

THE JAPANESE CULINARY ACADEMY'S

COMPLETE 8 Volumes with Introduction

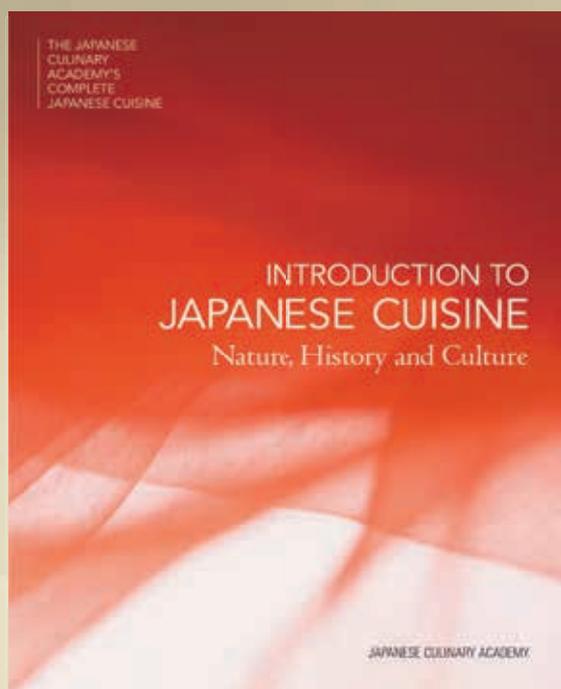
JAPANESE CUISINE



Unprecedented. Unrivalled. Uncompromising.

A richly illustrated 9-volume series dedicated to revealing every aspect of the fine art of traditional Japanese cuisine to the world in full detail.

ALREADY PUBLISHED (in Autumn 2015)



INTRODUCTION TO JAPANESE CUISINE
Nature, History and Culture

True Japanese cuisine cannot be understood –let alone mastered– without an understanding of the culture from which it evolved. This first volume in the series is therefore dedicated in its entirety to cultivating an appreciation and empathy that will create the essential foundation upon which the chef's skills introduced in subsequent volumes can be built.

978-4-908325-00-7; 288 x 218 mm; 216 pages; all in full colour: 210 colour photographs, 5 paintings / drawings; back-matter includes *dashi* and basic recipes, 62 recipes, glossary, index, conversion tables (from metric)

All volumes in the series are £50, hardcover

Editorial Supervision

The Japanese Culinary Academy was founded in 2004 under the guidance of 3* Michelin chef Yoshihiro MURATA to support the advancement and spread of Japanese cuisine. JCA is engaged in educational, cultural and technical research as well as in dissemination of the results of its research for people living not only in Japan but other parts of the world. Aimed at contributing to the promotion of understanding of Japanese cuisine and the enhancement of its appeal, JCA activities also include the development of food culture, training of professionals, nutritional education for upcoming generations, and exchange programmes for chefs around the world. Its publishing arm is *Shuhari Initiative*, founded in 2015 in Ginza, Tokyo.
<http://culinary-academy.jp/>

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FLAVOR AND SEASONING

Dashi, Umami and Fermented Food

JAPANESE CULINARY ACADEMY

MARCH 2017

FLAVOR AND SEASONING

Dashi, Umami and Fermented Food

Japanese cuisine is built around flavours and seasonings derived from umami-rich natural ingredients such as miso, dried fish, varieties of seaweed, shiitake mushrooms and many others. Clearly this is a crucial next step to mastering and understanding Japanese cuisine for any chef. This richly illustrated book offers insight, demonstration, instruction and ultimately familiarity with the essence of Japanese food taste and harmony.



978-4-908325-04-5; 288 x 218 mm; 216 pages; all in full colour: 300 colour photographs, 10 paintings / drawings; back-matter includes basic recipes, glossary, index, conversion tables (from metric).

The book contains the recipes for classic dishes that derive from each of the different types of seasoning and flavouring methods introduced.

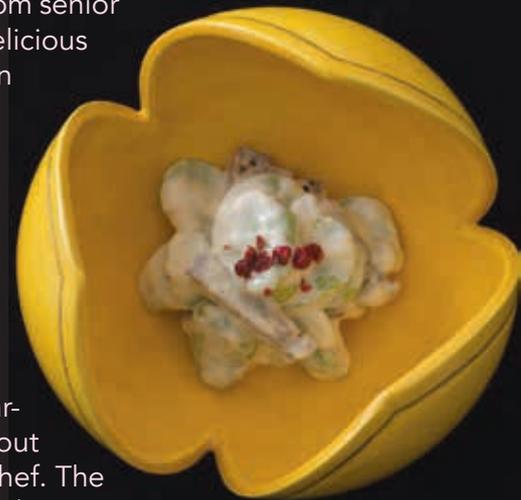




Following publication of *Introduction to Japanese Cuisine: Nature, History, and Culture*, the Japanese Culinary Academy is pleased to present Volume 1 in the *Complete Japanese Cuisine* series. The *Introduction* volume introduced the landscape, history, and culture out of which Japanese cuisine developed and gave an overview of the main topics of the series, its main purpose being to transmit a sense of the inner traditions and spirit of Japanese cuisine. Volume 1 focuses on the fundamentals: dashi, umami, and fermented seasonings.

