The Conversion of the Japanese Cuisine Finalized in the Edo Era to Japanese-style Western and Chinese Cuisine

The Acceptance and Modification of Foreign Cuisine

Establishes and Spreads a New Food Culture

The Opening and Westernization of Japan and the Influx of Western Foods

The history of Japanese cuisine is a history full of the acceptance and modification of foreign cuisine. Since the rice culture of the Yayoi Period (200B.C.—250A.D.), Japan has skillfully accepted new food cultures—from Tang-style grand banquet dishes to the vegetarian dishes of the Kamakura Period (1185—1333) to the Portuguese dishes of the Warring States Period (1482—1558)—and adapted them to the Japanese palate as if they had always been a part of the Japanese food culture.

The Edo Era saw the finalization of the Japanese food culture into what we today consider Japanese cuisine. Evolution of the Japanese food culture, however, did not stop there. The opening of Japan's borders and the westernization of its society affected still further change. In addition to the modification of Japan's food culture, Japanese society and culture were also transformed. Once these changes began, their effects on Japanese society were rapid and intense.

By 1872 a few barber shops complete with red, white and blue revolving poles had appeared. Even the Emperor soon began getting western-style haircuts. By 1876 approximately 25% of Tokyo's population had western haircuts. This percentage rose to 60% by 1878, and by 1888 the traditional Japanese topknot hairstyle had all but disappeared.

Though horse-and-buggies and rickshaws could still be found in the city, the first railroad began running in 1873, and in 1875 gas-powered lighting was first used. Japan's food culture followed the same pattern of incredibly rapid change. Let's take a look at just how western foods, so very different from traditional Japanese foods, were introduced and adapted to suit the Japanese palate.

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Bread, Beef, Milk

1. Bread

At the beginning of the Meiji Era, a popular song said that beef and cows' milk go with bread. Otsuki Bansui, a well-known court physician of the 18th century also noted that to the Dutch, bread is a staple food. Though he was unsure of how bread was made, he guessed that it was made by adding a sweet wine made from fermented rice to flour and then kneading the mixture, letting it sit, and finally baking it for breakfast or supper.

Bread was first introduced to Japan by Portuguese missionaries during the Warring States Period (1482—1558). The famous Lord Oda Nobunaga, who united most of Japan before his untimely death in 1582, is said have been the first Japanese to eat bread. Although bakeries catering to Westemers began

Tokyo's Nihonbashi. By Utagawa Yoshitora, 1871; from the Asai Collection.

appearing in Yokohama with the opening of Japan at the end of the Tokugawa Shogunate, Fugetsudo, the first bakery opened for Japanese customers was established in 1868. In the same year, Fugetsudo supplied bread for the armies of the Satsuma clan in wars against the Shogunate. In 1875, Fugetsudo became the first bakery in Japan to make and sell western-style biscuits and pastries.

At that time, bread was not made with yeast as it is today. The intuition and technology acquired by bakers, however, allowed them to simulate modern production by fermenting their bread using hops and other such methods. These bakers also made the trip to Yokohama just to buy the necessary imported ingredients.

Although *anpan*, a pastry specific to Japan consisting of a bun filled with azuki-bean paste and developed by the famous bakery, Kimuraya, became hugely popular in 1875, bread had still not become a staple in the Japanese diet. However, though bread was sold primarily to the military and schools, there were approximately 116 bakeries operating in Tokyo by 1883. At that time, bread was sold for approximately ¥0.025 per half-loaf while a serving of soba (buckwheat noodles) was sold for ¥0.01. Bread was sold by street vendors sporting a silk top hat, a coat with tails and pounding a drum. At the home of the teacher in the book, *I Am a Cat*, by Natsume Soseki, bread with sugar is eaten for breakfast. Jam did not become popular in Japan until strawberry jam was introduced after the Russo-Japanese War (1904—1905).

A man with a western haircut eating *gyuunabe* (*Gyuten Zatsudan Aguranabe*)

1891 saw a sudden rise in the price of rice. This led to the development of a new type of bread sold by street vendors who soon prospered tremendously. This was bread made from inferior flour, flavored with such seasonings as soy sauce, *miso*, *kinako* (soybean flour), or honey, and then grilled. This inexpensive snack sold for approximately ¥0.005 and was immensely popular for its flavor and low price. However, as rice prices fell, sales of this type of bread dropped by approximately half while an upsurge in sales of various rice dishes occurred. Bread had not yet replaced rice in Japan's food culture.

The real demand for bread did not start until World War I. From that time until the first year of the Showa Era (1926—1988), consumption of flour increased by three thousand percent. In 1929, the Tokyo Asahi Newspaper ran an article stating:

> Progress in milling technology has produced whiter bread with as yet unknown nutritional value. The dark bread made, out of necessity, from wheat gluten at the beginning of the Meiji Era has recently become popular in Europe and the U.S as white bread is thought to have no nutritional value. What will we Japanese, who accept everything from the western world and are always on the lookout for novelties, do? At any rate, the popularity of bread will not increase on its own. Isn't it sad that the popularity of bread can only be increased by unavoidable circumstances such as war and the rising price of rice.

2. Beef

Beef was a symbol of the westernization of Japanese society. *Gyuunabe*, a boiled beef dish similar to a thick soup or light stew, quickly became popular. It seems that whether people ate *gyuunabe* was a deciding factor in whether they were considered westernized or not. For a society in which the consumption of domestic livestock was considered taboo for approximately 1,200 years, there was certainly a large amount of opposition to the consideration of adding beef to their diet.

Nakagawa Kihei opened the first butcher shop, Nakagawaya, in Edo. At the end of the Tokugawa Shogunate, Nakagawa traveled daily from Edo to Yokohama to purchase beef, which he sold to the various international legations in Edo. He had hopes of building his own beef slaughterhouse in Edo, but was unable to find anyone to lend him the land. Nakagawa eventually found a lord willing to lend him land and he built his own slaughterhouse. Neighbors, however, began complaining about the filth, forcing Nakagawa to relocate to a more remote area. Well-known Japanese author, Ishii Kendo (1865—1943) reported on the situation:

> At the time, the slaughter of beef made for quite a commotion. The cows were herded into a small enclosure constructed of four bamboo poles and rope with white paper streamers. The cows were then shot with a bow and arrow and clubbed over the head. Further, the knives and tools we see today for extracting the meat from hard-to-reach places were not available. Only the most accessible meat was taken with the rest of the carcass being buried deeply.

Regardless of the availability of slaughterhouses, beef was purchased primarily by only a handful of Westerners. Before the meat could go bad, Nakagawa boiled finely sliced pieces of beef in a soy sauce broth and then wrapped it in bamboo. He attempted to sell this new fare at a cram school. When Nakagawa arrived at the cram school, he found the gatekeeper putting out a fire and was unable to gain access to the school. Undaunted, he sold his new beef creation through the windows.

Eventually, Nakagawaya expanded. When Nakagawa found a shop available for rent, he opened a *gyuunabe* restaurant, though he had few customers. *Gyuunabe* did not gain popularity until after 1873. In 1873, the ban on the eating of meat by the Emperor was lifted and a periodical reported that although the eating of meat had been forbidden for centuries, permission had been granted by the Emperor to eat meat.

The popularity of meat grew with the lifting of the ban. In 1868,

an average of no more than 1.5 head of cattle were slaughtered per day. By 1873, approximately twenty head of cattle were slaughtered a day. At this rate, approximately fifteen thousand people could eat one hundred grams of beef per day.

As refrigeration was not yet available in Japan, raw meat could not be transported long distances. Therefore, live cattle were herded to consumer regions where they were later slaughtered. Although beef from Kobe was considered the best, cattle was also raised in other regions such as Tsugaru, Aizu, Izumo, Shinshu and Izu.

Pork was also gaining popularity. However, as hogs could not walk the great distances that cattle could, they had to be raised near the consumer centers. It seems that hogs were raised and slaughtered in all areas of Tokyo. 1873 saw a move towards what we know as zoning today when a law was passed forbidding hog and cattle farms in dense residential areas.

