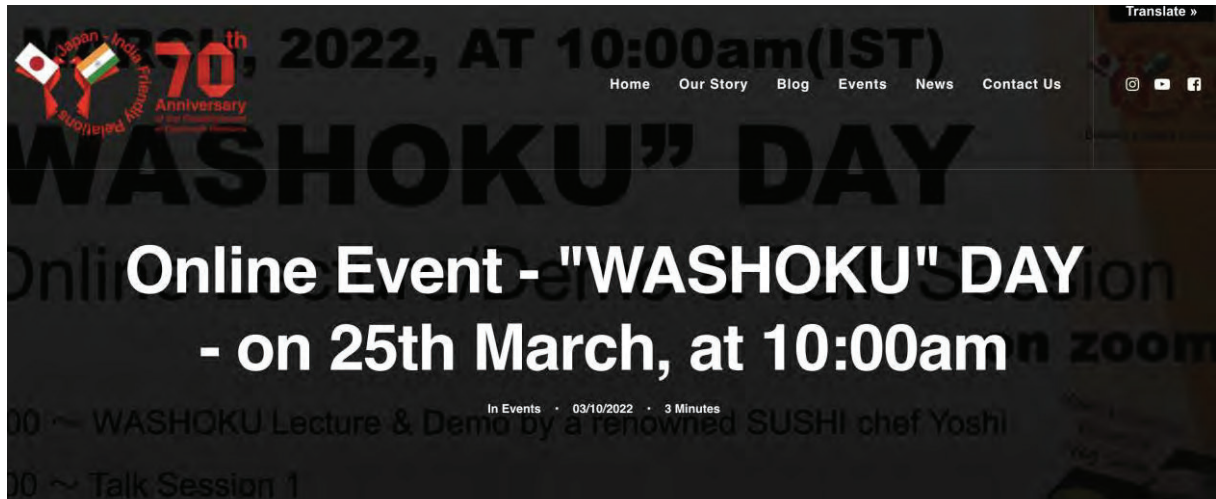


【イベント情報】 <https://indo-japan-foodculture-exchange.jp/category/events/>



【公式サポーターページ】 <https://indo-japan-foodculture-exchange.jp/kummy-official-supporter/>

Learn about our official supporter, Kummy.

Kummy is a World Food Artist, born in Japan, raised in the UK, China, and Taiwan. She is the founder of Kummy's Global Kitchen, an online cooking class, where she teaches "Easy, Surprising, AND Delicious" cuisines from Japan and the world with a modern twist that will wow! your guests.

With an international upbringing and a cooking teacher as her mother, she experienced the joy of recipes from different countries right from when she was very small.

Now, she's on a mission to spread the wonderful food and culture of her home country, Japan. Not only does she offer traditional homemade Japanese cooking classes, but also unique classes with intriguing twists of modern, anti-aging, or vegan dishes, such as vegetarian sushi for special occasions.

If you've been to a Japanese restaurant and wished you could recreate those same fantastic meals at home, check out her Instagram where she posts uplifting and fun reel videos of how to make easy Japanese comfort foods.



【柳原尚之氏（日本食普及の親善大使）紹介ページ】



Message from Mr. Yanagihara

In 2013, "Washoku, traditional dietary of the Japanese, notably for the celebration of New Year" was recognized as an intangible cultural heritage by UNESCO, and the entire food culture, including Japanese ingredients and cooking techniques, has been attracting attention worldwide.

In this context, I was appointed by the Agency for Cultural Affairs to participate in a cultural exchange program that took me to New Zealand, Brazil, Canada, and the United States, where I gave 28 lectures over a three-month period to deepen my understanding of Japanese food culture.

I am most delighted to receive the opportunity to participate in a project that allows us to study our respective traditional daily food systems and ultimately identify values and practices common to our two countries.

India and Japan are countries with long histories and beautiful natural landscapes. Both have a unique and diverse culture that reflects the natural environment. From ancient times, Japanese people have long believed that Gods live among them in nature, with the number of Gods as high as 8 million different ones. This belief is reflective of the structures of Japanese society, where diverse value systems coexist in harmony. I personally feel there lies something in common between our two countries.



The Japanese cuisine is often characterized by its respect for nature and seasonal changes. Indian cuisine also pays respect to nature and its many Gods, as well as emphasizes the importance of family mealtime. As such, I find some similarities in the very souls of Indian and Japanese cuisines.

