

Example of an *otsukuri* (sashimi) dish  
Photo: ©Ginza Kojyu



Ginza Kojyu master Okuda Toru (right) and Wang Junpeng  
Photo: Kato Kumazo



# The Charm of *Washoku* and Its Global Spread



Mealtime at Mayuko's Little Kitchen  
Photo: Courtesy of Okada Mayuko



Hoba Miso with grilled beef is a specialty of the Hida region  
Photo: Courtesy of Hida Meat Agricultural Cooperatives

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he term “*washoku*” refers to the traditional food culture of the Japanese people. According to Fushiki Toru, Chairperson of the Washoku Association of Japan (see Interview pp. 6-9), *washoku* can be said to have four characteristics: the use of a rich variety of ingredients and a respect for their inherent flavors; meals are healthy and nutritionally balanced; *washoku* expresses the beauty of nature and the changing seasons; and it has an intimate relationship with annual celebrations such as the New Year. In this month’s issue, we look at *washoku* from a variety of angles with a focus on ways in which Japanese cuisine is now being shared and enjoyed overseas.

