

[Beginner] Washoku (和食)

The ideal of Washoku is to respect nature, so it places great value on seasonal ingredients, and the arrival of each season is celebrated by eating seasonal foods.

Perhaps the most famous Japanese dish is sushi. Did you know that there are many types of sushi? Nigiri-zushi is the most representative, but there are many other kinds, such as inarizushi and oshizushi. But Washoku is much more than sushi: in fact, noodles, such as udon and soba, are much more common. And, if we're talking about noodles, we cannot leave ramen out: after all ramen has become as famous internationally as sushi.

When you think of all the variety in Washoku, don't you want to explore it even more?

和食の理想は自然を大切にすることなので、旬の食材を大切に、季節の訪れを旬の食材で祝います。日本料理で最も有名なのはお寿司でしょう。寿司にはたくさんの種類があることをご存知でしょうか。にぎり寿司が最も代表的ですが、いなり寿司や押し寿司など、他にもたくさんの種類があります。しかし、和食は寿司だけではありません。実は、うどんやそばなどの麺類の方がずっと一般的なのです。麺類といえば、ラーメンを外すわけにはいきません。結局のところ、ラーメンは寿司と同じくらい国際的に有名になっています。和食の多様性を考えると、もっともっと探検したくなりませんか？