



JAPAN'S FOOD CULTURE

“*Washoku* is a social practice based on a set of skills, knowledge, practice and traditions related to the production, processing, preparation and consumption of food. It is associated with an essential spirit of respect for nature that is closely related to the sustainable use of natural resources. ... The practice favors the consumption of various natural, locally sourced ingredients such as rice, fish, vegetables and edible wild plants.” So reads UNESCO’s inscription (2013) of “*Washoku*” on the Representative List of the Intangible Cultural Heritage of Humanity. In this issue of *Highlighting Japan*, we introduce some of the local ingredients, dishes and cultural practices that form the basis of *washoku*, traditional Japanese food.