



Japanese food

Japanese cuisine nurtured by nature

Japan stretches from north to south with a mountainous terrain and abundant sources of water. Also with its distinct season of spring, summer, fall, and winter, Japan has diverse rich landscapes throughout the country. These conditions made it possible to access variety of fresh products easily. Japanese cuisine therefore values freshness and the original taste of the ingredient, and consequently, cooking techniques such as dashi (stock) have developed to make the most of the freshness and the taste of products. Similarly, fermentation techniques, which utilize the activity of microorganisms, have evolved over time. Each region has its own fermented products including pickles as well as seasonings, including miso paste, soy sauce, vinegar, and mirin (sweet rice wine). What is more, Japanese meals are comprised of "one soup and three dishes" meaning it includes rice, soup, one main dish and two side dishes. It is nutritionally well-balanced, enabling people to achieve healthy diet. Likewise, as Japan has a saying "good meals are also enjoyed by eyes", Japanese cuisine shows the beauty of nature and the changing of seasons through the use of tableware and serving presentations. In addition, strengthening bonds by sharing food at seasonal events such as the New Year is another cherished custom that has been passed down for generations. These are the elements of "Washoku" (Japanese cuisine) which is designated as UNESCO Intangible Cultural Heritage.



MAFF

Ministry of Agriculture,
Forestry and Fisheries



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Our Regional Cuisines

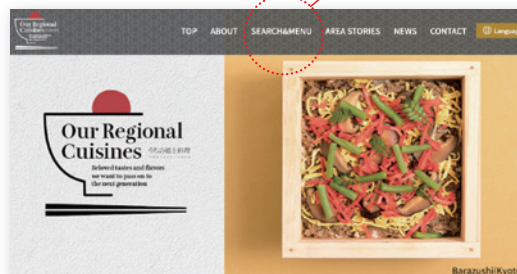
An important taste that we want to pass on to the next generation

Each region of Japan has its own unique history and culture. Thus, regional cuisines have long been prepared from fresh, seasonal ingredients using cooking methods adapted to the local climate and natural features.

The Ministry of Agriculture, Forestry and Fisheries website "Our Regional Cuisines" has created a database of the histories, origins, and recipes of regional cuisines from all over Japan and introduces the appeal and background of the regions where those cuisines took shape—all of which allows you to learn even more about Japanese food. Find the regional cuisine that best suits you.



Our Regional Cuisines
https://local-cuisine.maff.go.jp



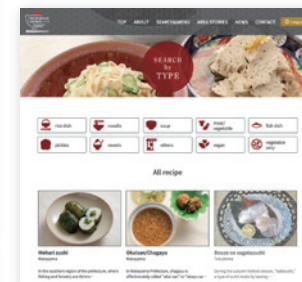
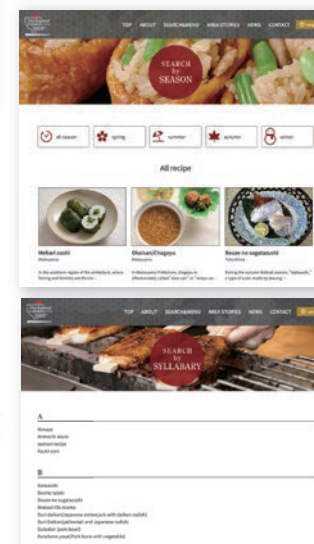
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From "SEARCH&MENU," you can search by area, season, or product. Please select a category.



1

On this website, you can learn about the cuisines of different regions of Japan and how they are prepared. First, click on "SEARCH&MENU" in the main menu on the top page.



3

Once you are on the page of selected category, you can further narrow down your search by choosing season or products that you wish to try. You can also search by cuisine name.



SAVOR JAPAN

The best way to experience Japan is to savor the fresh and fantastic delicacies.

Each region of Japan has its own local specialty. The Ministry of Agriculture, Forestry and Fisheries gives the status called SAVOR JAPAN to regions in which they aim to promote the charm of its food and its food culture to visitors from abroad. SAVOR JAPAN helps visitors to experience the food and the cuisines that are unique to regions as well as the rural communities that produce these products. Please enjoy the local history and culture through their food and food culture.



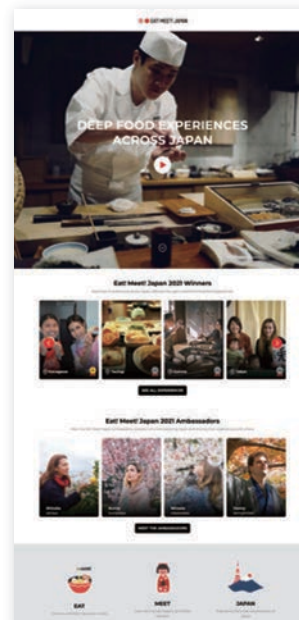
SAVOR JAPAN
https://savorjp.info



SAVOR JAPAN
PDF : 77.4MB



(As of the end of FY2022: 37 regions)



EAT! MEET! JAPAN

Meet the Eat! Meet! Let's have a deep eating experience all over Japan.

In Japan, there are many events that provide eating experience but also bringing entertainment, art and history through food. The Ministry of Agriculture, Forestry and Fisheries finds these unique experiences that intersection food and different fields and actively promotes the fascinating Japanese food and food culture to the world. We invite you to experience this unique way enjoy Japanese food.



EAT! MEET! JAPAN
https://eatmeetjapan.co/



maff_channel
YouTube