The essential elements of Japanese cuisine are the five flavours, the five techniques, the five colours, an emphasis on the use of seasonal ingredients, artistic expressions of seasonality, and a feel for harmony with nature. The five flavours are: spicy hot, sweet, salty, sour, and bitter. The five techniques are: cutting, simmering, grilling, steaming, and deep-frying (each of these techniques will be introduced from Volume 2 of this series). White, black, yellow, red, and blue/green are the main colours in the selection of tableware, use of garnishes and decorations of the dishes, and presentation of the menu. As important as the better-known "five tastes" is umami, the sixth taste that is abundant in *dashi* broth. Japanese cuisine notably achieves a balance between these six tastes. Dr. Ikeda Kikunae provided scientific evidence of umami as the sixth taste in 1908, but already in the thirteenth century, the Priest Dogen's teachings recorded in *Tenzo kyokun* (Instructions for the Zen Cook) mention a "sixth taste" — which he called *tanmi* ("the light taste"). *Tanmi* referred to a faint flavour that was thought to bring out the taste of the ingredients; it is close to umami. During my training, I myself learned from senior chefs the wisdom that "food should not be made so that it is supremely delicious not only when you are eating it. What you seek are tastes that leave such an impression that they are remembered three days later".

The secret of seasoning, then, is to refrain from adding that last dash of salt that might seem necessary, and what makes that possible is the power of umami. In Western cuisines, foods different in taste and flavour are arranged separately on the plate and their flavours are combined to achieve a pleasant balance savoured in the process of eating. In Japanese cuisine, the umami taste enfolds and bolsters other tastes, setting the stage for a concert of flavours in the dish as a whole. Japan has a long tradition in which harmony is considered the greatest of virtues, and the emphasis on harmony is distinctive in Japanese cuisine. Knowing how to use umami to draw out the flavour of ingredients can be a tremendous asset in the techniques of a chef. The umami taste may have been identified in Japan, but umami-rich broths very close to Japanese dashi, like Russian borscht soup made from beets and beef, or high-quality Chinese *tang* broth made with *Jinhua* ham, have been used in cooking around the world from ancient times.



Japan's dashi broth is distinctive in its virtual absence of calories, its blending of different umami substances including glutamic acid and inosinic acid, and also its clear, transparent colour. This book presents *ichiban dashi* as the basic broth to be used in all sorts of recipes. We also introduce various other types of Japanese stock, including *shojin dashi*, made with only vegetable ingredients for centuries, as well as more recently developed vegetable dashi and duck or chicken dashi. The terms *dashi* and *umami* are by now familiar to chefs all over the world. As with the dashi that René Redzepi, chef of the famous Danish restaurant "Noma," made of smoked and dried venison *bushi*, top-class chefs around the world are researching local ingredients and developing their own kinds of dashi. JCA has held numerous workshops for chefs on dashi and umami overseas, and we are always gratified by the positive response as chefs quickly learn the techniques and apply them to their own cooking. That response is proving an inspiration to young Japanese chefs as well.



The volumes in the *Complete Japanese Cuisine* series are not simple how-to books nor are they intended to assert any one "correct" technique or explanation. What is important is the way of thinking that is behind the work of a chef. What we hope is that chefs will learn the basics presented here and be able to put them to use in their own cuisines, helping them to open up new horizons in their profession.

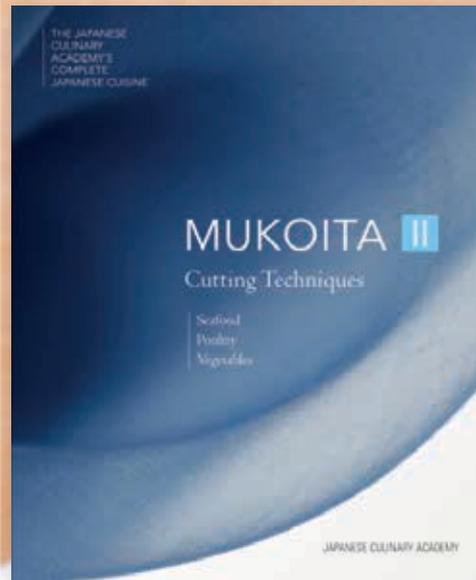
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Coming later in 2017:



June 2017



October 2017

in 2018:



Spring 2018



Autumn 2018

and in 2019~2020:

