



- **Five tastes**

- **Sweet**
- **Spicy**
- **Salty**
- **Bitter**
- **Umami**





- **Lima Beans :Protein: 7g**
- **Mackerel Prepared with Ginger (per 100g cooked mackerel):**
- **Protein: 19gFat: 13g (rich in omega-3 fatty acids)Omega-3 fatty acids: ~2.5g**
- **Ginger antioxidants and anti-inflammatory compounds.**
- **Fried Egg with a Touch of Salt (1 large fried egg, ~50g):**
- **Protein: 6.3g**
- **Bitter Melon (per 100g raw):vitamin C and has antioxidant properties.**
- **Broccoli:**
- **Vitamin C: Vitamin K: Important for blood clotting and bone health.**
- Tomato: Vitamin C: Lycopene: Vitamin A:**
- **Green Bean:Vitamin K: Vitamin C: Supports immune function and skin health.**
- **Red Pepper:Vitamin C: Vitamin A (beta-carotene): Vitamin B6: Important for brain development and function.**

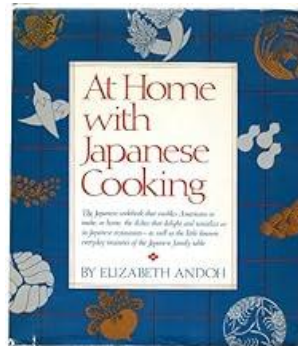
Responses to questions

- Are there any concerns about the amount of salt in Japanese Cooking
- Do Japanese eat 3 meals a day?
- Meaning of "5"
- Rice into a healthy diet for diabetic
- Black bean
- Foods for beautiful skin?
- Good Japanese cookbook

<https://www.justonecookbook.com/>



**JUST ONE
COOKBOOK**



Let's review!

- ✓ What is “Ichi Jyu San Sai” (One Soup + Three Dishes)?
- ✓ What are the four characteristics of traditional Japanese meals?
- ✓ What is the advantage of including five flavors, five colors and five methods in one meal?

By cooking with an awareness of the 'five flavors, five colors, and five methods,' you can create dishes that are balanced in appearance, taste, and nutrition.



October 29, 2024



*Homework Review
Responses to Your Questions
Key Points Recap*

The Nutritional Benefits of Rich Seafood Consumption

Break

What is UMAMI?

Classic Japanese Simmered Kabocha Squash

- Kabocha squash ¼
- Water 200 cc

- **For the Seasonings**
- □ 2 Tbsp sake
- □ 2 Tbsp mirin
- □ 2 Tbsp sugar
- □ 2 Tbsp soy sauce

