



Autumn

～秋～



Autumn Menu

- ▶ Miso soup (combined miso)



- ▶ Takikomi rice
(mushroom : porcini)



Miso soup



Summary

- ▶ The Japanese representative soup
- ▶ Cooked soup stock with miso
- ▶ Uses various ingredients
(tofu, seaweed, onion etc.)



History

▶ Heian era (794~)

- Miso was created
- It was a currency and present for high ranking people
= Valuable goods



- Miso was influenced by a Buddhist priest and the mortar.
- Miso soup was created.



Holy Roman
Empire
establishment
period

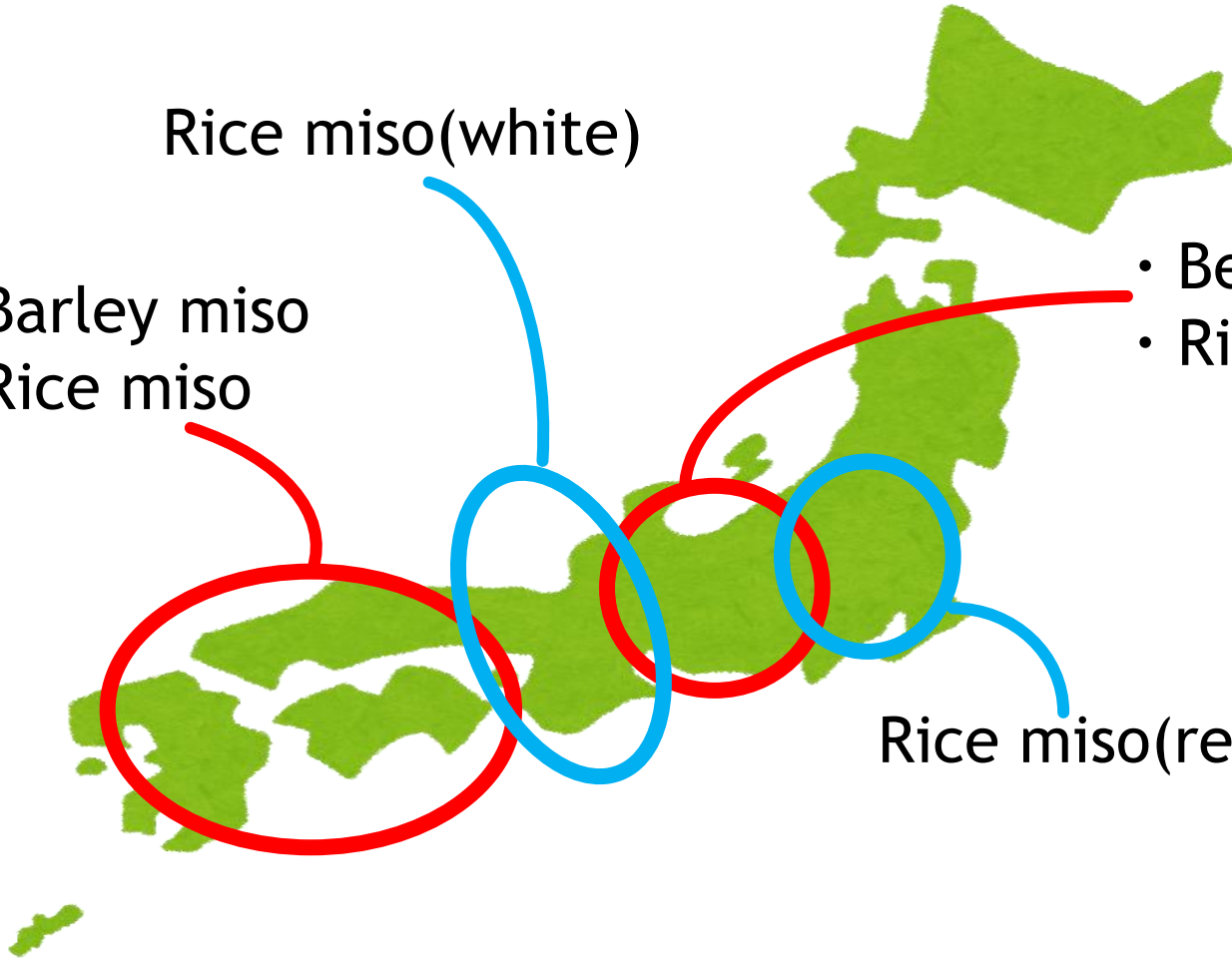
Kinds of Miso

Rice miso(white)

- Barley miso
- Rice miso

- Bean miso
- Rice miso

Rice miso(red)



Barley Miso



▶ Area

Western area of Japan

▶ Origin

- Cultivation of rice was difficult
- Production of wheat was prosperous



Barley miso

Bean Miso



▶ Area

Central part of Japan

▶ Origin

- Environment: Hot summers, high temperatures, and humidity. Miso spoiled
- Beans provided a method for long term storage of miso



Bean miso

Rice Miso

▶ Area

Nationwide

▶ Kind

- Red miso
- White miso

▶ Origin

Rice cultivation was prosperous



Rice miso



Matsutani Chemical Industry Company



- ▶ Established 1919
- ▶ Pioneers in starch processing methods
- ▶ They sell instant meals, frozen foods, and healthy foods



Freeze dried miso soup

- ▶ Abundant dietary fiber
- ▶ Cuts 50% of the salt in comparison with commercial miso soup
- ▶ Your dish today : Combined miso
- ▶ Souvenir : Red miso or White miso



Takikomi Rice



History

▶ [Past]

To limit the use of rice

→ Mixed many ingredients
with a little rice

(wheat, Japanese millet,
foxtail millet, potato etc.)

History

▶ [Present]

- Ingredients based on the four seasons
→ autumn : chestnut rice, mushroom rice, sweet potato rice, chicken and burdock rice etc.
- Fishery products and meats ingredients are used
- Various kinds of Takikomi (various parts of Japan)

Conclusion

▶ Miso soup

- Soup stock
- Miso
- Ingredients
(tofu • seaweed
• onion etc.)

▶ Takikomi rice

- Rice
- Meat or fish
- Seasonal ingredients