the seventeenth century, and subsequently Japan entered the period of national isolation, which lasted for approximately 200 years. As national conflicts diminished and the nation became stable, the population increased. Accordingly, the amount of food production was increased and new ingredients and cooking techniques were introduced. Many restaurants emerged in the city of Edo.SobaSuch fast food dishes as ni-hachi soba, sushi and confectioneries were very popular. It was also during this era when dishes such as kabayaki (grilled eel), tsukudani (fish boiled in soy sauce) and tempura were developed.Restaurants in the Edo period began serving the banquet meal called kaiseki ryori, (beverage-main meal) in order to entertain customers with sake and accompanying dishes.Dishes were made with various types of seafood, all of which were selected with an emphasis on freshness and the area in which it was produced. Soy sauce, mirin, sugar, vinegar and miso were used as flavoring ingredients. Dashi stock was made with katsuobushi (bonito flakes), kombu (kelp) or dried shiitake mushrooms. Spices like wasabi, ginger, sansho pepper and red pepper were already being used during this era.We can therefore see that the origins of nearly all the types of Japanese-style dishes we eat today already existed during the Edo period.Once the Ban on Meat was LiftedSukiyakiThe Meiji Restoration took place in 1868, whereupon the new government issued the order to separate Shintoism and Buddhism. Consequently, the ban on meat consumption was removed. This facilitated the development of various meat dishes, including sukiyaki, shabu shabu, gyudon (beef bowl), yakitori and many other typical Japanese meat dishes. Then, as the long period of national isolation came to an end, many new ingredients and dishes were brought in from foreign countries. These were then adapted to suit the Japanese palate. Finally, dishes like tonkatsu (pork cutlet), croquette, curry rice and ramen noodles were introduced to Japan, resulting in the establishment of a new food category known as Western cuisine.Japanese dining table and tatami matsVarious foreign cultures were introduced to Japan, and they influenced the lifestyles of Japanese people. People sat on chairs instead of tatami mats in order to eat at dining tables. In the style of the honzen ryori, each person ate from his or her own tray table. However, the honzen ryori was then served only at restaurants, hotels or festival banquets. At home, people would gather around the dining table to enjoy the family meal together.From the Modern Era to TodayThe 1960s were years of rapid economic growth, and the Japanese lifestyle changed dramatically. Japanese cuisine was no longer classified into such styles as honzen, kaiseki and shojin dishes. Instead, these were disintegrated and then redesigned or blended to establish new styles and rules.IncorporatingNew StylesKaiten-zushi (revloving sushi)Many ingredients that were once very expensive eventually became widely available to the general public. The quality and freshness of ingredients improved, and cooking techniques were further refined. Today the ingredients for Japanese cuisine are now imported from throughout the world. A wide variety of food ingredients can be found in downtown shopping districts near train stations, supermarkets, wholesale markets and depa-chika (a department stores basement food floor). Many specialty restaurants have emerged, among which sushi restaurants, izakaya restaurants and Western-style restaurants are now considered the three pillars of Japanese cuisine. Kaiten-zushi (sushi served on a conveyor belt), soba, gyudon (beef bowl), curry rice and ramen noodles are the most popular forms of Japanese fast food, while take-out bento shops and sozai delis continue to thrive.Japanese Dishes Going GlobalFor many years, when new food ingredients or dishes were imported to Japan, they were altered to be incorporated into the nations cuisine. However, in recent years the export volume of Japanese food has increased significantly. Japanese dishes are made with many ingredients that cant be found in other countries and are prepared using methods developed over the centuries. With its delicious flavors, nutritional value and delicate presentation, the worldwide popularity of Japanese cuisine will continue to expand. Japanese cuisine is characterized by the use of a wide variety of fresh ingredients, such as seaweed, seafood, shellfish and all kinds of agricultural produce. 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Embark on a culinary journey through time in [A Culinary Journey Through Time: Unraveling the History of Japanese Food Culture]. Japanese cuisine, a harmonious blend of tradition and innovation, has captivating stories to tell. From its early roots to the refined flavors of the Heian period, the diverse influences of the Sengoku Jidai, and the transformations of the Edo and Meiji eras, lets explore the fascinating history that has shaped Japans distinctive food culture. Key Takeaways:Japanese food culture has evolved from nomadic hunter-gatherer diets to sedentary lifestyles with the mastery of agriculture and cooking.In the Jmon era, Japanese people relied heavily on hunting and gathering for sustenance.The introduction of wet rice cultivation from China during the Yayoi era led to the development of a rice-centered food culture in Japan.The Yamato era witnessed the establishment of the Japanese imperial court and the development of a more refined cuisine.The Nara and Heian periods were influenced by Buddhism, resulting in the adoption of vegetarian dishes.The Feudal period brought political and social upheaval, which also impacted Japanese cuisine.The Edo era was a time of peace and prosperity, during which many new dishes and ingredients were developed.History of Japanese Food CultureFrom humble beginnings as nomadic hunter-gatherers to masters of agriculture and culinary artistry, Japans food culture has undergone a fascinating evolution. Lets embark on a journey through time to uncover the rich tapestry of flavors and traditions that have shaped Japanese cuisine into the gastronomic marvel it is today.Ancient Roots: Jomon and Yayoi ErasIn the depths of time, during the Jomon era, the Japanese people relied on hunting and gathering for sustenance. Their diet consisted primarily of wild plants, nuts, and seafood, reflecting their close connection to the natural world. With the advent of the Yayoi era, a transformative shift occurred. The introduction of wet rice cultivation from China marked a turning point in Japanese cuisine. Rice became a staple crop, ushering in a rice-centered food culture that would become a defining characteristic of Japanese gastronomy.Imperial Refinement: Yamato and Nara PeriodsThe establishment of the Japanese imperial court during the Yamato era heralded a new era of refined cuisine. The ruling elite sought dishes that reflected their elevated status, leading to the development of more elaborate and sophisticated culinary creations.During the Nara period, Buddhisms influence left an indelible mark on Japanese cuisine. The adoption of vegetarian Buddhist principles led to the creation of shojin ryori, a style of cooking that emphasized the use of plant-based ingredients and simple, yet flavorful preparations.Feudal Upheaval and Edo-Era InnovationThe Feudal period, marked by political and social upheaval, also impacted Japanese cuisine. The rise of warrior culture led to the popularity of hearty and portable dishes that could sustain samurai on their campaigns.In contrast, the Edo era brought relative peace and prosperity, fostering a flourishing culinary scene. This period witnessed the development of numerous new dishes and ingredients, including sushi, tempura, and soba noodles. The rise of the merchant class also led to the emergence of specialized restaurants and street food stalls, further diversifying Japans culinary landscape.Modern Influences: Meiji Restoration and BeyondThe Meiji Restoration of 1868 marked a period of rapid modernization and Westernization in Japan. This had a profound impact on Japanese cuisine, as new ingredients and cooking techniques were introduced from abroad.While Japan embraced these foreign influences, it also sought to preserve its culinary heritage. Traditional Japanese dishes and cooking methods continued to be cherished and passed down through generations, ensuring that the unique flavors and traditions of Japanese cuisine would endure.Today, Japanese cuisine stands as a testament to the countrys rich history and cultural diversity. From ancient hunter-gatherer roots to the influences of Buddhism, feudalism, and Westernization, Japanese food culture has evolved into a harmonious blend of flavors, techniques, and traditions that continues to captivate the world.Whether youre a seasoned foodie or just starting to explore the world of Korean food, you wont want to miss the fascinating story of how history of korean bbq became one of Koreas most iconic dishes. Or, if youre a lover of crispy, golden-brown goodness, embark on a journey through the history of korean fried chicken and discover how this culinary sensation took the world by storm.Heian period (794-1185)The Heian period (794-1185) marked a significant chapter in Japanese history, characterized by cultural and culinary opulence. During this era, food played a central role in Heian society, with a focus on refined court etiquette and seasonal ingredients.Key Takeaways:The Heian period was known for its elaborate banquets and multi-course meals, showcasing a diverse array of dishes.Seasonal produce was highly valued, with ingredients like fresh vegetables, seafood, and freshwater fish featuring prominently in Heian cuisine.Rice remained a staple food, often paired with side dishes of vegetables, fermented foods, and occasionally, meat.Meat consumption was generally limited, with the upper classes being the primary consumers of animal protein.Fermented foods like miso and soy sauce were widely used, adding depth of flavor and umami to dishes.The influence of Chinese cuisine led to the introduction of new ingredients and cooking techniques, including the adoption of tea and the refinement of sake brewing.The courtly elite of the Heian period enjoyed a varied diet that incorporated ingredients from both domestic and imported sources. Seasonal produce was highly valued, with dishes featuring fresh vegetables, seafood, and freshwater fish. Rice remained the staple food, often paired with side dishes of vegetables, fermented foods, and occasionally, meat. Meat consumption was generally limited, with the upper classes being the primary consumers of animal protein. However, seafood was widely consumed, reflecting the importance of fresh, seasonal produce. Fermented foods like miso and soy sauce were also widely used, adding depth of flavor and umami to dishes.The Heian period witnessed the introduction of new ingredients from China, such as tea. This beverage quickly gained popularity among the Japanese and became an integral part of courtly life. Another significant aspect of Heian cuisine was the refinement of sake brewing, with the development of techniques that produced a more flavorful and aromatic beverage.The cuisine of the Heian period laid the foundation for many culinary practices that are still prevalent in Japanese cuisine today. The emphasis on seasonal ingredients, the appreciation of fresh produce, and the use of fermented foods continue to be defining characteristics