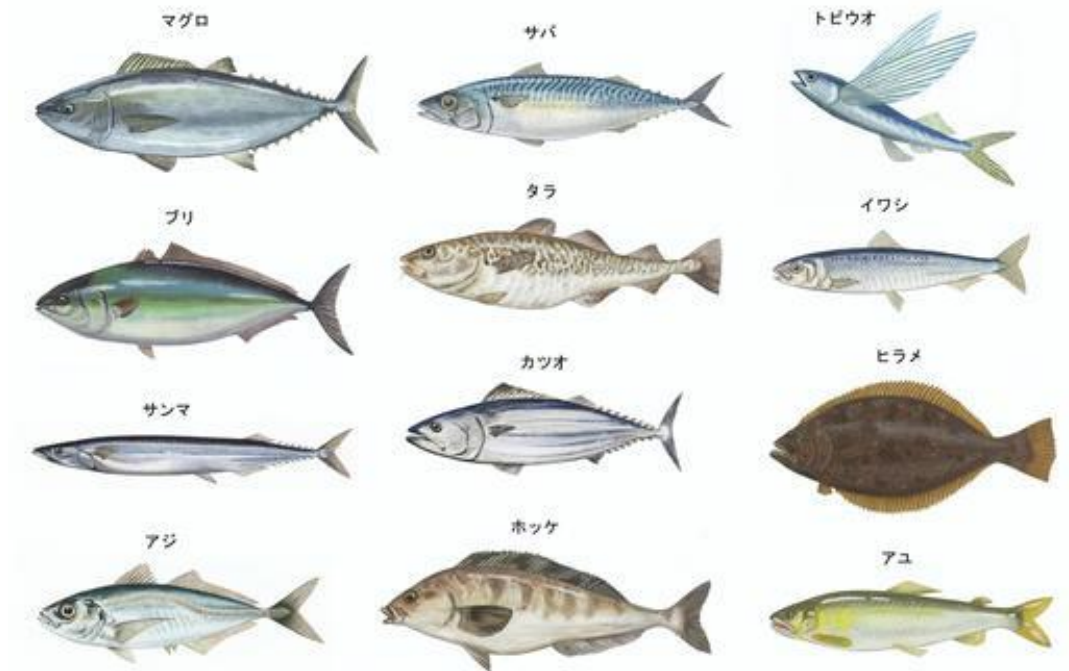


The Nutritional Benefits of Rich Seafood Consumption

- **Questions**

① **How often do you eat fish ?**

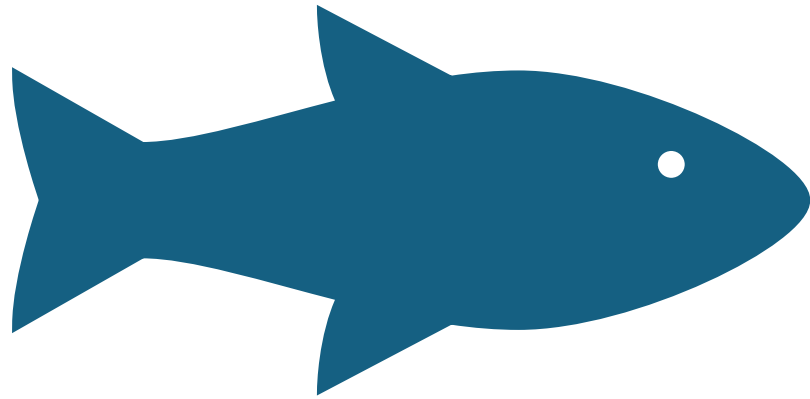
② **What is your favorite way to cook fish?**











What Are Some Nutritional
Benefits of Seafood?

Nutritional Benefits of Seafood

- 1) Contain high-quality of (animal proteins)
- 2) (Low) in calories.
- 3) Packed with necessary components like vitamins and essential minerals, DHA, and EPA.



Support brain

Reduce the risk of cardiovascular diseases.



*** Seafood Limitations: A Balanced Perspective**

Functional Components	Foods Rich in These Components	Overview of Components and Expected Effects
DHA	Mackerel, sardines, tuna, herring, sea bream	Highly unsaturated fatty acid found in fish oil; supports brain health, lowers triglycerides, reduces risk of cardiovascular disease, anti-allergic effect, anti-cancer effect, etc.
EPA	Mackerel, sardines, tuna, herring, sea bream	Highly unsaturated fatty acid found in fish oil; lowers blood triglycerides, reduces risk of cardiovascular disease, anti-allergic effect, anti-cancer effect, etc.
Astaxanthin	Salmon, trout, shrimp, crab	Carotenoid; antioxidant effect, immune enhancement effect
Taurine	Sardines, mackerel, shellfish, octopus, poultry meat	Amino <u>acid</u> ; lowers blood cholesterol, antioxidant effect, improves liver function, anti-allergic effect, etc.

Source: Japan Fisheries Research and Education Agency



Traditional Japanese Techniques for Preparing Seafood

- Fresh, raw (寿司)
- Grilled (焼き魚)
- Tempura (天ぷら)
- Simmered (煮魚)
- Steamed (蒸し魚)
- Sushi (寿司)



Hot Pot (鍋料理):

Hot Pot (鍋料理): Seafood is a common ingredient in Japanese hot pots, such as *nabe* or *shabu-shabu*. Fish, shrimp, or shellfish are cooked at the table in a communal pot with vegetables and broth.