Traditional Japanese food is called "WASHOKU" in general. Unlike the dishes you taste at restaurants, the daily meals you eat with your family at home are called "CHUJU SANSAL," which is a typical style of Japanese cuisine. Above all, the characteristic of Japanese cuisine is that "rice" is chosen as its staple food. The Japanese have long regarded rice, a blessing of nature, as sacred. The rice cooked in water is called "Gohan (cooked rice)," and this word "Gohan" also refers to the meal itself. In Japan, a common way of serving a meal is to serve miso soup, pickled vegetables, and simmered fish with "Gohan (cooked rice)." All dishes are served at once and eaten together. I think that Indians eat in the same manner as this is believed to improve their physical condition and health.

As we all know, Indian and Japanese cultures are different. I believe the differences themselves should not be seen as a barrier between the two countries; instead, we should use these differences as an opportunity to recognize, understand, and appreciate each other's values. As mentioned earlier, it seems that there are many hidden similarities in our two cultures, which have not been focused on until now. On the surface level, our two cultures exhibit many differences; however, I rather feel that we can find a powerful common ground as we better understand and respect each other's cultures. I think this project is very unique and important, hence I am really looking forward to participating in the project.

This year marks the 70th Anniversary of the India-Japan diplomatic relations establishment. I sincerely hope that this project contributes to further strengthening the relationship between our two countries. I wish that our relationship thrives for the many years to come, well beyond the 100th anniversary.

Naoyuki Yanagihara
Japanese Cuisine Goodwill Ambassador
President of Yanagihara Cooking School
Kinesu-ryu Soke (The Head of the Kinesu-school)



An Evangelist for Authentic Japanese Food Overseas



At the International Culinary Institute (ICI) in Hong Kong with world-renowned Chef Yoshihiro Murata, Representative Director of **Kikunoi**, three-Michelin-starred Japanese restaurant. (right side)



At The Culinary Institute of America (CIA) at Graystone



At The Culinary Institute of America (CIA) New York Campus



At Auckland University of Technology (AUT) in New Zealand

(掲載コメント訳)

インドと日本は、共に長い歴史をもち、美しい自然に囲まれ、それぞれの風土に根ざした独自の多様な文化が開花した国です。

日本には古来より、森羅万象に神が宿り、自然のなかに八百万（やおよろず）の神がいるという言い伝えがあります。そうした考え方の背景には、多様な価値観が共存し、調和しながら全体を構成している日本という国の成り立ちが関わっていますが、私にはそこに何かインドの文化と共通するものがあるような気がしてなりません。

また、自然を尊重し、四季の変化を料理のなかに表現することが日本料理の特徴だといわれますが、自然と神に対する畏敬の念や、家族との食事を大切にする習慣は、インドも日本も変わらないように思います。

日本人の伝統的な食を「和食」と呼びます。そして、料理店で味わう料理とはちがって、一般の家庭で家族と一っしょに食べる日常食を「一汁三菜」といい、これが和食の典型的なスタイルとされています。なによりも和食の特徴は、「お米」を主食にしていることにあります。日本人は昔から自然の恵みである米を特に神聖視しており、お米を水で炊いたものを「ご飯」と呼び、この言葉が日本人の「食事」そのものを指しています。その「ご飯」に、味噌汁や野菜の漬物が添えられて、さらに副食として魚や野菜の煮物を、ご飯と交互に味わいながら食べるのが、日本人の特徴的な食べ方です。体調を整え、健康増進を図るためのインドの方々の食べ方もこれによく似ていると聞きました。

インドと日本は、互いに異なる文化をもっています。しかし、異なっていること自体は、両国の交流の障壁になるものでは決してありません。むしろ、ちがいがあからこそ、そのちがいのなかにある、それぞれの価値を互いに認め合い、楽しみ、理解していくことが重要なのではないのでしょうか。

その一方で、前述したように、両国の多様な文化のなかには、今まで見えていなかった共通点が多く隠されているようにも思えます。それぞれの文化の表面的なちがいの根底には、よく似た考え方があり、そして、あえてその「ちがい」をお互いに尊重しながら正しく認識することによって、逆にインドと日本がもつ共通の価値観がみえてくるような気がします。

今回、互いに異なる文化をもつ両国の伝統的な日常食のなかに「似ている部分」を探すことで、共通の価値観をみつけようという、ユニークな試みを推進する本プロジェクトに参加させていただけることをとても楽しみにしています。

日印国交樹立70周年となる本年、本プロジェクトが100周年やその先の時代に向けて、インドと日本の友好を更に強める礎となることを切に願っています。

近茶流宗家 柳原尚之

本プロジェクトのコンセプトを直感的に伝える40秒のショートムービーを制作し、複数媒体に掲載。

<https://www.youtube.com/watch?v=Gw6HwIArWTE>