of Japanese cuisine. Whether youre a foodie, a history buff, or simply curious about the evolution of Japanese food culture, the Heian period offers a fascinating glimpse into the culinary heritage of this East Asian nation.Relevant URL Sources: Sengoku Jidai, Edo, MeijiKey Takeaways:Sengoku Jidai: Political turmoil led to a rise in castle towns and a demand for portable and nutritious food.Edo Period: Peace and prosperity facilitated the flourishing of urban food culture, including street food and regional specialties.Meiji Era: Western influences brought new ingredients and cooking techniques, leading to the modernization of Japanese cuisine.Buddhisms impact on Japanese cuisine continued during this time, with the prohibition on meat consumption leading to the development of a rich vegetarian tradition, which would later be complemented by seafood and vegetables due to the scarcity of meat.Sengoku Jidai (1467-1603 AD)The Sengoku Jidai, also known as the Warring States Era, was a time of political fragmentation and warfare in Japan.This period saw the rise of castle towns, which became centers of food production and consumption.The demand for portable and nutritious food led to the development of new dishes such as onigiri (rice balls) and okonomiyaki (savory pancakes).The Sengoku Jidai also saw the introduction of new ingredients from the Americas, such as sweet potatoes and pumpkins.Edo Period (1603-1868 AD)The Edo Period was a time of relative peace and prosperity in Japan.During this time, a distinctly urban food culture emerged, with the development of street food, regional specialties, and elaborate cuisine for the wealthy.Popular street foods included udon noodles, soba noodles, and tempura.The development of regional specialties, such as sushi in Edo (modern-day Tokyo) and okonomiyaki in Osaka, reflected the diverse culinary traditions of Japan.The wealthy enjoyed elaborate kaiseki meals, which featured multiple courses of seasonal dishes.Meiji Era (1868-1912 AD)The Meiji Era marked a period of rapid modernization in Japan.During this time, Japanese cuisine was influenced by Western ingredients and cooking techniques.New dishes such as tonkatsu (breaded and fried pork cutlet) and korokke (croquettes) were introduced.Western-style restaurants also became popular, serving dishes such as steak, curry, and spaghetti.The Meiji Era also saw the development of modern food processing techniques, which led to the creation of new products such as canned goods and instant noodles.[Sources]History of Japanese CuisineJapanese Cuisine: A Cultural HistoryFAQQ1: What was the staple food in ancient Japan before the 8th century?A1: Before rice cultivation became widespread, the indigenous Jmon people relied on acorns and plants as their primary food source.Q2: How did the introduction of wet rice cultivation impact Japanese cuisine?A2: The adoption of wet rice cultivation from China during the Yayoi era led to a significant shift in Japanese cuisine, with rice becoming the staple food and a central part of Japanese dietary culture.Q3: What role did Buddhism play in shaping Japanese food habits?A3: Buddhism, which arrived in Japan during the Nara period, influenced culinary practices by promoting the consumption of vegetarian dishes and contributing to the development of fermented foods like miso and soy sauce.Q4: What was the significance of the Heian period in terms of Japanese cuisine?A4: The Heian period (794-1185) witnessed a refined and elaborate court cuisine, with a focus on seasonal ingredients, exquisite presentation, and the incorporation of new ingredients from China, such as tea.Q5: How did the Sengoku Jidai, Edo, and Meiji periods influence Japanese food culture?A5: During the Sengoku Jidai, regional cuisines flourished due to political fragmentation, while the Edo period saw the rise of popular dishes like sushi and ramen. The Meiji period marked the introduction of Western ingredients and cooking techniques, leading to the development of fusion dishes and new culinary trends. Japanese cuisine is largely appreciated all over the world for its use of exceptional, nutritious, fresh, and mouth-watering ingredients. Delve into the savory story of Japanese cuisine, a rich tapestry of flavors and traditions evolving over centuries. This exploration uncovers the historical influences and culinary innovations that have shaped Japan's gastronomic identity, from humble rice dishes to the exquisite art of sushi and beyond. The Jomon period refers to early Japanese history. This is the period when people started to leave the nomadic hunter life and took initiations for a settled life with mastering agriculture and cooking. In prehistoric Japan, the Jomon islands had a great diversity of Natural Resources. People used to fulfill their food demands by hunting and fishing. In early summer and spring, deep-sea fish Tunas and bonitos, Salmon, and other marine species were fished. They also used to catch some marine mammals. Also, there was a strong presence of shellfish in the diet due to their abundance on the shores of the Japan Sea and the Pacific. During the fall and throughout the winter, deer, wild boar, bear, and hare were hunted to meet the need. Besides, many tree species provided enough food both for humans and animals. The cultivation technique had not been certified yet, but people showed a gradual interest in cultivating certain types of plants, such as squash, nuts, chestnuts, hazelnuts, and millets. Yams and other wild plants were also present to supplement the diet. According to research and evidence, soybeans were already present and probably cultivated during that time. There were significant variations in seed size, which indicates human hand selection. The pottery has proved the first evidence of cooking. The first Jomon pottery can be found throughout the archipelago. The archaeologists got 70 different styles and some more sub-styles. Although the pottery was small in size initially for easy portability, their size gradually increased, and the style was also diversified, reflecting the gradual settlement of people. Then, the population was drastically reduced after 1500 due to the harsh cold climate. Only a few sites could prove the human presence after 1500. From 900 B.C., new populations started arriving from the Korean Peninsula. They bring new techniques and new ingredients. The rice cultivation and mastering bronze, iron, and pottery were also introduced by them. Both populations coexisted for a thousand years. The new agriculture was named after the name of a site near Tokyo called yayoi. It is also the name of the next period in the history of Japan. In addition to rice cultivation, the Japanese people also farmed wheat, barley, millet, buckwheat, and soybeans during this period. For the first time, the food in that period was described as rice, raw vegetables, and fish without utensils. Chinese sources from the 3rd century confirmed this food menu of the people of the Yayoi period. However, the additional information is these foods were served on wooden and bamboo platters (takatsuki). A dish made combinedly with bonito and Palourde is known to have received great appreciation. According to a history written in Kojiki, Nihon shoki, and Takahashi ujibumi, Emperor Keiko, chief of the imperial court, greatly appreciated this dish. At present, he is considered the founder of seasoning culture in Japan. This seasoning culture even preceded the concept of today's soy sauce, consisting mainly of salt and vinegar from seasoning. Soy sauce was becoming more common in this period. It was being used as a common culinary ingredient. The Yamato period was featured with Korean and Chinese migrations. This migration, in turn, plays a vital role in introducing Confucianism and Buddhism, which triggered the first decree of banning meat consumption. Soy sauce was becoming more common in this period. It was being used as a common culinary ingredient. Actually, there is very limited information on the eating culture in Japan during this period. However, it cannot be denied that strong waves of Chinese (in the 5th century) and Korean (in the 4th century) immigration might have had a significant impact on Japanese food history. Anyway, the introduction of Buddhism in ancient Japan was attributed to King Baekje Seong in the year 538. Wars of influential clans took place for more than a century to fight Buddhism. Later in 675 AD, Emperor Temmu banned the consumption of wild animals such as horses, cows, dogs, monkeys, birds, etc., to respect the rules of Buddhism. Consumption of pests, wild boar, and fallow deer was not prohibited, though. This ban was renewed again and again throughout the Asuka period, but finally, it ended in the Heian period. You can see in this prohibition the beginnings of the shojin ryori (vegetarian meal), though it was not widespread until the 13th century. Besides, the soy sauce originated from a paste called hishio. Firstly, it was made with meat and fish marinade, but later with soybean seeds and flour. Actually, it was introduced to Japan during the Fujiwara period that extends from 694-710. The Nara era brought a lot of changes in the Japanese food timeline. The proficiency of fermentation increased, and ingredients such as natto and bread were also inaugurated in this period. The seasoning that was previously reduced to vinegar and salt was replaced by the ancestors of the classic seasonings miso, hishio (the precursor of soy sauce), and shi (soy nuggets). There is evidence that Japanese seasoning was greatly influenced by miso, hishio, and shi. Two Chiefs at the Imperial Court showed their expertise to produce these three ingredients, which were also popular among the common people. So it was a dairy product made between the 7th and 10th centuries in Japan. The recipe of this dish is noted in Engishiki as it could be officially used as a gift for the emperor. Another ancient Japanese dairy product, Diego, is said to have been made from soy in this period. Apart from this, fermentation is an important process for the preparation of many Japanese dishes like miso, rice vinegar, soy sauce, mirin, natto, tsukemono, katsuobushi, kusaya, etc. Though some manufacturing processes can be known, fermentation remains a process that depends on controlling the fungus used for it. 20 Must-Try Traditional Japanese Dishes Evidence of early mastery appears in some incidents. For example, the Kin-jinja temple in Shiga Prefecture was dedicated to the fungus used in the production of narezushi. It was the most primitive type of sushi, where the fish was salted and coated in fermented rice. While eating, only the fish was eaten, discarding the fermented rice. This ancient Japanese food was an important source of protein for the people. The fermentation process was gradually being brought under control. By that time, another dish called natto had become a traditional ingredient of the Japanese diet. A Buddhist monk introduced its two most common versions: itohiki-natto and shiokara-natto. The progressive spread of Buddhist vegetarian practices started promoting its consumption. After coming in contact with the Chinese Sui (581-618) and Tang (618-907) dynasties, the Japanese brought bread (bing) from China. Bing was quite similar to French pancakes. The notable changes during the Heian period are the arrival of chopsticks and the introduction of two major dishes of Japanese cuisine: tofu and noodles. The chopsticks were introduced from China for daily food that was once reserved for ritual and religious uses. People started using chopsticks in their everyday casual life. The development of the chopsticks trade at that time proved this matter so well. On the other hand, tofu was also introduced to Japan from China. But there is controversy over by whom it was actually done. Some say it was carried in 754 AD by the Buddhist monk Kanshin. However, another version of the story is that the zen monk Ingen introduced tofu in 1654 AD. Anyway, overlooking the prevailing view, Shinoda Osamu attempts a study of ancient Japanese texts. According to his study, the earliest records of tofu can be found in an imperial menu of 1183 AD and eventually in the letter of a monk dated 1239 AD. Whatever the case is, Shinoda confirms that Buddhist temples have played an important role in the manufacturing and spreading of tofu. The prohibition of eating meat forced the monks to look for a vegetarian and nourishing alternative to animal protein, which was tofu. Therefore, we can assume that tofu probably came to Japan at the end of the Tang or under the Song. Probably the Buddhist monks brought it at the time when cultural exchanges between the two countries were intense. It was even passed on to Korea at that time. Though it originated from China, Japan's tofu-making technique was quite different from that of China. The tofu used to be softer, lighter, and also had a finer flavor here in Japan. From the ending of the Heian period (1185) to the start of the Kamakura period (1185-1333), the Buddhist monks also introduced Chinese noodles, importing