Although pork consumption increased gradually, the center of Japan's meat industry was beef. It wasn't until after 1960 that pork consumption surpassed that of beef. At the beginning of the Meiji Era, the terms 'beef' and 'meat' were generally used interchangeably

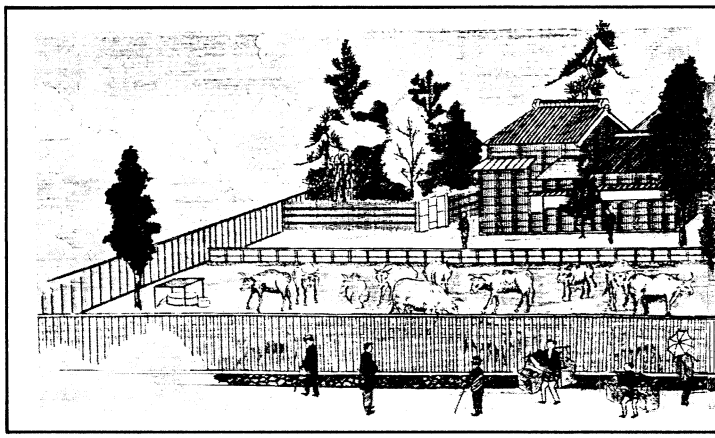
3. Milk

Although Japanese cattle were good for meat, milk cows had to be imported. After the opening of Japan, the Westerners in Yokohama bought milk cows from the ships entering the bay from abroad and kept the cows at home. The Japanese learned milking methods from these Westerners and some began their own dairies. At first most Japanese dairies were started by those formerly of the samurai class. Gradually, however, high-ranking officials began taking up new western businesses such as dairies. Although dairies were begun in areas such as Kanda, Mita, Kojimachi and Kyobashi by officials well known even today, and dairies and farms were plentiful throughout Tokyo, there were still very few Japanese people who drank milk.

Milk became more common when it was reported in 1872 that the Emperor drank milk daily and that Matsumoto Jun, Japan's first surgeon general, prescribed milk for a very popular male actor of female roles in Yoshiwara, the famous entertainment district. Despite these efforts to promote milk, it is said that vendors had to visit six or seven villages to sell just 0.18 liters of milk. Vendors transported barrels of milk from village to village and poured the milk, in measured amounts, into containers provided by the customers. The price of milk in 1868 was approximately ¥0.05 for 0.18 liter.

One of the biggest problems facing dairy owners was the lack of bulls for breeding. Bulls seen pulling wagons through town were often borrowed to breed with the dairy cows. There even came a point when the metropolitan police department, having determined that bulls were unnecessary in dairies, banned dairy owners from keeping bulls. The shocked dairy owners had the ban lifted when they explained that the cows don't give milk until they've been bred and had their first calf.

In response to this incident, an organization of dairy farmers was formed in Tokyo in 1876. Though there were just



A dairy run by Sakagawa Tomiharu of Kojimachi, Tokyo (*Tokyo Shoko Hakurankai*, May, 1846).

twenty members when the organization began, membership had more than doubled to forty six in 1879. Milk production also increased from approximately 900 gallons a day to nearly 90,000 gallons a day over the same period. Annual per capita consumption of milk gradually increased from approximately one pint in 1883 to 1.6 pints in 1887. Though people began to drink more milk, consumption was still limited to a very small portion of the population; primarily the intelligentsia, the ill or infirm, and newborns that could not breast feed.