“Umami”



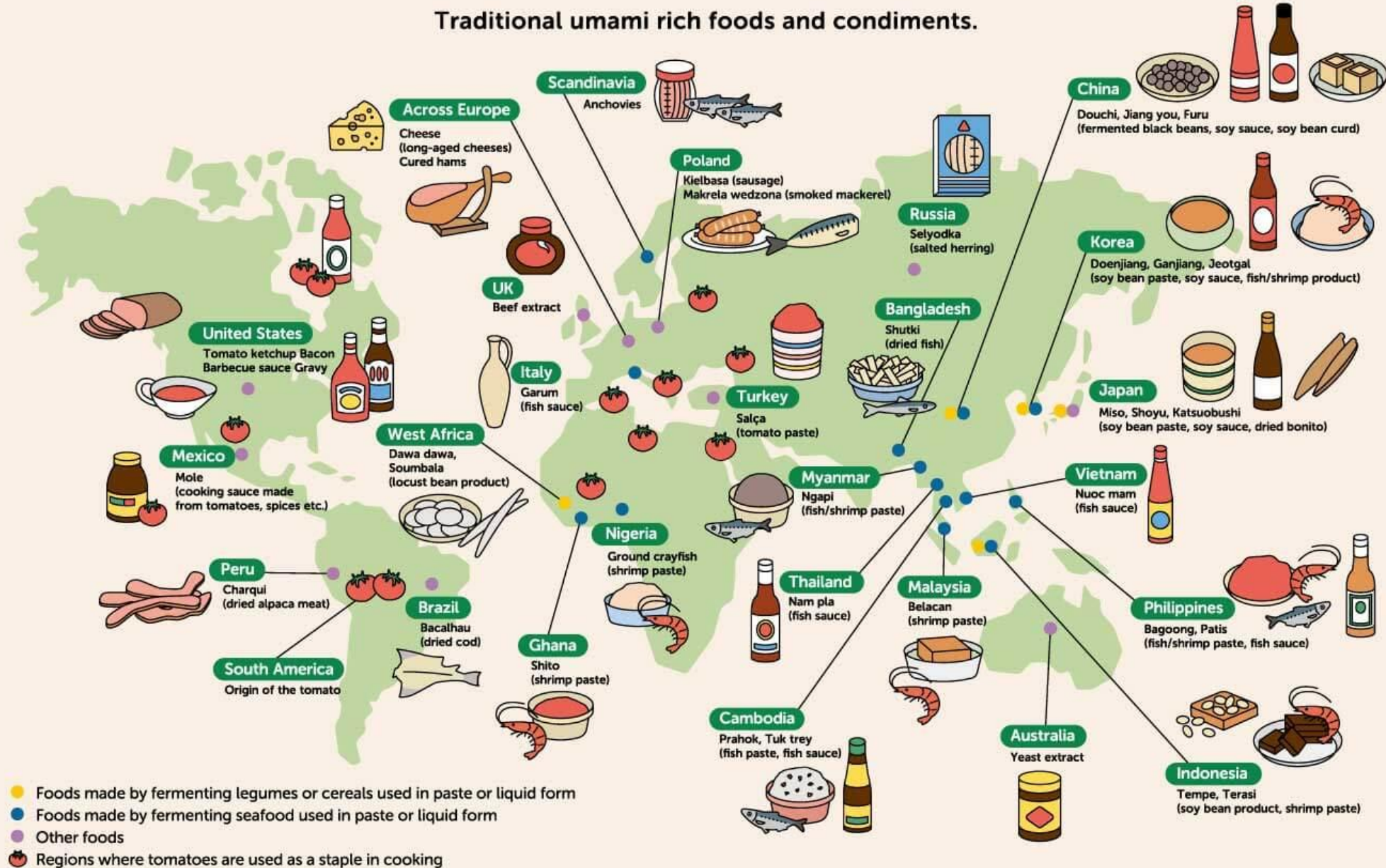
“Umai” =delicious



【Umami】

Umami in the world

Traditional umami rich foods and condiments.



味噌汁のポイントはだし。
それに尽きるといえます。
だしをうまくひけるように
なつたらいろいろアレンジを。

味噌汁

What is “UMAMI”?

