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November 19, 2024



Module 2

The Art of Food Presentation

- 1) Diversity of Japanese tableware:*
- 2) Basic characteristics of Japanese food plating*
 - 2)-1 Expressing the four seasons*

Responses to Questions

- 1) Salt in Fermentation
- 2) Food Education in Japan

<https://www.youtube.com/watch?v=ehLTNa6jKjE>

Health
benefits of
Fermented
Foods

 **Improved Digestion**

 **Boosted Immunity**

 **Enhanced Nutrient Absorption**

 **Rich in Antioxidants**

 **Heart Health**

 **Potential Anti-inflammatory Effects**



Module 2

The Art of Food Presentation

In this module, participants will explore the unique characteristics of Japanese food plating. Key topics include the diversity of Japanese tableware, color coordination between dishes and ingredients, and how these elements express the four seasons. Participants will also examine the use of "space" (間) in food presentation, which reflects the broader Japanese aesthetic of simplicity and balance.



Food Presentation and Health

Visually Appealing Food Plating



Positive relationship



Saliva Production

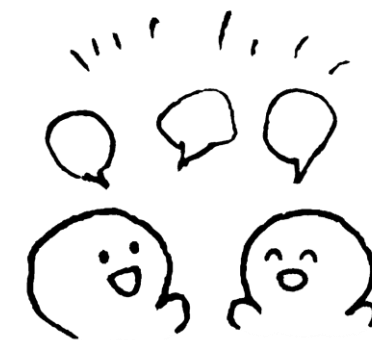
Digestive and Oral Health

Boosting Immune Function

Meal Examples in Japanese Elderly Care Homes



Plate Talk: Share Your First Impressions!





Perceiving Deliciousness Through Appearance

The brain 'feeds on information,' and beyond taste and smell, it possesses the mysterious yet remarkable ability to 'perceive deliciousness through appearance.'

**“Presentation is
just as important as
taste.”**





- "French cuisine values a perspective from 'above,' while Japanese cuisine values a perspective from 'an angle.' By arranging taller items at the back and shorter items at the front to create a three-dimensional presentation, elegance is enhanced." This highlights the contrasting approaches to food presentation between French and Japanese cuisines.



'Tableware is the kimono
of cuisine.'

Rosanjin: 北大路 魯山人,
March 23, 1883 – December 21, 1959)
a Chef, a Pottery Artist, and a Lover of Japanese Food

Characteristics of Japanese Food Plating

1) Reflecting the Seasons



2) The Use of Negative Space





Characteristics of Japanese Food Plating

1) Reflecting the Seasons



Materials for tableware

- 陶器 (tōki): pottery
- 磁器 (jiki): porcelain
- 竹 (take): bamboo
- 木 (ki): wood
- ガラス: glass
- 漆器 (urushi): lacquerware





陶器 (tōki): pottery

earthy tones and a heavier rustic feel



- 磁器 (jiki): porcelain
- lighter, thinner, and more delicate than pottery



“Tsubaki-Sara”
椿皿 黒漆塗り
Small Plate Urushi Black



- 漆器 (urushi): lacquerware
- layers of lacquer over wood



Guess the Season



Teriyaki Salmon



- Seared Bonito



Miso-Simmered Mackerel





Japanese Pottery

Presentation of Japanese cuisine

<https://www.youtube.com/watch?v=o40TfRrPP48&t=2s>



Washoku World Challenge

My Japanese Cuisine



Many of these bowls are lacquered for texture

As I've started taking everyday cooking more seriously, I've found myself paying extra attention to the color, pattern, and material of the dishes I use to serve food. It's funny how much pleasure I derive from something so simple—when the colors and textures of the ingredients come together beautifully on the plate, it transforms an ordinary dinner into something special. The moment everything is ready, I can't help but shout, "Dinner is ready! Come to the table, now!" It's my way of ensuring that mealtime feels a little more joyful for everyone.

Dr. Junichi Nomura, a leading chromatology expert, writes in his book *The Secret of Colors – An Introduction to the Latest Color Theory* that “Color is always a part of food. Colors influence how we perceive taste, and we savor food along with the dishes themselves.” He even explains that the expression 「皿まで食らう」, meaning “to eat with your eyes,” is quite literal. I couldn't agree more! Even the most delicious meal can feel a little dull if served on poor-quality plates.

For example, a simple dish like curry and rice that didn't turn out perfectly in flavor can still look appealing on a Renox plate with ivory and gold trim. And when I serve Nikujaga or Chikuzen-ni in colorful Aritayaki porcelain bowls, it's like their flavors magically improve. It's the beauty of plating! But here's the thing: while I'm deeply invested in how our meals look, my husband and son seem entirely uninterested. When I'm not home, every meal gets served on the same plain white plate!

I understand their practicality—especially for my husband, who handles the cleanup. A single large plate for every meal means less dishwashing, less water, and less detergent. But I can't help but laugh when my son recalls how his father would serve everything, from curry and grilled salmon to melon and daifuku mochi, all on that one plain plate. Tomoko Kato 7/2/ 2019

Dinner was served in my room by a Buddhist priest trainee. I noticed that my posture straightened as he brought in the trays one after another, moving crisply and without any wasted motion. He moved economically, just as I expected the food to be, following the traditional frugality of this dish.

However, my expectations were pleasantly shattered. The monk kindly said, “Please, help yourself.” I thought to myself, "Wow!" I was so overwhelmed by the sight of the meal that my eyes remained fixed on the tray for a while. It was beautifully and meticulously arranged, a burst of colors. Furthermore, I soon realized that each dish enhanced the overall magnificence of the meal.

The intricate arrangement of 冬瓜 (winter melon), 蓴菜 (water spinach), 青菜 (green vegetables), おぼろ昆布 (shredded kelp), 青ゆず (green yuzu), and そして梅の入ったお吸い物 (clear soup with plum) made me feel as though I were gazing upon a piece of 蒔絵 (gold lacquer) artwork.

While savoring the flavors, aromas, and textures of each dish, I began to notice the delicate interplay and harmonious composition. I felt genuinely grateful for the opportunity to partake in such a splendid meal. I also deeply appreciated the individuals who had prepared it, constantly aware of the care and love infused into each dish.

Artists engage our minds through their creations, crafted with talent and effort. Painters do so visually, musicians auditorily. The SHOUJIN RYORI here not only delighted my eyes but engaged all my senses – sight, smell, hearing, touch, and taste. I would confidently declare this a work of art, and the chef responsible for this meal, an artist.”

Matcha Cookie Recipe: Just Like the Ones You Sampled in Class



Ingredients

Matcha powder	2 tbs
Cake flour (sifted)	200g
Unsalted Butter ((brought to room temperature)	60g
Granulated sugar	70g
Egg	1 egg



How you make

1. Mix the butter well with a whisk until it becomes a pale, creamy texture. Add the granulated sugar and continue mixing thoroughly.
2. Add the egg gradually to the butter mixture, mixing well after each addition.
3. Combine Matcha green tea powder with the cake flour, and add it to the butter mixture. Mix gently until combined, forming the dough into a single mass.
4. Place the dough into a plastic bag, roll it out to a thickness of 3 mm with a rolling pin, and let it rest in the refrigerator for about 1 hour.
5. Cut the dough into your preferred shapes and bake in a preheated oven at 170°C (338°F) for 15 minutes.

♥ Note: I often add white chocolate chips to the cookies. Their sweetness balances the slight bitterness of the matcha powder!