them from The Song Dynasty (1127-1279). They even introduced all the cultivation related to flour production and objects closely linked to it, such as the grindstone. The Kyoka hitsuyo jirui zenshu, a book written around 1279, gives a list of those imported recipes, namely somen, suikamen, tettaimen, suiromen, koshimen, and pasta. The codification of osechi ryori is defined as a banquet kitchen for the first time in this period. Multiple dishes were available there for guests. It is the direct predecessor of the osechi served at the beginning of this year in Japan. The maturation of techniques, customs related to cooking, and consumption patterns prevailed in this Feudal Period. Fermentation was developed, cutting became an art, noodles appeared in their present form, and shojin ryori and honzen ryori were each introduced as a particular meal style. Shojin ryori is one of the three major types of food in modern Japan, consisting of vegetarian ingredients. Though shojin ryori was first introduced to Japan around 531 AD, as I mentioned earlier, it was greatly considered and adopted by a large number of Japanese people in the 13th century. Another notable meal of this era was honzen ryori, which was reserved only for Samurai. It was known as the formal Japanese cuisine in the later Edo period (1600-1868), though it started declining from the Meiji period (1868-1912). Today, it is found in a modified way in the Kochi region of Shikoku island, popularly known as sawachi cuisine or sawachi ryori. Udon noodles were first mentioned under the name of uton in a document called the Kagen-ki on July 7, 1347. The first mention of soba noodles can also be found in Onryo-ken Nichiroku, October 12, 1438. The noodles in Japan at present days are slightly different from these versions. They had taken their present form during the Eiroku era (1558-1570). The first document that referred to edamame dates back to 1275. A famous Japanese monk named Nichiren wrote a note thanking a parishioner for leaving edamame on the temple. The presence of edamame in haikai in the Edo period (1603 - 1868) was also reported. During the Muromachi period (1336 -1573), the Japanese preferred the namanari or the namanare instead of the narezushi ancestor. It was the most popular type of sushi at that time. Raw fish was wrapped in rice and eaten fresh before the taste deteriorated. By that time, this namanare had already become a dish. It was no longer just a method of preserving fish like the primitive narezushi. The preparation process of meat and poultry began to be ritualized in medieval samurai society. From 1394 to 1573, the value of knife masters was recognized. Where the preparation methods were previously limited to cutting only, it was extended and codified with specialized tools and processes. In the latter days, Portuguese Jesuits introduced some recipes that were easily adapted to local tastes and became a must in Japanese cuisine. Some such dishes were tempura or tonkatsu and panko. All the dishes, resulting from the combination of Portuguese and Japanese cuisine, are often referred to as Nanban cuisine or barbarians of the south. The Edo era is the golden period of Japanese cuisine. Economic and social growth allowed more people to consider cooking as an art and pleasure. Another key aspect of this period was evolutions in culinary culture and changes in dietary habits. Modern Japanese cuisine was greatly influenced by the customs developed during the Edo Era. This era changed the conception of food from a means of survival to something pleasant. Cooking books, side dish rankings, and a seasonal food calendar, known as the Hatsumono calendar, were printed to keep people on track of current and upcoming seasonal foods. People began to eat three meals a day instead of two. The holy trinity of Japanese flavor was also incorporated during this period. Mirin started playing an important role in traditional Japanese cuisine. Though the alteration took place in the upper class of the society, it was the streets where the true changes were occurring. The culture of mobile food stalls (yatai) and restaurants was also introduced to feed travelers and busy commoners on the go. The 'yatai' served affordable meals. The breakfast dishes included rice, dried fish, boiled beans, and fried tofu. Ordinary meals generally consisted of rice, soup, and one or two side dishes, as well as tsukemono. The most common ingredients were rice, daikon, tofu, mushrooms, and seasonal vegetables. However, the four kings of Edo dining were eel, soba noodles, tempura, and sushi. You can check this article if you are curious to learn more about Edo period food. It will give you a comprehensive idea. Anyway, a traditional Japanese multi-course meal called kaiseki ryori was also introduced by merchants and artists. The third type of sushi was also created, known as Haya-zushi. Rice and fish could be eaten together with Haya-zushi. Rice was no longer used for fermentation. It was mixed with vinegar, fish, vegetables, and various dried ingredients. This kind of sushi is still popular nowadays though each region has a local variation. Another type of sushi called nigiri-zushi was found at that time. Nigri-zushi consisted of a cluster of oblong rice topped with raw fish. After the Kanto earthquake of 1923, the experts who used to prepare the nigiri-sushi left Edo and spread across Japan, popularizing the dish throughout the country. Today's world-famous sushi is this nigirizushi invented by Hanaya Yohei (1799-1858). The Meiji period started after the Edo period. At the starting of the Meiji Period (1868-1912), Emperor Meiji abolished a number of existing rules and reformed some new things as well. Among those changes or reforms, two were related directly to Japanese food culture history. They are lifting the ban on eating red meat and promoting Western cuisine. The transformation of Japanese food characteristics was twofold: foreign techniques and recipes were introduced, on the one hand, enlarging the palette of tastes of old Japanese food. And the lifting of the restriction on eating meat led to a decline in rice consumption on the other hand. People started eating meat again, which also Increased the consumption of milk and bread. So, rice intake was largely supplanted by animal protein. Recipes imported from the West and neighboring countries during the Meiji Restoration had been adapted to local tastes and ingredients. Japanese western cuisine or yoshoku refers to those dishes. Omurice, korokke, naporitan are some examples of yoshoku dishes. These European cuisines often have European-sounding names, which are usually written using katakana. These dishes are mostly based on meat, a new item in Japanese cuisine whose origins are European (English, French, Italian, etc.). However, the fact is the Japanese versions are often quite different from their original versions. In the 1980s, genuine European restaurants were opened. They used to serve original European recipes to make people aware of the distinction between yoshoku and European dishes. While India was under the supervision of the English East India Company, curry was introduced here in Japan. That's why curry is classified as a Western dish instead of an Asian dish here. Because of the opening of the country, many popular dishes of the present day were imported from Chinese and Korean kitchens during the same period. Though they have the same import system, these dishes are not yoshoku since they are not Western. Among them, some most famous are the ramen, the shabu-shabu, and the gyoza. Some new cooking techniques also appeared with these dishes, such as saute cooking with a wok, itamemono. As I have said earlier, when the restriction on meat consumption was lifted, rice consumption started decreasing due to the influence of Western kitchens. Meat, milk, and bread were introduced into Japanese cuisine and Customs. Milk became a traditional constituent in the diet of Japanese children. Before World War II, in 1939, where the average rice consumption was 330 grams per person per day, in the 2000s, it declined to 165 grams. Rice was being replaced by meat. As a result, meat consumption increased by 400% between the 1960s and 2000. And by the mid 1980s, the ratio of meat to fish intake reversed, with meat even exceeding fish consumption. Food habits changed a little after that in Japan. If you look at the present-day scenario of daily Japanese food, you can still find rice on their daily diet. So, it seems that though rice consumption in Japan decreased significantly with time, it hasn't disappeared fully. Instead, it has become a mandatory part of a regular everyday meal. It is characterized by rice, fish, shellfish, seaweed, green and yellow vegetables, Japanese pickles, green tea, and miso. A lower intake of red meat and coffee is also included in the Japanese diet. The notable thing about the Japanese diet is it mostly avoids junk foods and high-calorie. Anyway, now the Japanese have a theory of five basic flavors. Besides the salty, sour, sweet, and bitter, there is another one called umami that might be translated as meaty, savory, or mushroom flavor. The presence of this flavor is due to glutamate. Conclusion So, we have seen that the history of Japanese cuisine is not just what we find in traditional steakhouses or so-called restaurants that claim to serve Japanese foods. Though Different culinary cultures of multiple countries greatly influence Japanese foods, it is still largely true to its root. However, we can't say what will happen next. With the rise of commercialization, Japanese food is changing and becoming more westernized nowadays. Many Japanese even eat KFC chicken as a tradition at Christmas now! The history of the very first chicken in the Japanese diet was recorded from around 300 AD. Various old records show that hunting chicken was a quite popular thing to do in some ceremonies at that time. Also, in the Nara Period (710-794 AD), people used to eat dried chicken as a rudimentary preserved food. The national dish of Japan is Curry Rice. All the countries worldwide have their own curry, but Japanese curry is a little bit unique. Japanese people cook the meat, potatoes, carrots, and the spring onion along with the curry to give it a thick and sticky texture. Staff WriterAugust 22, 2023This article has multiple issues. Please help improve it or discuss these issues on the talk page. (Learn how and when to remove these messages) You can help expand this article with text translated from the corresponding article in Japanese. (April 2018) Click [show] for important translation instructions.View a machine-translated version of the Japanese article.Machine translation, like DeepL or Google Translate, is a useful starting point for translations, but translators must revise errors as necessary and confirm that the translation is accurate, rather than simply copy-pasting machine-translated text into the English Wikipedia.Do not translate text that appears unreliable or low-quality. If possible, verify the text with references provided in the foreign-language article.You must provide copyright attribution in the edit summary accompanying your translation by providing an interlanguage link to the source of your translation. A model attribution edit summary is Content in this edit is translated from the existing Japanese Wikipedia article at [[:ja:#]]; see its history for attribution.You may also add the template {{Translated|ja|#}} to the talk page.For more guidance, see Wikipedia:Translation.This article relies largely or entirely on a single source. Relevant discussion may be found on the talk page. Please help improve this article by introducing citations to additional sources.Find sources:"History of Japanese cuisine"news newspapers books scholar JSTOR (May 2012) (Learn how and when to remove this message)This article is part of the seriesJapanese cuisineRegional cuisinesMain articleNagoyaOkinawaYshokuIngredientsBentoMain dishesDessertsNoodlesSashimiSushiPreparation and cookingStir fryingDouble steamingRed cookingUtensilsList of Japanese cooking utensilsRituals and festivalsEtiquetteKaisekiNew Year Japan portal Food portalvteThis article traces the history of cuisine in Japan. Foods and food preparation by the early Japanese Neolithic settlements can be pieced together from archaeological studies, and reveals paramount importance of rice and seafood since early times.The Kofun period (3rd to 7th centuries) is shrouded in uncertainty. Some entries in Japan's earliest written chronicles hint at a picture of food habits from the time of the formation of the imperial dynasty. When Buddhism became widely accepted with the rise of the Soga clan, a taboo on eating meat (especially mammals) began to be enforced, and became common practice, although wild game was still being taken by mountain people, and would be eaten by townspeople when the opportunity arose.Treatises on ceremony, tax documents, and fiction allows one to make a list of food ingredients used, and basic preparation methods in the Heian period. However anything like recipes from the Middle Ages are a rare commodity in Japan or any country.Records throughout Middle Ages may give some idea of the dishes being enjoyed, but do not give details such as to provide accurate recipes.Once Japan entered the Edo period, there were rich records of foods and cuisine from commoners (i.e., non-samurai), who were largely literate, and produced a great deal of wood-block printed literature.Following the Jmon period (14,000300 BCE), Japanese society shifted from semi-sedentary hunter-gatherer lifestyle to an agricultural society. This was the period in which rice cultivation began, having been introduced by China around the third century BCE.[1] Rice was commonly boiled plain and called gohan or meshi, and, as cooked rice has since been the preferred staple of the meal, the terms are used as synonyms for the word "meal". Peasants often mixed millet with rice, especially in mountainous regions where rice did not proliferate.[2]During the Kofun period (300 to 538 CE), Chinese culture was introduced into Japan from Korea. As such, Buddhism became influential on Japanese culture. After the 6th century, Japan directly pursued the imitation of Chinese culture of the Tang dynasty (618 to 907).[3] It was this influence that marked the taboos on the consumption of meat in Japan. In 675 CE, Emperor Tenmu decreed a prohibition on the consumption of cattle, horses, dogs, monkeys, and chickens during the 4th-9th months of the year; to break the law would mean a death sentence. Monkey was eaten prior to this time, but was eaten more in a ritualistic style for medicinal purposes. Chickens were often domesticated as pets,[citation needed] while cattle and horses were rare and treated as such. A cow or horse would be ritually sacrificed on the first day of rice paddy cultivation, a ritual introduced from China. Emperor Tenmu's decree, however, did not ban the consumption of deer or wild boar, which were important to the Japanese diet at that time.[4]The Heian Period (794 to 1185) in the 8th century saw many additional decrees made by emperors and empresses banning the killing of any animals. In 752 CE, Empress Kken decreed a ban on fishing, but made a promise that adequate rice would be given to fishermen whose livelihood would have otherwise been destroyed. In 927 CE, regulations were enacted that stated that any government official or member of nobility that ate meat was deemed unclean for three days and could not participate in Shinto observances at the imperial court.[5]Chopsticks on a chopstick restIt was also the influence of Chinese cultures through Korea that brought chopsticks to Japan early in this period.[6][7][8][9][10] Chopsticks at this time were used by nobility at banquets; they were not used as everyday utensils however, as hands were still commonly used to eat. Metal spoons were also used during the 8th and 9th centuries, but only by the nobility.[11] Dining tables were also introduced to Japan at this time. Commoners used a legless table called a oshiki, while nobility used a lacquered table with legs called a zen. Each person used his own table. Lavish banquets for the nobility would have multiple tables for each individual based upon the number of dishes presented.[12]Along with the addition of chopsticks, Chinese tea was also introduced to Japan during the Heian Period. Although first recorded in Japan during the Nara Period (710 to 784),[13] tea grew popular after Buddhist Monks Saicho and Kukai traveled back to Japan from China bearing tea seeds and leaves in 805 CE. Tea then became popular in Japanese court, and as farmers began to grow and farm tea plants around the time of 805 CE, tea began to expand in popularity.[14]Upon the decline of the Tang dynasty in the 9th century, Japan made a move toward its individuality in culture and cuisine. The abandonment of the spoon as a dining utensil which was retained in Korea is one of the marked differences, and commoners were now eating with chopsticks as well. Trade continued with China and Korea, but influence en masse from outside Japan would not be seen again until the 19th century. The 10th and 11th centuries marked a level of refinement of cooking and etiquette found in the culture of the Heian nobility. Court chefs would prepare many of the vegetables sent as tax from the countryside. Court banquets were common and lavish; garb for nobility during these events remained in the Chinese style which differentiated them from the plain clothes of commoners.[15]The dishes consumed after the 9th century included grilled fish and meat (yakimono), simmered food (nimono), steamed foods (mushimono), soups made from chopped vegetables, fish or meat (atsumono), jellied fish (nikogori) simmered with seasonings, sliced raw fish served in a vinegar sauce (namasu), vegetables, seaweed or fish in a strong dressing (aemono), and pickled vegetables (tsukemono) that were cured in salt to cause lactic fermentation. Other snacks included fruit, nuts, and rice cakes, which were made with rice and different vegetables.[16] Oil and fat were avoided almost universally in cooking. Sesame oil was used, but rarely, as it was of great expense to produce.[17]Documents from the Heian nobility note that fish and wild fowl were common fare along with vegetables. These Heian nobles ate twice a day, once at 10 AM and once at 4 PM.[16] Their banquet settings consisted of a bowl of rice and soup, along with chopsticks, a spoon, and three seasonings which were salt, vinegar and hishio, which was a fermentation of soybeans, wheat, sake and salt. A fourth plate was present for mixing the seasonings to desired flavor for dipping the food. The four types of food present at a banquet consisted of dried foods (himono), fresh foods (namamono), fermented or dressed food (kubotsuki), and desserts (kashi). Dried fish and fowl were thinly sliced (e.g. salted salmon, pheasant, steamed and dried abalone, dried and grilled octopus), while fresh fish, shellfish and fowl were sliced raw in vinegar sauce or grilled (e.g. carp, sea bream, salmon, trout, pheasant). Kubotsuki consisted of small balls of fermented sea squirt, fish or giblets along with jellyfish and aemono. Desserts would have included Chinese cakes, and a variety of fruits and nuts including pine nuts, dried chestnuts, acorns, jujube, pomegranate, peach, apricot, persimmon and citrus. The meal would be ended with sake.[18]The Kamakura period marked a large political change in Japan. Prior to the Kamakura period, the samurai were guards of the landed estates of the nobility. The nobility, having lost control of the Japanese countryside, fell under the militaristic rule of the peasant class samurai, with a military government being set up in 1192 in Kamakura giving way to the period. Once the position of power had been exchanged, the role of the court banquets changed. The court cuisine which had prior to this time emphasized flavor and nutritional aspects changed to a highly ceremonial and official role.[19]Minamoto no Yoritomo, the first shgun, punished other samurai who followed the earlier showy banquet style of the nobility. The shgun banquet, called ban, was attended by military leaders from the provinces. The ban originally referred to a luncheon on festival days attended by soldiers and guards during the Heian period, and was attached to the warrior class. The menu usually consisted of dried abalone, jellyfish aemono, pickled ume called umeboshi, salt and vinegar for seasoning, and rice. Later in the period, the honzen-ryri banquet became popularized.[20]The cuisine of the samurai came distinctly from their peasant roots. The meals prepared emphasized simplicity while being substantial. The cuisine avoided refinement, ceremony and luxury, and shed all further Chinese influence. One specific example is the change from wearing traditional Chinese garb to a distinct clothing style that combined the simple clothing of the common people. This style evolved into the kimono by the end of the Middle Ages.[21]The Buddhist vegetarian philosophy strengthened during the Kamakura period as it began to spread to the peasants. Those who were involved in the trade of slaughtering animals for food or leather came under discrimination. Those practicing this trade were considered in opposition to the Buddhist philosophy of not taking life, while under the Shinto philosophy they were considered defiled. This discrimination intensified, and eventually led to the creation of a separate caste, the burakumin.