

Japanese food workshops on *shoyu*, *miso* and tea were held.

Sushi workshop

The second day of the forum featured a Sushi Workshop held in the kitchen of New York University. The sushi-making demonstration and lesson were conducted by Michiko Yamamoto, fifth-generation owner of the Tokyo restaurant Murakami Kaishindo. Before an audience of professional caterers and people with an interest in Japanese food, Ms. Yamamoto demonstrated a method of cooking sushi rice, and then explained the preparation of herb sushi with beef.

Then it was time for participants to try their hand. *Hosomaki*, handballs, and several other varieties of sushi were prepared and tasted. The workshop introduced New Yorkers to many different types of sushi—from traditional *chirashizushi* and *hosomaki* to handballs and herb sushi—many of which are rarely encountered in American mainstream delicatessen. Especially popular was “fusion sushi,” which can be made at home using commonly available ingredients.



Ms. Michiko Yamamoto



Shoyu

In the *Shoyu* Workshop, Michiko Yamamoto introduced a range of dressings made with *shoyu*. During the lecture, participants tried different dressings intended for use with different types of food, such as a dressing containing *ponzu* and soy sauce, a sesame dressing, and a sauce made using jam as an ingredient.



Miso

Under the direction of Japanese food researcher Elizabeth Ando, the *Miso* Workshop covered the uses of *miso* and included a *miso* tasting session. Ms. Ando showed how *miso* is classified according to taste, aroma, color and texture, then allowed participants to test their knowledge with a selection of *miso* varieties.



Ms. Elizabeth Ando



Tea

In the Tea Workshop, Professor Isao Kumakura and Professor Martin Collcutt discussed the history of tea and different varieties of tea. Participants learned about the different processes used to make green tea, Oolong tea, and black tea.

Koraku Ogawa, grandmaster of the Ogawa *sencha* tea ceremony school, gave a demonstration of the *sencha* tea ceremony, which differs from the common Japanese tea ceremony. Participants also had the opportunity to taste *sencha* tea, which is an essential part of everyday Japanese life.



Mr. Koraku Ogawa



Panel discussion

The experts took part in a panel discussion on the theme “Japanese Foodstuffs and Health,” with each panelist commenting on the topic from a personal perspective. The variety of questions from those attending the panel discussion was clear evidence that audience interest had been piqued. They led to a lively exchange of ideas, with different panelists responding to each question.

