

Winter

～冬～

Nabe ～鍋～



What is Nabe?

- ▶ Ingredients

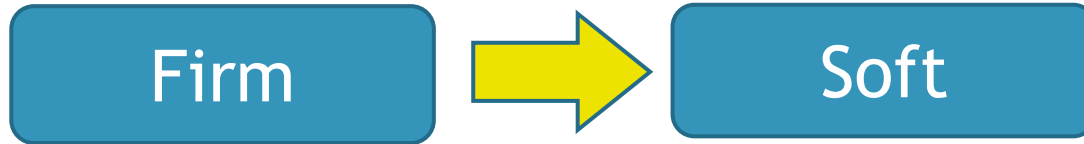
Vegetables, Meat and so on

- ▶ eat it with chopsticks as it is cooking in a pan over a low flame at the dining table



What is Nabe?

- ▶ our digestion and absorption are helped



- ▶ warmth of the broth in our bodies



History of Nabe

- ▶ Jomon and Yayoi period(around the third century)



↑ Jomon and Yayoi period

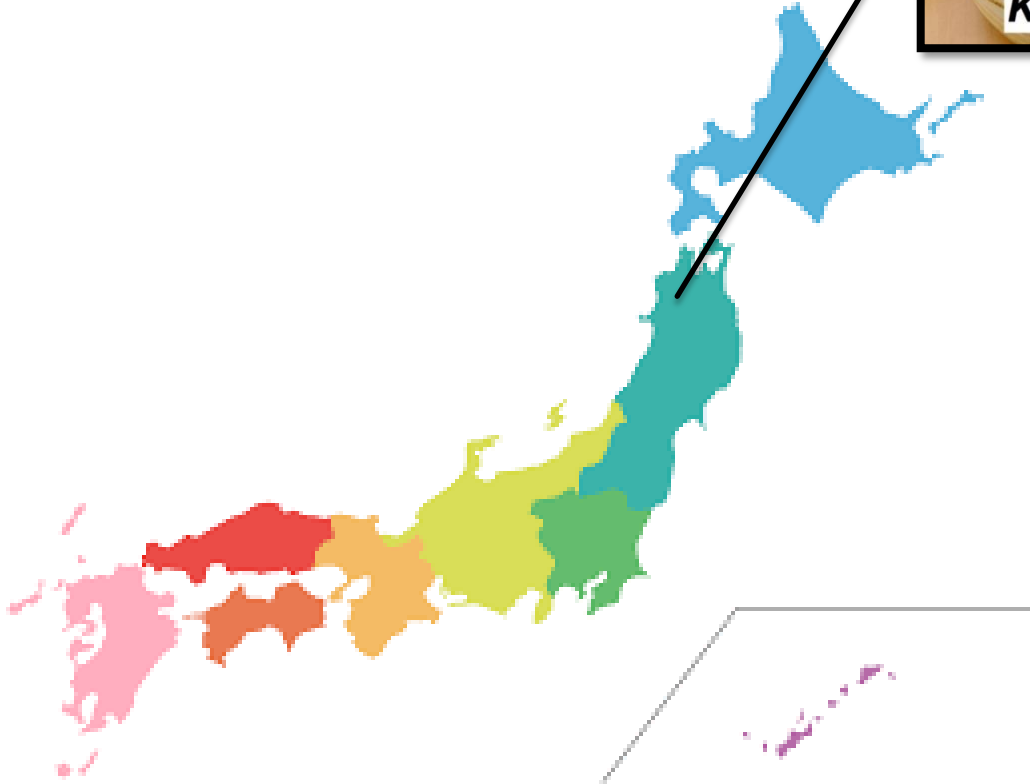
History of Nabe

- ▶ Edo (1603~1868) and Meiji (1868~1872)period



↑ Edo and Meiji period

Kinds Of Nabe

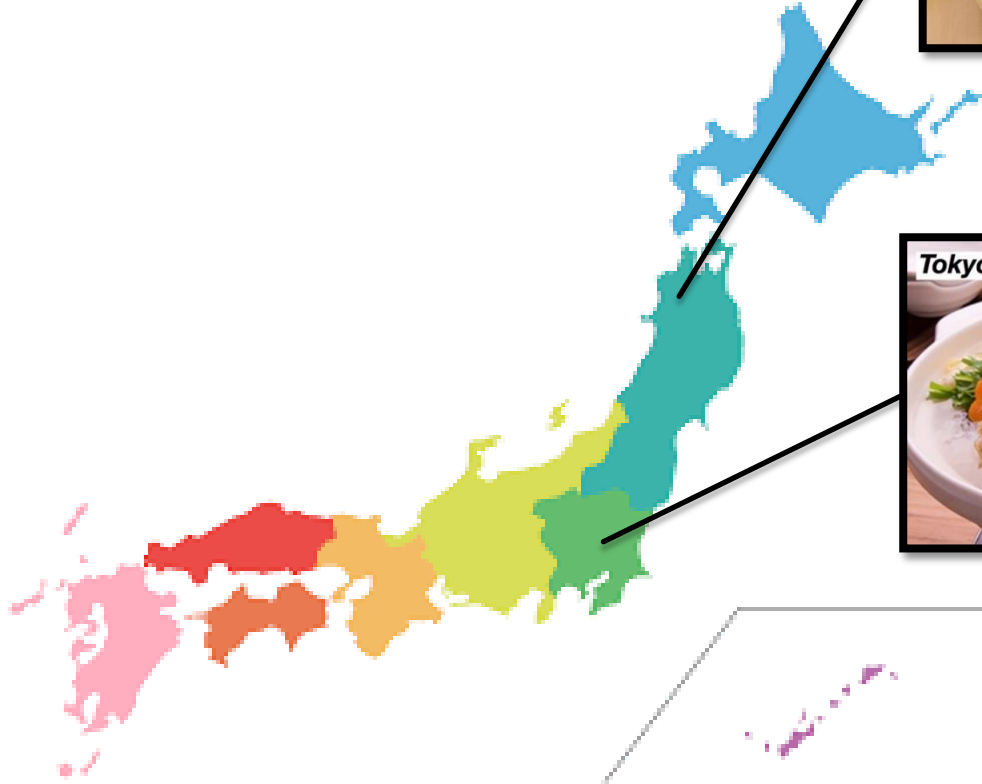


Akita prefecture



Kiritanpo Nabe

Kinds Of Nabe

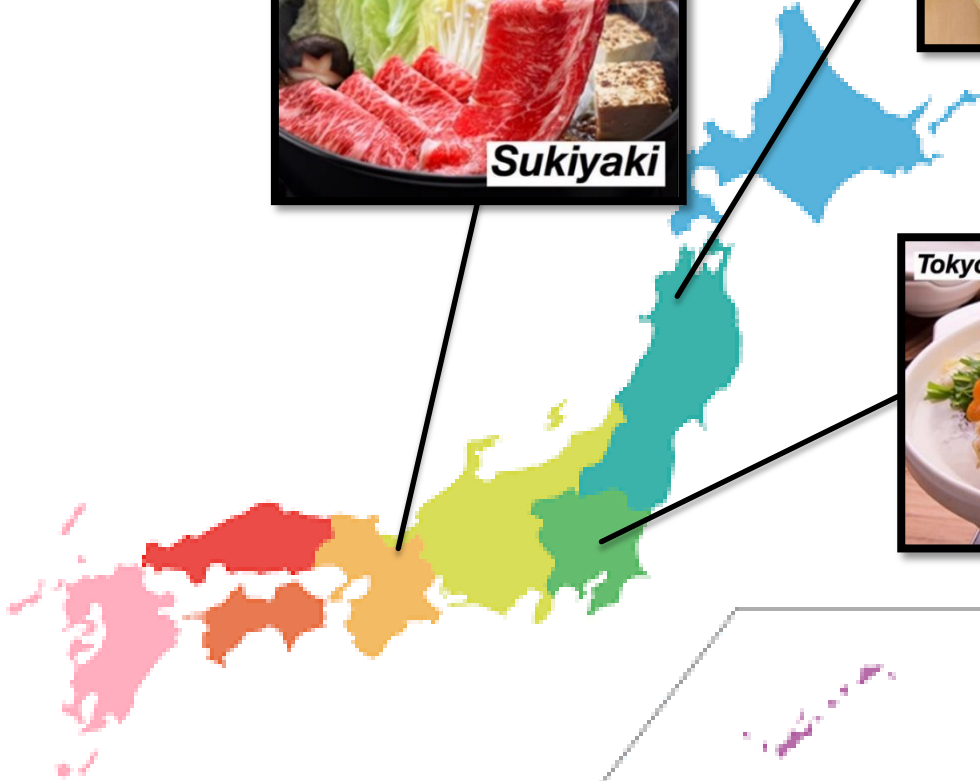


Tokyo prefecture



Chanko Nabe

Kinds Of Nabe



Hyogo prefecture



Sukiyaki

Kinds Of Nabe



FUKUOKA Prefecture



Mizutaki

Today's Menu