[22]A fruit market stand in Meiji-era JapanJesuit Catholic Portuguese missionary Joo Rodrigues said that Japanese refused to eat lard, hens, duck, pigs, cow, horse, and ass, and refused to eat their own livestock and only sometimes hunted wild animals during feasts, in contrast to the Chinese who ate geese, hens, domestic duck, bacon, lard, pork, cow, horse and ass.[23] Catholic Christians visiting Japan were accused of eating dogs, horses and cattle by Japanese Buddhist monks. The book "comparison between European and Japanese Cultures" was written by Lus Fris (1532-1597), a Jesuit Father in 1585. He said "Europeans relish hens, quails, pies, and blancmanges, Japanese prefer wild dogs, cranes, large monkeys, cats, and uncooked seaweed [for eating] ... We do not eat dog meat but beef; Japanese do not eat beef but dog meat as medicine". the Japanese also ate raw, sliced boar meat, unlike Europeans who cooked it in stew.[24] Animal milk like cow milk was despised and abhorred and meat eating was avoided by the Japanese in the 19th century. When one Japanese, Marsukara wanted to feed cow milk to babies after he was told western babies were fed it, he imported from Shanghai milking equipment at the French consul's advice and purchased Nagasaki cows. He never drank it himself.[25] Beef was not eaten as regular food in Japan until the Meiji restoration.[26][27] Meat eating was forbidden by Buddhism in Japan.[28] Meat eating was an abhorred western practice, according to one Samurai family's daughter who never ate meat.[29][30] Shintoism and Buddhism both contributed to the vegetarian diet of medieval Japanese while 0.1 ounces of meat was the daily amount consumed by the average Japanese in 1939. Japan lacked arable land for livestock so meat eating was outlawed several times by Japan's rulers. In 675 a law was passed stating that from late spring to early autumn, dog, chicken, monkey and beef meat was not allowed for that period of time. Other bans were implemented. Japan mostly got meat from hunting wild animals but wild animals like boar and deer decreased as farmers cut down forests for farms since the population grew. Japan started adopting meat based diets from Europeans like the Dutch who were taller than them in the 18th century and then when the Meiji emperor ate meat in public on 24 January 1872. Then Japan started importing Korean beef with a 13 times increase in Tokyo's beef consumption in 5 years. The average Japanese conscript was weak, with a minimum height at 4 feet 11 inches; 16% of conscripts were shorter than that height and were generally thin. Japan needed to boost its army strength at the time when it was modernizing. Japan then saw American soldiers eating bacon, steaks and hamburgers after the Second World War when America occupied Japan. Japan's McDonald's chief Den Fujita said "If we eat hamburgers for a thousand years, we will become blond. And when we become blond we can conquer the world."[31] Beef was however eaten as medicine in both China and Japan as a special exemption to the ban before the 19th century. The ban originated in the 10th century AD.History of sushiHistory of meat consumption in Japan^ "Road of rice plant". National Science Museum of Japan. Archived from the original on 2015-04-05. Retrieved 2011-03-24.^ Kiple & Ornelas 2000, 1176.^ Ishige 2001, 4648.^ Ishige 2001, 5354.^ Ishige 2001, 5556.^ Ishige 2001, 67 "chopsticks originated in ancient China, spreading from the Yeelow River basin, which was then the center of Chinese civilization, to surrounding regions from about fifth century BCE."^ The International Institute of Hashi Archived 2012-03-25 at the Wayback Machine^ [1]Osaka Kyoiku University "Transmission of chopsticks"^ "[[University of Marketing and Distribution Sciences]] Mori Takayuki (professor of Department of Commercial Science)". Archived from the original on 2012-09-14. Retrieved 2012-05-05.^ "[[Komazawa Women's University]] " (Chopsticks and Japanese)". Archived from the original on 2013-07-28. Retrieved 2012-05-05.^ Ishige 2001, 6769.^ Ishige 2001, 71^ "Nara Period". www.japanpitt.pitt.edu. Retrieved 2024-04-29.^ "History of Tea | Learn more about tea | Marukyu Koyamaen". www.marukyu-koyamaen.co.jp. Retrieved 2024-04-29.^ Ishige 2001, 5051.^ a b Cartwright, Mark. "Food & Agriculture in Ancient Japan". World History Encyclopedia. Retrieved 2024-04-15.^ Ishige 2001, 7172.^ Ishige 2001, 7374.^ Ishige 2001, 51.^ Ishige 2001, 7475.^ Ishige 2001, 5152.^ Ishige 2001, 58.^ Cwiertka, Katarzyna Joanna (2006). Modern Japanese Cuisine: Food, Power and National Identity (illustrateded.). Reaktion Books. p.26. ISBN1861892985. ... by the late sixteenth century the eating of the meat of domesticated ... In keeping with their customs the Japanese abominate all this, for on no ...^ SHIMIZU, AKIRA (2010). "4 Meat-eating in the Kjimachi District of Edo". In Assmann, Stephanie; Rath, Eric C. (eds.). Japanese Foodways, Past and Present (illustrateded.). University of Illinois Press. p.94. ISBN978-0252077524. 4 Especially notable is the eating of dog meat, to which Fris added the statement: "We do not eat dog meat but beef; Japanese do not eat beef but dog meat ...^ Reischauer, Haru Matsukata (1986). Samurai and Silk: A Japanese and American Heritage (illustrated, reprint, reviseded.). Harvard University Press. p.67. ISBN067478801X. A Japanese and American Heritage Haru Matsukata Reischauer ... The Japanese of the time did not eat meat and abominated milk. In fact, Matsukata himself ...^ Amalgamated Meat Cutters and Butcher Workmen of North America (1904). Official Journal, Volume 5. p.115. The Japanese are not beef eaters . ... abominated, banned? and American packers have never sold For, e'en as Judas in the days of old, bacon to any ...^ United States. Congress (1955). Congressional Record: Proceedings and Debates of the ... Congress. U.S. Government Printing Office. p.3796. He proposed further that Japan form internal trade organizations to promote the exchange ... eat meat, be clad in new suits and enjoy drama and the movies ...^ New Japan, Volume 6. Mainichi Newspapers. 1953. p.315. Festivals In Japan came in touch with Western natural science . ... Since the introduction of Buddhism which forbids meat - eating, the Japanese people ...^ Bulletin, Issue 31. Bulletin, National Council for the Social Studies. The National Council for the Social Studies. 1959. p.73. The daughter of an old Samurai family describes life and customs in a Japan so little touched by western ways as to abominate the eating of meat .^ National Council for the Social Studies (1955). Bulletin - National Council for the Social Studies, Issues 29-31. Bulletin - National Council for the Social Studies, National Council for the Social Studies. National Council for the Social Studies. p.73. The daughter of an old Samurai family describes life and customs in a Japan so little touched by western ways as to abominate the eating of meat .^ ZARASKA, MARTA (March 7, 2016). "How Japan went from being an almost entirely vegetarian country to a huge consumer of meat". Business Insider India.Heibonsha (1969) [1968]. (Sekai hyakka jiten). (world encyclopedia, in Japanese)Ishige, Naomichi (2001). The History and Culture of Japanese Food. New York: Columbia University Press. ISBN0710306571.Kiple, Kenneth F.; Ornelas, Kriemhild (2000). The Cambridge World History of Food. Vol.2. Cambridge, UK: ColuCambridge University Press. ISBN0521402166. Archived from the original on 2012-05-04.Portals: Food History JapanRetrieved from " Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. The roots of Japanese cuisine, once traced, will reveal that several serving styles have been developed over the ages. During the Heian period in the eighth century, people ate individually served meals using their own tray tables (zen), plateware and chopsticks. The economy was built upon rice paddy cultivation, and rice had become an integral part of the Japanese diet. Under the Buddhist influence, eating four-legged animals was prohibited, bringing an end to meat consumption in Japan. However, various food ingredients were introduced. The origins of miso, soy sauce and tofu were first seen during this period, and people consumed abundant amounts of agricultural produce and marine foods, including seaweed and shellfish.First Appearance of Honzen Ryorione soup, three sidesJapan engaged in trade with foreign countries during the Muromachi period of the fourteenth century, and a distinctive Japanese culture flourished. Serving styles and rules were formalized, and the honzen ryori became a primary serving style of the time. The honzen ryori was a combination of several courses, each served on a tray table called a zen. It started with hon-zen (main tray), followed by second zen, third zen and so on. In fact, the historical record shows that it could consist of up to seven zens. A dessert tray was added during the later part of the era. A typical meal consisted only of hon-zen, which was prepared based on the principle of one soup, three sides. It came with rice, soup, pickles and three okazu dishes: namasu (vinegared vegetables), yakimono (a grilled dish) and nimono (a simmered dish). The second zen was prepared and served for guests, and the third zen and above were prepared and served for older or upper-class guests or on special occasions such as festivals. The honzen ryori underwent changes over time, but it continued to be a mainstream style of Japanese cuisine until the nineteenth century.Kaiseki Ryori and Shojin RyoriKaiseki ryoriAlso during this era, the kaiseki ryori, (tea-ceremony dishes), a style integrated with the tea ceremony, was popular among the nobility. The kaiseki ryori (tea-ceremony dishes), however, isnt just about the taste or gorgeous appearance of the food. With attention given to the types of serving plates and the arrangement of food items, the dishes are prepared according to a seasonal theme. The kaiseki ryori (tea-ceremony dishes) is a food culture that expresses the words wabi (quiet simplicity) and sabi (elegant but old-fashioned) in the manner of cooking.It was an era during which the temples were outside the realm of the government, so they had the status of special autonomy. Monks followed the Buddhist philosophy of not taking life, and consequently the temples prohibited the consumption of four-legged animals, birds and fish, which led to the creation of the vegetarian meal called shojin ryori. Shojin ryoriThe shojin ryori was created after a thorough search for the way to obtain nutrients from grains in replacement of animal proteins. While the processing techniques for beans and vegetables evolved, the continuous development of tofu led to the production of ganmodoki, koyadofu, natto, konnyaku and fu. Additionally, the techniques for making dashi stock were developed during this era. These techniques have made substantial contributions to the development of Japanese cuisine.Fast Food Developed During the Period of National IsolationThe Edo period began in the seventeenth century, and subsequently Japan entered the period of national isolation, which lasted for approximately 200 years. As national conflicts diminished and the nation became stable, the population increased. Accordingly, the amount of food production was increased and new ingredients and cooking techniques were introduced. Many restaurants emerged in the city of Edo.SobaSuch fast food dishes as ni-hachi soba, sushi and confectioneries