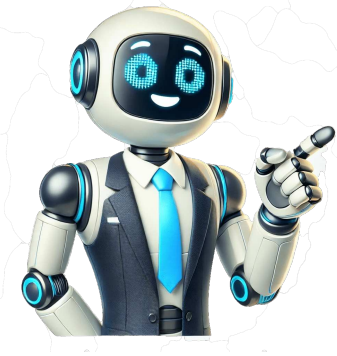


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The osetchi ryori is defined as a banquet kitchen for the first time in period. Multiple dishes were available there for guests. It is the direct predecessor of the osetchi served at the beginning of this year in Japan. The maturation of techniques, customs related to cooking, and consumption patterns prevailed in this feudal period. Fermentation was used throughout the country as a means of food preservation. The development of major types of Japanese cuisine began around the Edo period. The formal Japanese cuisine in the later Edo period (1600-1868), though it started to develop from the Muromachi period (1366-1573). Today, it is found in a modified way in the Kochi region of Shikoku island, popularly known as sawashi cuisine or sawachi ryori. Udon noodles were first mentioned under the name of udon in a document called the Kagen-ki on July 7, 1347. The first mention of soda 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 form during the Eitoku 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 (1366 - 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 style dishes. These dishes gradually spread across the country and eventually became part of the mainstream Japanese cuisine. The Edo period (1603 - 1868) was a time when the concept of food from a means of survival to something pleasant. Cooking books, side dish rankings, and 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, sofa 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. Nigiri-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-zushi 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 Restoration (1868-1912) brought significant changes to Japanese 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, naportian 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, itamemomo. 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.

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