# 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 sushimaking 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.



# 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.





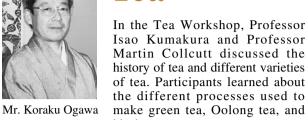
#### Miso

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.





### 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

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.



# 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.





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