were very popular. It was also during this era when dishes such as kabayaki (grilled eel), tsukudani (fish boiled in soy sauce) and tempura were developed.Restaurants in the Edo period began serving the banquet meal called kaiseki ryori, (beverage-main meal) in order to entertain customers with sake and accompanying dishes.Dishes were made with various types of seafood, all of which were selected with an emphasis on freshness and the area in which it was produced. Soy sauce, mirin, sugar, vinegar and miso were used as flavoring ingredients. Dashi stock was made with katsuobushi (bonito flakes), kombu (kelp) or dried shiitake mushrooms. Spices like wasabi, ginger, sansho pepper and red pepper were already being used during this era.We can therefore see that the origins of nearly all the types of Japanese-style dishes we eat today already existed during the Edo period.Once the Ban on Meat was LiftedSukiyakiThe Meiji Restoration took place in 1868, whereupon the new government issued the order to separate Shintoism and Buddhism. Consequently, the ban on meat consumption was removed. This facilitated the development of various meat dishes, including sukiyaki, shabu shabu, gyudon (beef bowl), yakitori and many other typical Japanese meat dishes. Then, as the long period of national isolation came to an end, many new ingredients and dishes were brought in from foreign countries. These were then adapted to suit the Japanese palate. Finally, dishes like tonkatsu (pork cutlet), croquette, curry rice and ramen noodles were introduced to Japan, resulting in the establishment of a new food category known as Western cuisine.Japanese dining table and tatami matsVarious foreign cultures were introduced to Japan, and they influenced the lifestyles of Japanese people. People sat on chairs instead of tatami mats in order to eat at dining tables. In the style of the honzen ryori, each person ate from his or her own tray table. However, the honzen ryori was then served only at restaurants, hotels or festival banquets. At home, people would gather around the dining table to enjoy the family meal together.From the Modern Era to TodayThe 1960s were years of rapid economic growth, and the Japanese lifestyle changed dramatically. Japanese cuisine was no longer classified into such styles as honzen, kaiseki and shojin dishes. Instead, these were disintegrated and then redesigned or blended to establish new styles and rules.IncorporatingNew StylesKaiten-zushi (revloving sushi)Many ingredients that were once very expensive eventually became widely available to the general public. The quality and freshness of ingredients improved, and cooking techniques were further refined. Today the ingredients for Japanese cuisine are now imported from throughout the world. A wide variety of food ingredients can be found in downtown shopping districts near train stations, supermarkets, wholesale markets and depa-chika (a department stores basement food floor). Many specialty restaurants have emerged, among which sushi restaurants, izakaya restaurants and Western-style restaurants are now considered the three pillars of Japanese cuisine. Kaiten-zushi (sushi served on a conveyor belt), soba, gyudon (beef bowl), curry rice and ramen noodles are the most popular forms of Japanese fast food, while take-out bento shops and sozai delis continue to thrive.Japanese Dishes Going GlobalFor many years, when new food ingredients or dishes were imported to Japan, they were altered to be incorporated into the nations cuisine. However, in recent years the export volume of Japanese food has increased significantly. Japanese dishes are made with many ingredients that cant be found in other countries and are prepared using methods developed over the centuries. With its delicious flavors, nutritional value and delicate presentation, the worldwide popularity of Japanese cuisine will continue to expand. Japanese cuisine is characterized by the use of a wide variety of fresh ingredients, such as seaweed, seafood, shellfish and all kinds of agricultural produce. Fresh seafood and shellfish served raw are considered to be among the finest dishes. Ingredients are seasoned only lightly to enhance their natural flavors through the use of dashi stock as a base, and along with fermented seasoning such as soy sauce, miso and mirin for added depth. Food is delicately arranged on a carefully selected plate in such a way that it represents a season or evokes emotions. Dishes are set on a table according to certain rules. For example, a bowl of cooked ricethe main part of a Japanese mealshould be placed on the left front. A soup bowl should be placed to the right of the rice and grilled fish in back with its head facing left. The most notable characteristic of Japanese cuisine is that new food items are constantly incorporated and adapted to fit the tastes of the Japanese people.The Appealing Aspects of Long-Established Japanese CuisineOsechi ryoriJapanese cuisine has been developed over the course of 1,800 years. Its rich history is recognizable whether it is at ordinary Japanese households or restaurants, or inside lunch boxes or osechi ryori (New Years foods). The long-established Japanese cuisine always captivates the mind, taking us back into its magnificent history. This is the history of food as well as Japanese culture. Japanese cuisine has slowly evolved through the centuries, and it has attracted much attention from the world. Any Japanese dish can impress the senses with its distinguished flavors and tasteful presentation, which are unique to this national cuisine.Gochiso Magazine, Nijiya Market Sushi, Ramen, Mochi, Onigiri, Gyoza, and Tempura are some of the Japanese favorite foods that are really delicious, and commonly available in Japanese restaurants. Have you ever wondered where the traditional Japanese foods come from? Today, let us discover Japanese culture, particularly the Japanese food history and culture. If you want to learn more about the Japanese culture and the history of their traditional Japanese foods, scroll down and continue reading. Japanese cuisine pertains to the countrys regional and traditional meals, which have evolved over the centuries of political, economic, and social change. The traditional Japanese cuisine consists of rice with miso soup and many other dishes, with a focus on seasonal ingredients. Fish, pickled vegetables, and vegetables cooked in broth are known side dishes. Seafood, such as fish is readily accessible and is typically grilled, although it is also prepared raw fish, as sashimi or in sushi. Tempura refers to the deep-frying of seafood and vegetables in a light batter. Noodle soup, such as soba or udon, are a staple in addition to rice. Many simmered recipes exist in Japan, such as fish in oden broth or beef in sukiyaki and nikujaga. The staple food in Japanese cuisine is steamed white rice, or gohan, served with one or more okazu, or main or side dishes. This can be paired with tsukemono and a clear or miso soup (pickles). The term ichiju-sansai (one soup, three sides) pertains to the composition of a typical dinner and has roots in traditional kaiseki, honzen, and yshoku cuisine. Nowadays, the phrase is often used to refer to the first course served in traditional kaiseki cuisine. Each individual portion of Japanese rice is provided in its own small rice bowl or chawan, and each main course dish is served on its own small plate (sara) or bowl (hachi). Even in Japanese households, this is common. This is in contrast to Western-style home dinners, where each person takes a helping of food from huge serving dishes in the centre of the dining table. Separate taste foods on a single plate are generally avoided in Japanese cuisine, therefore different dishes are given their own unique plates or are partitioned using, for instance, leaves. Traditional etiquette also forbids placing main courses on top of rice, thereby soiling it. Although the practice of never placing additional meals on rice dates back to ancient Chinese dining customs, it became most popular and widespread during and after the Kamakura period, particularly in the kaiseki. Although this tradition has been eliminated in modern Chinese food, it is still practiced in Japanese cuisine. The popular Japanese meal, donburi, in which toppings are placed straight on rice, is an exception. During the J?mon period, Japanese food has steadily developed from nomadic hunter-gatherer diets to sedentary Japanese people who have mastered agriculture and Japanese cooking. The Jomon people of Japan were mostly semi-sedentary hunter-gatherers in prehistoric times. The Jomon islands offer a diverse range of natural resources in all of their biotopes: deep-sea fish species, such as tunas and bonitos, and marine mammals are fished when they approach the coast to nest in the spring and early summer. The Oyashio current brings back salmon and other marine creatures, which are gathered. Numerous shellfish aggregations may be found along the coastlines of the Sea of Japan and the Pacific, indicating that shellfish is an important part of the diet. River fishing and hunting were the most common methods of obtaining food during this time. Deer and wild boar, as well as bear, and hare, are hunted in the late fall and winter. Many tree species in the area provide abundant food for humans and animals. Fruits and seeds are ready to gather in the autumn, and the harvest of chestnuts, nuts, hazelnuts, and acorns is kept in numerous subterranean silos. There is proof that soybeans were existent and possibly farmed in Japan during the J0mon period, with significant differences in seed size showing human hand selection, presumably at numerous places in Korea, China, and Japan before 5000 BCE, and in large quantities from around 3000 BCE. The pottery provides the first evidence of cooking. They were generally little bowls with a 10-50 cm high spherical bottom that were used to boil and store food. Some are from the fourteenth millennium BC. Researchers have discovered the first jomon pottery everywhere around the archipelago, with over 70 different styles and sub-styles. Although the first pottery was tiny in order to be readily transported, the size of the pieces eventually rose and the style diversified, indicating the peoples growing sedentarization. From 900 B.C, newcomers from the Korean Peninsula settled in Western Kyushu. These new populations bring with them new cooking techniques and ingredients. They brought rice cultivation as well as Mumun-style bronze, iron, and ceramics. Both populations coexisted for a thousand years. The Japanese people also grew wheat, barley, buckwheat, millet, and soybeans throughout the Yayoi era. For the first time, the food is described: raw vegetables, rice, and fish eaten without utensils. At celebrations, alcohol is consumed, and the first known Japanese chef debuts. Weis publication, Chronicles of the Three Kingdoms, contains the first mention of alcohol usage in Japan. Japanese drinking and dancing are documented in this third-century literature. As per some, rice sake production was brought to Japan from China immediately after rice cultivation, spreading from Ky?sh? and Kinki to the east. Several Korean and Chinese migrants arrived during the Yamato period, bringing Confucianism and Buddhism with them, which prohibite meat consumption. Traditional components like soy sauce come from commerce with neighboring countries, while sake is becoming increasingly popular. The culinary practices of this time period are little