

# Japanese foods and sake for each season



# Benefits of Seasonal Food

- ▶ Seasonal foods are full of nutrition
- ▶ Most delicious during that time of the year
- ▶ Can enjoy each season

# Today's sake



Ao saeno sumikiri



Hiyashibori ginjo




Kokuagari




Hiyashibori daiginjo

# Types of sake

## ▶ Junmai sake

- Rice
  - Rice mold
- 
- Strong and sweetish taste

## ▶ Honjozo sake

- Rice
  - Rice mold
- +
- Brewed alcohol
- 
- Weak and spicy taste

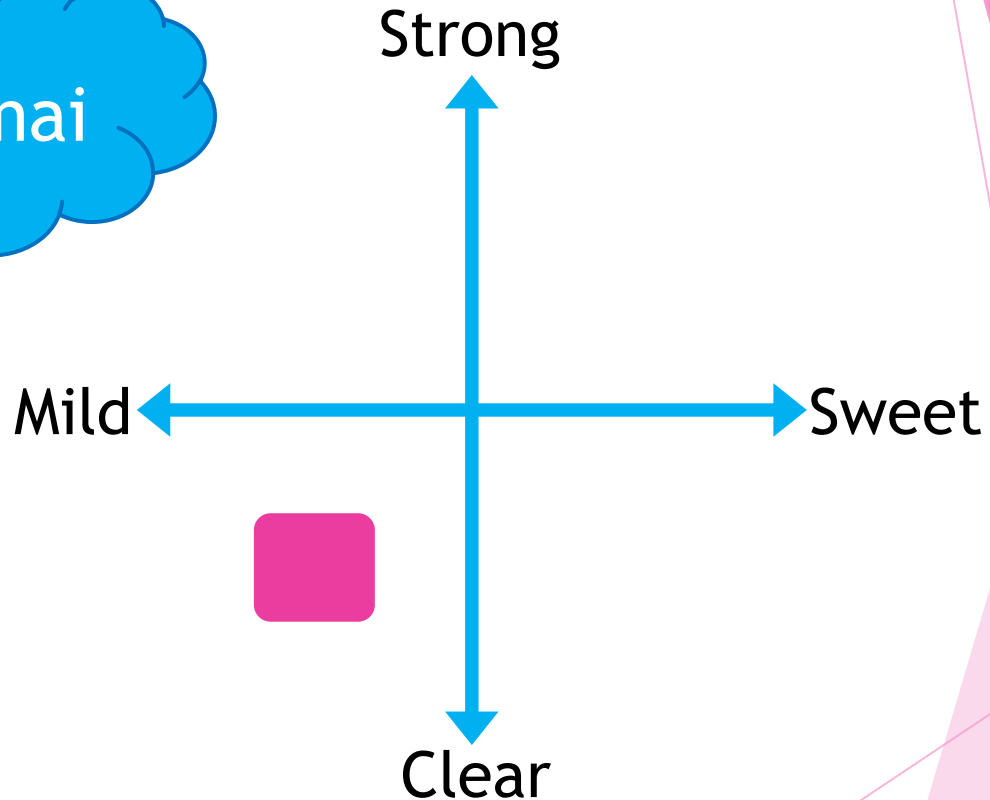
# Types of sake

▶ Junmai sake

▶ Honjozo sake



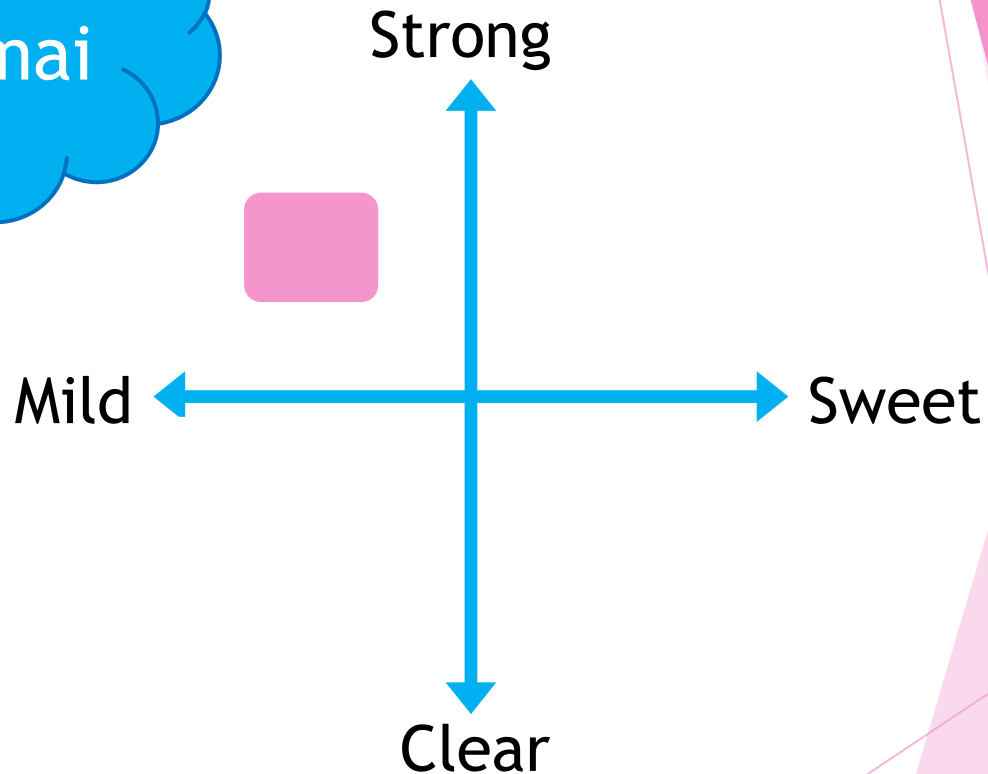
# Ao saeno sumikiri spring



Alcohol content  
15-16%

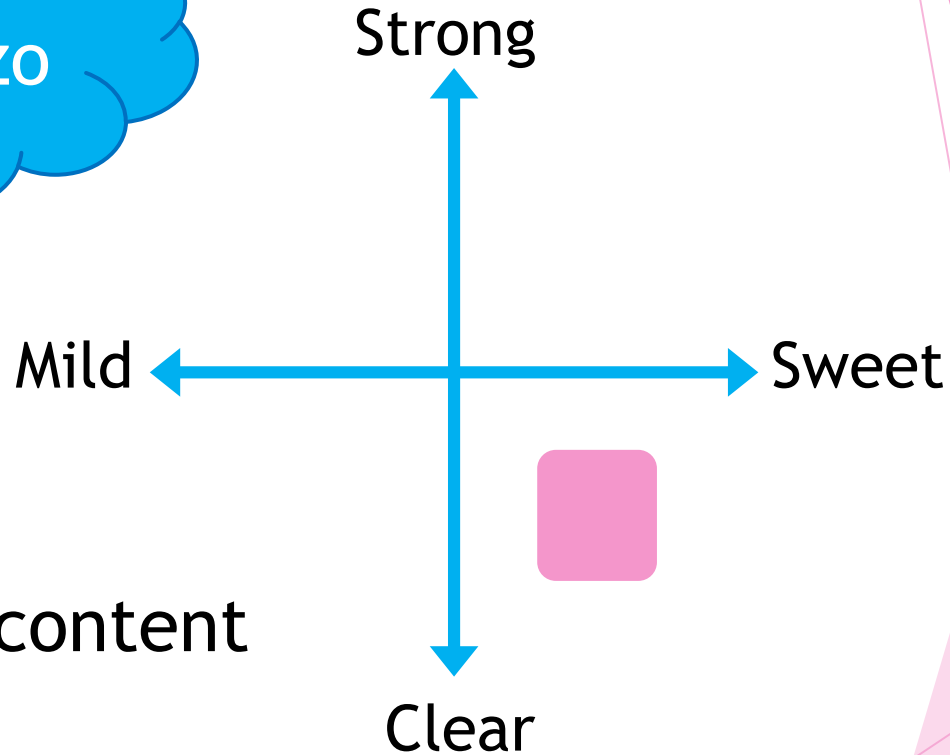
# Kokuagari

winter



Alcohol content  
16-17%

# Hiyashibori Ginjo fall

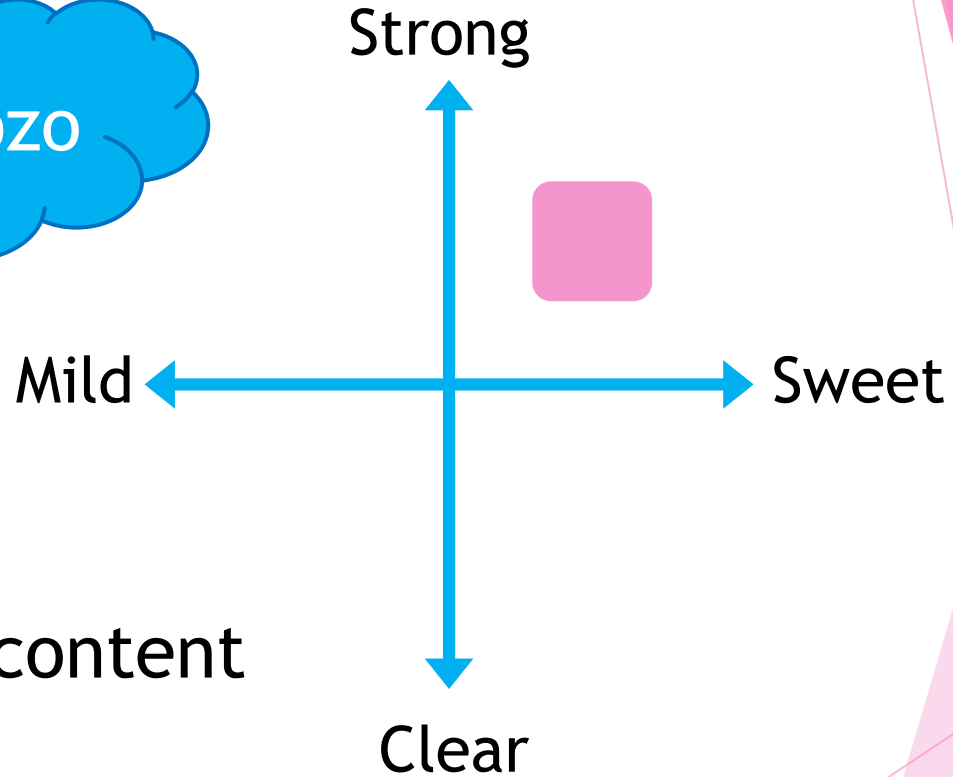


Alcohol content  
13-14%

Rice polishing  
50-60%



# Hiyashibori Daiginjo summer



Alcohol content  
15-16%

Rice polishing  
less than 50%

# Notes about sake and food tasting

- ▶ Please answer the questionnaire.
- ▶ Don't drink until foods come.
- ▶ Don't drink the same sake more than two glasses.
- ▶ Please drink sake slowly
- ▶ Don't touch the food samples



# Spring

～春～



# Sakuradenbu



- ▶ **SAKURA**  
Cherry blossoms





# Sakuradenbu



- ▶ **SAKURA**  
Cherry blossoms
- ▶ **DENBU**  
processed food which  
is made from fish or  
meat