1. Three distinct characteristics of UMAMI

① Basic Taste ② Taste Enhancer ③ The Synergy of Umami

2. UMAMI and Its Nutritional Value

3. Examples of Foods Rich in Umami

① Umami-Rich Foods Commonly Enjoyed in America

② Umami-Rich Foods Commonly Enjoyed in Japan





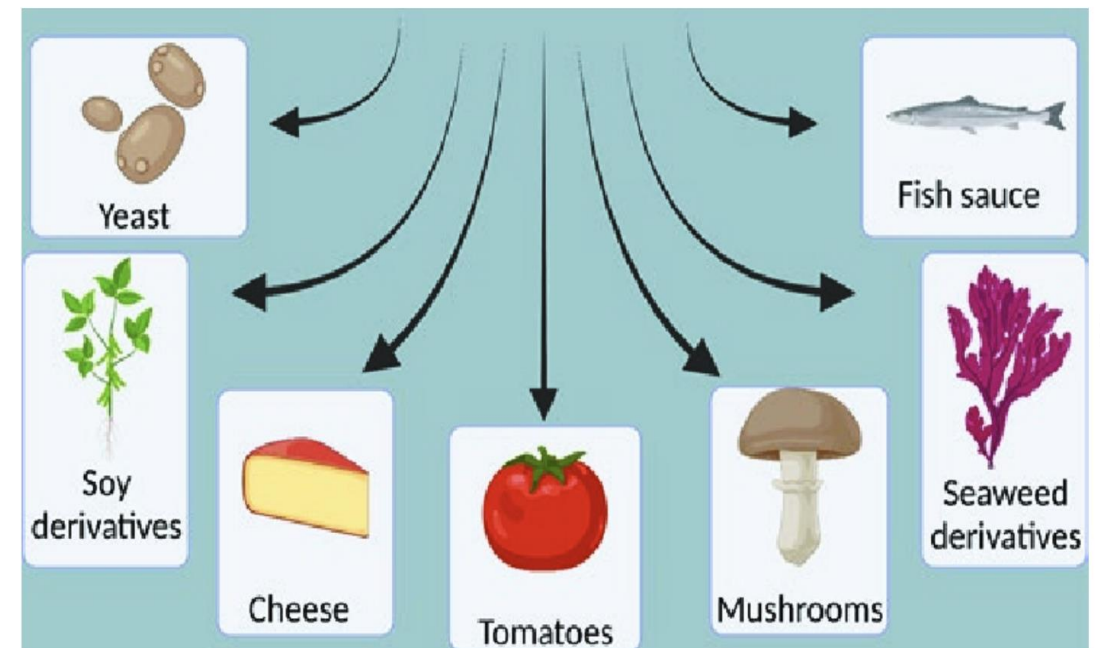
Three Distinct Characteristics of UMAMI

- ① Basic Taste
- ② Taste Enhancer
- ③ The Synergy of Umami

Three Distinct Characteristics of UMAMI–

① Basic Taste

- ❖ One of the five basic tastes
- ❖ Compounds of UMAMI
 - Glutamate (Amino Acid)
 - Nucleotides (Inosinate and Guanylate)



6 Umami-containing ingredients investigated to reduce sodium in food products. (Created with BioRender.com)

Three Distinct
Characteristics of UMAMI-
② Taste Enhancer

- ☑ enhances the flavors of other foods
- ☑ works very well as a balancer and enhancer for savory and rich flavors.



Umami can
enhance the perception of sweetness.
create well-paired foods and drinks.
improve overall palatability



Three Distinct Characteristics of UMAMI-

③ The Synergy of Umami



Examples.

- **Kombu + Katsuobushi (Dried Bonito Flakes)**
- **Tomatoes + Cheese**
- **Dried Shiitake Mushrooms + Chicken**



UMAMI and Its Nutritional Value

- ✓ **Salt Reduction**
- ✓ **Supports Protein Intake**
- ✓ **Appetite Control**
- ✓ **Nutrient-Rich Foods**

Examples of Foods Rich in Umami

In America

**Cheese –
Tomato Sauce
Mushrooms (Portobello mushrooms)
Bacon**

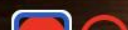
In Japan

**Kombu (kelp)
Katsuobushi (dried bonito flakes)
Dried Shiitake Mushrooms
Miso and Soy Sauce**





Umami - The Fifth Taste



Questions & Comments

- 1) Any questions you have about today's material.
- 2) Was there a thought-provoking part in today's material?
If so, what was it?