documented. Strong waves of Chinese, in the fifth century, and Korean, in the fourth century, immigration may, however, have had a significant influence. Influence wars have raged against Buddhism for hundreds of years. To observe the principles of Buddhism, Emperor Temmu forbade the usage of cattle and the consumption of wild animals, such as cow, horse, monkey, dog, birds, etc. in 675 AD. Pests, fallow deer, and wild boar consumption were not restricted. During the Asuka period, the ban was reinstated, but it ended during the Heian period. This taboo predates the shojin ryori, which did not become common until the 13th century. Sake, prepared from rice, water, and a small amount of Koji mold, became the most popular alcoholic beverage. Soy sauce comes from a paste called hishio, which was first created with meat and fish marinade and then with soybean seeds and flour, originated in China. During the Fujiwara period, it was brought to Japan (694-710). Many improvements occurred during the Nara era, including increased fermentation mastery and the introduction of items, such as bread and natto. The classic spices miso, hishio (which is the ancestor of soy sauce), and shi supplanted flavors previously reduced to vinegar and salt. In Japanese cuisine, fermentation is an important part of the production of numerous ingredients, such as miso, sake, rice vinegar, soy sauce, mirin, natto, tsukemono, katsuobushi, and kusaya. While other processes, such as manufacturing, are well understood, fermentation is still a process that is reliant on the fungus that is utilized for fermentation. The Kin-jinja temple in Shiga Prefecture, dedicated to the fungus utilized in the making of narezushi, is one example of early expertise. The natto, now traditional ingredient of the Japanese diet, is introduced in its 2 most common versions (itohiki-natto and shiokara-natto) during the Nara period by a Buddhist monk.Its consumption will be promoted by the progressive spread of Buddhist vegetarian practices. A Buddhist monk introduces the natto, today a traditional ingredient of the Japanese dishes, in its two most common forms, the itohiki-natto and the shiokara-natto. Its consumption has encouraged the growth of Buddhist monks vegetarian practices. Chopsticks were introduced during the Heian period, when significant Japanese cuisines such as tofu and noodles were introduced. Chopsticks coming from China at the same time as Confucianism began to be used for everyday cuisine and spread among the people, as evidenced by the growth of the chopsticks commerce in Japan. Tofu is said to have originated in China and was brought to Japan by Buddhist monk Kanshin. Tofu manufacturing and consumption have been heavily influenced by Buddhist temples. The monks were forced to seek vegetarian and healthy foods as a substitute to animal protein due to their commitment not to eat meat. Buddhist monks brought Chinese noodles from the Song Dynasty (1127-1279) during the time from the end of the Heian period (1185) to the start of the Kamakura period (1185-1333). Sake was utilized in palace festivities, religious rites, and boire sports throughout the Heian period. The name ryori refers to a certain style of dish, as well as the cuisine used to make it. For the first time, osechi ryori is codified: it is a banquet kitchen with a variety of foods available to visitors. It is the direct ancestor of the osechi served in Japan at the start of the year. The feudal era have seen the maturity of ingredient preparation skills, culinary rites, and the standardization of eating habits. Fermentation is perfected, cutting has become an art, noodles in their current shape appear, and the terms honzen ryori and shojin ryori are used to describe different types of meals. Portuguese Jesuits also brought tempuras and tonkatsu, which become staples in Japanese cuisine after being adapted to local tastes. In the year 1347, the Kagen-ki record first mentions udon noodles under the term uton. Onryo-ken Nichiroku mentions soba noodles for the first time on 1438. Todays Japanese noodles are slightly different from these variants. Portuguese Jesuit during the 16th century also brought the tempura recipe to Japan in 1549. These Jesuits also brought panko and meals like tonkatsu, which are still popular dishes today. Sushi without fermentation was developed during the late Edo period (early nineteenth century). Sushi was enjoyed both with and without fermentation until the 19th century, when hand-rolled and nigri-style sushi were introduced. The Edo period diet was comparable to that of modern Japanese people, with the exception of the absence of meat and the rarity of fish and seafood. It comprises of three meals, as it does now, and was based on latest menus, consisting of a bowl of rice, a soup, and one or two side dishes. There are various sources that may be used to reconstruct the daimyos diet, which was divided into ceremonial and ordinary meals. Rice, soup, and one or two side dishes, as well as tsukemono comprise the ordinary meals. The ceremonial meals, usually held in the evening, and once a week, is a formal meal accompanied by a sak-tasting ritual and sometimes a drink party. The most typical foods were tofu, rice, seasonal vegetables, daikon, and mushrooms. With the exception of katsuobushi, which was used as a flavoring and was eaten more frequently during ceremonial feasts, the use of fish in normal menus varied from time to time. When a new Japanese ruling order took over during 1854, Japan began to establish new trade agreements with Western countries, also known as the Meiji Restoration. In 1872, Emperor Meiji, the new ruler, hosted a New Years feast to honor the Western world and countries. The feast included food with a lot of western influence. For the first time in a thousand years, people were allowed to eat meat in public. Following the New Years feast, the Japanese people resumed eating meat. Japanese western cuisine or yoshoku pertains to meals introduced from the West and modified to local preferences during the Meiji Restoration. These are adapted European cuisine with European-sounding names that are commonly written in katakana. The dishes are frequently based on meat, a relatively recent component in Japanese cuisine with European origins such as French, Italian, English etc. These Japanese variations are frequently substantially different from the originals. Rice has traditionally been the Japanese peoples primary food. The fact that the name for boiled rice, gohan or meshi, also means meal, demonstrates its basic importance. While rice cultivation has a long history in ancient Japan, its purpose as a staple is not universal. Other grains, such as wheat, were more abundant in northern regions, such as northern Honsh and Hokkaido throughout the nineteenth century. Japanese preferred rice that is short-grained and becomes sticky when cooked, making it simple to pick up using a chopstick. Most rice is sold as hakumai (white rice), with the outer portion of the grains(nuka) polished away. Unpolished brown rice (genmai) is considered less desirable, but its popularity has been increasing. Other dishes can be put on top of rice, but it should start off plain and bland. Mochi, small rice cakes created by smashing steamed sticky rice with enormous hammers, is the sole traditional preparation that drastically modifies the rice. The objective is to concentrate the rices pure spirit and intensify it by making it purer. mochi is one of the popular dishes eaten on New Years Day, which is a very significant celebration. Japanese noodles are oftentimes used as a replacement for rice in Japanese cuisine. Traditional noodles include soba, a thin, grayish-brown noodles made with buckwheat flour, and udon, which is a thick wheat noodles), while ramen is a contemporary import that has become immensely popular. Other, less common noodles, such as somen, which is thin, white noodles made of wheat flour, is also available. In terms of typical custom, Japanese noodles such as soba and udon are eaten alone, rather than with a side dish. This may also include toppings, which is known as gu. The fried battered shrimp tempura placed in a bowl of tempura-soba is known as the shrimp or the tempura, rather than gu or topping. Similar toppings may be called okazu, if served as a side dish with plain white rice, therefore these words are context-sensitive. Some noodle dishes, such as kitsune and tanuki, take their names from Japanese folklore and refer to dishes in which the noodles can be modified but the broth and garnishes remain consistent with the legend. Kakesoba or kakeudon are hot noodles that are served in a bowl already immersed in their broth. Unseasoned cold soba is placed atop a zaru or seiro, then picked up with a chopstick and immersed in their dip sauce. Customarily, Japanese noodles are consumed by bringing the bowl near the lips and slurping in the noodles with chopsticks. The accompanying loud slurping noise is considered natural in Japan. Sushi is a Japanese delicacy consisting of vinegared rice, generally with sugar and salt, and a range of components such as raw fish and vegetables. Sushi comes in a variety of styles and presentations, but the primary component is sushi rice, also known as shari or sumeshi. Sushi is generally prepared with medium-grain white rice, however brown rice or short-grain rice can also be used. Squid, yellowtail, eel, tuna, salmon, or imitation crab meat are frequently used in its preparation. Sushi comes in a variety of vegetarian options. Its commonly accompanied by pickled ginger or gari, wasabi, and soy sauce. The dish is often garnished with daikon radish or pickled daikon or takuan. Sashimi is a Japanese dish comprising of thinly sliced raw fish or meat, frequently served with soy sauce. Sashimi is typically served as the first course of a formal Japanese meal, however, it can also be eaten as the main course with rice and miso soup in different bowls. Sashimi is the finest meal in Japanese formal dining, according to Japanese chefs, and should be consumed before other strong flavors. The key ingredient, sliced seafood, is traditionally wrapped over a garnish. Asian white radish, daikon, chopped into long thin strips or single shiso leaves are common garnishes. A traditional Japanese soup, Miso soup, is made with dashi stock and softened miso paste. In addition, based on regional, seasonal, and traditional recipes, as well as personal preference, and other several optional components may be included, such as tofu, vegetable, etc. Miso soup is a representative of soup dishes served with rice in Japanese cuisine. Omiotsuke is another term for miso soup. Depending on ones preference and the style of soup, miso soup can be prepared in a variety of ways. Most vegetables, including mushrooms, daikon, potatoes, tofu, carrots, and fish, are cooked in the simmering dashi in Japanese dishes. To prevent the miso paste from heating, which affects the flavor, kills beneficial bacteria, and diminishes the health benefits of biologically active miso paste, it is suspended separately in some dashi stock separated from the simmering mix. When the veggies are done, the stock is taken from the heat, then miso suspension is put and combined into the soup. The remaining uncooked ingredients are then added, and the meal is served. Green tea goes well with almost every Japanese cuisine. Its made in Japan and comes in a variety of forms, including matcha, which is the tea used in the Japanese tea ceremony. The creation of the