Temakizushi

Chirashizushi



# Tempura





# Taranome



- Prevent diabetes
- Make bones strong
- Reduce swelling

# Butterbur Sprout



- Prevent cancer
- Cure pimples
- Good for pregnancy

# Horsetail



- Efficient against hay fever
- Prevent cancer
- Prevent diabetes

# History of Tempura

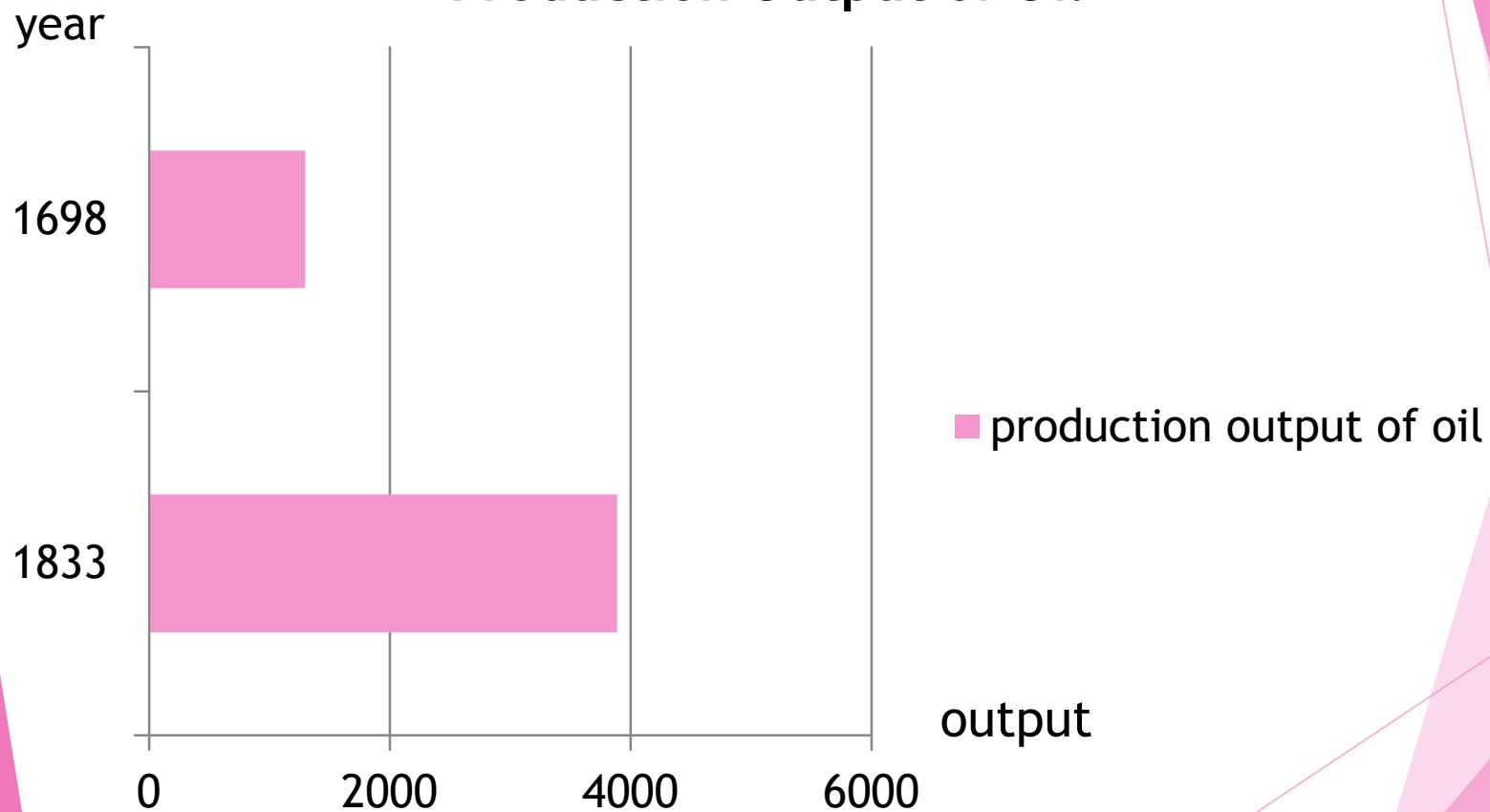


- ▶ Originally Portuguese food
- ▶ Introduced in the 16<sup>th</sup> century



# History of Tempura

Production Output of Oil



[lib.ruralnet.or.jp/syokunou/lib/fudoki/200/105.html](http://lib.ruralnet.or.jp/syokunou/lib/fudoki/200/105.html)

# History of Tempura

- ▶ Sold at a tempura stand
- ▶ Eaten as a fast food



# Today's Menu



Japanese Omelette  
with sakuradenbu  
and green laver

Tempura of  
Italian food

