



Japanese cuisine nurtured by nature

Japan stretches from north to south with many forests and abundant sources of water. Spring, summer, fall, and winter are four distinct seasons in Japan, and the beautiful natural environment is richly varied, allowing diverse and fresh food ingredients to be obtained. As a result, cooking techniques such as dashi stock have been developed to make the most of their freshness and taste.

Fermentation techniques, which utilize the natural activity of microorganisms, have similarly been used since ancient times. Each region of Japan has its own various pickles and fermented foods, and the main seasonings such as miso paste, soy sauce, vinegar, and mirin (sweet rice wine) are made through fermentation. Meals are based on "one soup, three dishes," or a staple food, soup, and three side dishes. With fermented foods, it is easy to achieve a nutritionally balanced and healthy diet.

As the saying goes, people taste with their tongues and eyes, so Japanese tableware and presentation styles also showcase the beauty of nature and the seasons. In addition, strengthening bonds by sharing food at annual events such as the New Year is another cherished custom that has been passed down for generations.

Understanding these key points is an effective way to learn about Japanese food or washoku, which is a UNESCO Intangible Cultural Heritage.



MAFF

Ministry of Agriculture,
Forestry and Fisheries



MAFF



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.

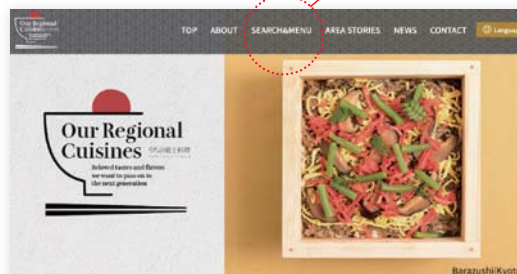
The Ministry of Agriculture, Forestry and Fisheries website "Our Regional Cuisines" has created a database of the histories, origins, and recipes of regional cuisines from all over Japan and introduces the appeal and background of the regions where those cuisines took shape—all of which allows you to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



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



How to use this site



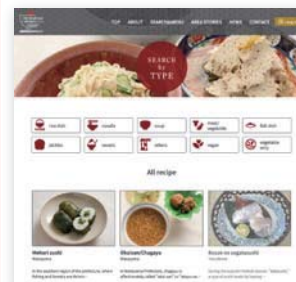
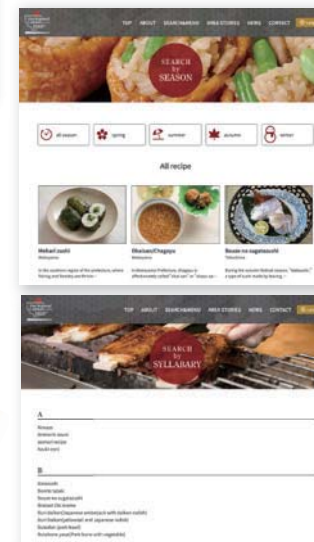
2

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



1

On this site, 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 on a category page, you can narrow your search by season or the ingredient you want to eat. You can also search by using the names of dishes.



SAVOR JAPAN

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

The different regions of Japan each have their own distinctive local delicacies and cuisines. The SAVOR JAPAN brand is conferred by the Ministry of Agriculture, Forestry and Fisheries (MAFF) to certified regions that are actively working to attract overseas tourists to Japan with their local cuisines. It allows visitors to experience the foods and cuisines unique to particular regions, as well as the appeal of the rural communities that developed them. Learn about and experience the appeal of the histories and natural features of travel destinations through local foods and cuisines.



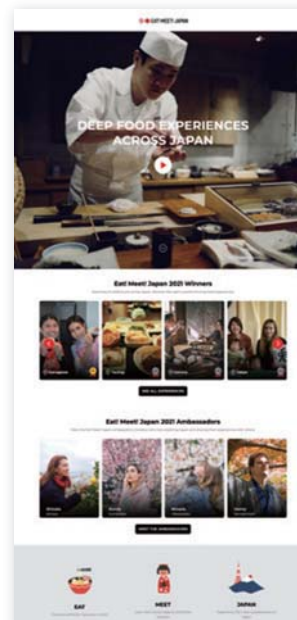
SAVOR JAPAN
<https://savorjp.info>



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.

Food experiences in Japan provide visitors a window into different regional cultures, as well as topics such as entertainment, art, and history. In order to promote Japanese foods and cuisine overseas, the Ministry of Agriculture, Forestry and Fisheries is exploring and refining experiences that combine food with other areas.

Experience new ways to enjoy Japanese food.



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



maff_channel
YouTube