Japanese tea ceremony was heavily influenced by Zen Buddhism. Japanese tea practice uses leaf tea, particularly sencha, a method known as senchad0 (the way of sencha) in Japanese. Sake is a rice wine prepared by a double fermentation process that normally includes 1220 percent alcohol. The rice starch is first fermented into sugar using the Kojji fungus. To generate alcohol, regular brewing yeast is employed in the second fermentation. It is considered an equivalent to rice at traditional meals and is not served alongside other rice-based foods. Sake-related side dishes are known as sakana, otsumami, or ate. It is considered as the national beverage in Japan. Sake is frequently served with special ceremony in Japan, where it is carefully warmed in a small ceramic or porcelain bottle and sipped from a small porcelain cup known as a sakazuki. Sake, like wine, has a wide range of suggested serving temperatures. Beer was first produced in Japan in the 1860s. Pale-colored light lagers with an alcohol content of roughly 5.0 percent ABV are the most popular beers in Japan. Lager beers are the most popular beer style in Japan, although beer-like beverages prepared with lower quantities of malts, known as Happoshu or non-malt Happousei, have snatched up a significant portion of the market due to lower taxes. Beer and its variants account for over two-thirds of all alcoholic beverages sold. Sh?ch? is a distilled Japanese beverage. Rice or kome, barley or mugi, sweet potatoes or satsuma-imo, buckwheat or soba, or brown sugar or kokut are the most common ingredient, while it can also be made from chestnut, sesame seeds, potatoes, or even carrots. Sh?ch? generally contains 25% alcohol by volume, making it less potent than baijiu, whiskey, or vodka but more potent than huangjiu, sake, or wine. Sh?ch? is not to be confused with sake, which is a fermented rice wine. Its flavor is typically less fruity and is very dependent on the type of starch used in the distillation process. It is frequently described as having a nutty or earthy taste. Wagashi refers to traditional Japanese sweets. Red bean paste and mochi are utilized as ingredients. Green tea ice cream is a popular flavor among more modern tastes. It is produced by almost every producer. Kakigri is a shaved ice dish with syrup or condensed milk as a flavoring. Summer festivals are where it is regularly sold and enjoyed. Dorayaki is a Japanese snack that is particularly common among kids. Theyre sweet pancakes with sweet red bean paste within. Theyre usually served at room temperature, but theyre very excellent when served hot. The roots of Japanese cuisine, once traced, will reveal that several serving styles have been developed over the ages. During the Heian period in the eighth century, people ate individually served meals using their own tray tables (zen), plateware and chopsticks. The economy was built upon rice paddy cultivation, and rice had become an integral part of the Japanese diet. Under the Buddhist influence, eating four-legged animals was prohibited, bringing an end to meat consumption in Japan. However, various food ingredients were introduced. The origins of miso, soy sauce and tofu were first seen during this period, and people consumed abundant amounts of agricultural produce and marine foods, including seaweed and shellfish.First Appearance of Honzen Ryorione soup, three sidesJapan engaged in trade with foreign countries during the Muromachi period of the fourteenth century, and a distinctive Japanese culture flourished. Serving styles and rules were formalized, and the honzen ryori became a primary serving style of the time. The honzen ryori was a combination of several courses, each served on a tray table called a zen. It started with hon-zen (main tray), followed by second zen, third zen and so on. In fact, the historical record shows that it could consist of up to seven zens. A dessert tray was added during the later part of the era. A typical meal consisted only of hon-zen, which was prepared based on the principle of one soup, three sides. It came with rice, soup, pickles and three okazu dishes: namasu (vinegared vegetables), yakimono (a grilled dish) and nimono (a simmered dish). The second zen was prepared and served for guests, and the third zen and above were prepared and served for older or upper-class guests or on special occasions such as festivals. The honzen ryori underwent changes over time, but it continued to be a mainstream style of Japanese cuisine until the nineteenth century.Kaiseki Ryori and Shojin RyoriKaiseki ryoriAlso during this era, the kaiseki ryori, (tea-ceremony dishes), a style integrated with the tea ceremony, was popular among the nobility. The kaiseki ryori (tea-ceremony dishes), however, isnt just about the taste or gorgeous appearance of the food. With attention given to the types of serving plates and the arrangement of food items, the dishes are prepared according to a seasonal theme. The kaiseki ryori (tea-ceremony dishes) is a food culture that expresses the words wabi (quiet simplicity) and sabi (elegant but old-fashioned) in the manner of cooking.It was an era during which the temples were outside the realm of the government, so they had the status of special autonomy. Monks followed the Buddhist philosophy of not taking life, and consequently the temples prohibited the consumption of four-legged animals, birds and fish, which led to the creation of the vegetarian meal called shojin ryori. Shojin ryoriThe shojin ryori was created after a thorough search for the way to obtain nutrients from grains in replacement of animal proteins. While the processing techniques for beans and vegetables evolved, the continuous development of tofu led to the production of ganmodoki, koyadofu, natto, konnyaku and fu. Additionally, the techniques for making dashi stock were developed during this era. These techniques have made substantial contributions to the development of Japanese cuisine.Fast Food Developed During the Period of National IsolationThe Edo period began in the seventeenth century, and subsequently Japan entered the period of national isolation, which lasted for approximately 200 years. As national conflicts diminished and the nation became stable, the population increased. Accordingly, the amount of food production was increased and new ingredients and cooking techniques were introduced. Many restaurants emerged in the city of Edo.SobaSuch fast food dishes as ni-hachi soba, sushi and confectioneries were very popular. It was also during this era when dishes such as kabayaki (grilled eel), tsukudani (fish boiled in soy sauce) and tempura were developed.Restaurants in the Edo period began serving the banquet meal called kaiseki ryori, (beverage-main meal) in order to entertain customers with sake and accompanying dishes.Dishes were made with various types of seafood, all of which were selected with an emphasis on freshness and the area in which it was produced. Soy sauce, mirin, sugar, vinegar and miso were used as flavoring ingredients. Dashi stock was made with katsuobushi (bonito flakes), kombu (kelp) or dried shiitake mushrooms. Spices like wasabi, ginger, sansho pepper and red pepper were already being used during this era.We can therefore see that the origins of nearly all the types of Japanese-style dishes we eat today already existed during the Edo period.Once the Ban on Meat was LiftedSukiyakiThe Meiji Restoration took place in 1868, whereupon the new government issued the order to separate Shintoism and Buddhism. Consequently, the ban on meat consumption was removed. This facilitated the development of various meat dishes, including sukiyaki, shabu shabu, gyudon (beef bowl), yakitori and many other typical Japanese meat dishes. Then, as the long period of national isolation came to an end, many new ingredients and dishes were brought in from foreign countries. These were then adapted to suit the Japanese palate. Finally, dishes like tonkatsu (pork cutlet), croquette, curry rice and ramen noodles were introduced to Japan, resulting in the establishment of a new food category known as Western cuisine.Japanese dining table and tatami matsVarious foreign cultures were introduced to Japan, and they influenced the lifestyles of Japanese people. People sat on chairs instead of tatami mats in order to eat at dining tables. In the style of the honzen ryori, each person ate from his or her own tray table. However, the honzen ryori was then served only at restaurants, hotels or festival banquets. At home, people would gather around the dining table to enjoy the family meal together.From the Modern Era to TodayThe 1960s were years of rapid economic growth, and the Japanese lifestyle changed dramatically. Japanese cuisine was no longer classified into such styles as honzen, kaiseki and shojin dishes. Instead, these were disintegrated and then redesigned or blended to establish new styles and rules.IncorporatingNew StylesKaiten-zushi (revloving sushi)Many ingredients that were once very expensive eventually became widely available to the general public. The quality and freshness of ingredients improved, and cooking techniques were further refined. Today the ingredients for Japanese cuisine are now imported from throughout the world. A wide variety of food ingredients can be found in downtown shopping districts near train stations, supermarkets, wholesale markets and depa-chika (a department stores basement food floor). Many specialty restaurants have emerged, among which sushi restaurants, izakaya restaurants and Western-style restaurants are now considered the three pillars of Japanese cuisine. Kaiten-zushi (sushi served on a conveyor belt), soba, gyudon (beef bowl), curry rice and ramen noodles are the most popular forms of Japanese fast food, while take-out bento shops and sozai delis continue to thrive.Japanese Dishes Going GlobalFor many years, when new food ingredients or dishes were imported to Japan, they were altered to be incorporated into the nations cuisine. However, in recent years the export volume of Japanese food has increased significantly. Japanese dishes are made with many ingredients that cant be found in other countries and are prepared using methods developed over the centuries. With its delicious flavors, nutritional value and delicate presentation, the worldwide popularity of Japanese cuisine will continue to expand. Japanese cuisine is characterized by the use of a wide variety of fresh ingredients, such as seaweed, seafood, shellfish and all kinds of agricultural produce. Fresh seafood and shellfish served raw are considered to be among the finest dishes. Ingredients are seasoned only lightly to enhance their natural flavors through the use of dashi stock as a base, and along with fermented seasoning such as soy sauce, miso and mirin for added depth. Food is delicately arranged on a carefully selected plate in such a way that it represents a season or evokes emotions. Dishes are set on a table according to certain rules. For example, a bowl of cooked ricethe main part of a Japanese mealshould be placed on the left front. A soup bowl should be placed to the right of the rice and grilled fish in back with its head facing left. The most notable characteristic of Japanese cuisine is that new food items are constantly incorporated and adapted to fit the tastes of the Japanese people.The Appealing Aspects of Long-Established Japanese CuisineOsechi ryoriJapanese cuisine has been developed over the course of 1,800 years. 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