

Japanese cuisine workshop at Institute of Hotel Management - Goa Honoring Nature's Gifts -- Introduction to Traditional Japanese Cuisine

The Embassy of Japan in India and the Japanese Cuisine and Dietary Culture Development Committee (JCDC) conducted a "Special Cooking Course by Indian and Japanese Chefs" in Goa from December 11 to 15. We would like to share with you how the chefs presented the appeal of authentic Japanese cuisine, food culture and ingredients.

- Organizer : Embassy of Japan in India
Japanese Cuisine and Dietary Culture Development Committee (JCDC)
- Supported by : Ministry of Agriculture, Forestry and Fisheries of Japan
- Cooperation : Institute of Hotel Management (IHM) Goa
Hattori Academy
EIJ Consulting Pvt. Ltd.
- Date implemented : December 11 (Wed) to 15 (Sun), 2024
- Venue : Institute of Hotel Management (IHM) Goa
- Targets : Culinary students, professional chefs, influencers, etc. who are interested in Japanese cuisine

During the first three days, Brehadeesh Kumar, Owner and chef of Ginko, a Japanese restaurant in Pune, gave lectures in the morning and practical sessions in the afternoon for 20 students selected from the senior batch of the IHM Goa. Due to his logical and systematic teaching of the basics of Japanese cuisine by comparing it with Indian food culture, the students were able to prepare the basic dishes of Japanese cuisine, *Ichiju-sansai* (one soup and three dishes) by the 3rd day.

- Day 1 (Dec. 11) Lecture: Basic theory of Japanese cuisine
Practical session: Knife techniques
- Day 2 (Dec. 12) Lecture: Theory of fermentation and seasoning
Practical session: *Takiawase* (a type of simmering)
- Day 3 (Dec. 13) Lecture: Theory of *dashi* and *umami*
Practical session: *Ichiju-sansai* (one soup and three dishes)



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The fourth day, Dec. 14, was led by a chef who came over from Tokyo for the event, Kiyoyuki Ichimaida, Professor of Japanese cuisine at Hattori Nutrition College. In the morning, he gave a lecture on Japanese food culture * and demonstrated how to make *dashi* for 50 IHM Goa students. They tasted two types of *dashi*, extracted from kelp and dried bonito flakes.

* Japanese food culture includes, for example,

- A variety of ingredients rooted in their regions
- The spirit of using all these ingredients (not wasting them)
- The nutritional balance expressed in "one soup, three dishes", the basic meal style, and
- The development of single-edged kitchen knives, the prototype of the Japanese sword, due to the culture of eating raw fish.



In the afternoon, Ichimaida gave a demonstration of making *futomaki*, thick roll sushi, for the 20 IHM Goa students who completed the first 3 days of the course. They knew about *futomaki*, but had never cooked it before. However, the students, who already had a better understanding of the characteristics of japonica rice and fermented seasonings, finished the *futomaki* very well.



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On the final day, Dec. 15, the 20 IHM Goa students presented their cooking challenge of *takiawase*, a dish that combines separately simmered ingredients on a single plate/bowl. The students cooked 5 servings of *takiawase* in 2 hours incorporating what they had learned over the previous days with their own originality and creativity. The two instructors, as well as chefs and influencers active in Goa, judged their presentations on taste, appearance and originality, and selected a winner. The winner was approached by a Japanese restaurant that is about to open in Goa!
The 20 students were awarded a certificate of participation as a testimony to their learning about Japanese cuisine, food culture, and the appeal of Japanese ingredients.



✂For more information:

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