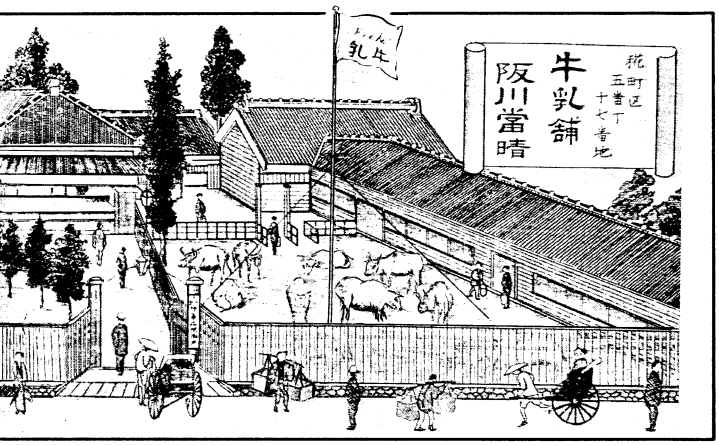
Western Cuisine

A stone monument at the Glover mansion in Nagasaki proclaims the city the origin of western cuisine in Japan. The monument credits the Portuguese for introducing western cuisine and the Dutch for passing the flavor and methods of preparation along to the Japanese in the 1800s. It further declares that the introduction of western cuisine to Japan forever changed the food culture of the entire country.

Although restaurants serving western cuisine began appearing in Nagasaki at the end of the Tokugawa Shogunate, it was 1871 before the first such restaurant was opened in Tokyo at a hotel in Tsukiji. The number of western restaurants increased gradually, though they were quite expensive. The popularity of western cuisine increased when the price of a single meal was reduced to approximately ¥0.35; down from the ¥0.40—¥0.90 charged at one restaurant established in 1883. This at a time when the starting salary for a policeman was approximately ¥6.0 per month and a bowl of soba cost approximately ¥0.01.

In 1884, a new type of restaurant opened that allowed customers to host extravagant parties. It is said that a single meal cost an incredible ¥20.00! In the fall of 1886, another restaurant sponsored a luncheon with the following menu.

Appetize	Raw oysters with lemon
Soup	Softshell turtle soup with egg
Fish	Sea bream gratin flavored with champignon
Poultry	Foie gras gelatin
Meat	Mutton hamburger steak
	Roast beef with horseradish
Poultry	Roasted turkey with vegetables
Vegetable	Cauliflower with cream sauce
Dessert	Steamed milk pastry
	Coffee-flavored ice cream
	Gateau



However, as this type of western cuisine was part of a world, as regards both flavor and price, unknown to the general population, only the wealthiest and most intellectual segments of society were served by such restaurants. By 1907 there were thirty six western restaurants in Tokyo. Most of these, however, were in the newer parts of the city such as Kanda, Nihonbashi and Kyobashi. Very few western restaurants opened in the older areas of the city, such as Asakusa, where the ordinary class of citizens resided.

The first-class cafeteria on a passenger ferry. The food served is western. (from Fuzoku Gaho Zokango, *Jokyaku Annai Yusen-zue*, Meiji 1907)

Japanese-Style Western Cuisine

With the opening of Japan, a wide variety of western foods found their way to Japan. Importing dishes from foreign food cultures as they were, however, was very difficult. Not only was there the problem of the flavor to which the Japanese were unaccustomed, but it was also very difficult to acquire and use the same ingredients, and to prepare the dishes in the same manner they were prepared in their countries of origin. Even the meat dishes that became a symbol of the end of Japan's isolation were prepared in new ways; *gyuunabe*, sashimi (raw), or salted and grilled. Traditional Japanese seasonings such as *miso* and soy sauce were also used to flavor the new ingredients. *Gyuunabe*, in the form of sukiyaki, became a dish representative of Japanese cuisine. More traditional combinations prepared in a style similar to stir fry and eaten over rice were replaced with flavored and fried beef to create a dish still popular today. Even the cultivation of new vegetables such as cabbage, onions, potatoes and tomatoes introduced to Japan gradually caught on until these vegetables were commonplace at the beginning of the 20th century.

When western cuisine was initially introduced to Japan, problems arose not only due to the lack of ingredients, but also with differences in cooking methods. Ovens and frying pans were not used in Japan. With all of these differences, the Japanese had no choice but to modify western dishes to suit the existing conditions.

In 1868, the traditional uniform of cooks consisted of pants with a large pocket in which knives were held and an apron-like cover with a pouch in the front. It was in this uniform that cooks attempted to transform western foods into Japanese-style dishes. It was at this time that dishes such as potatoes pickled in *miso*, *kamaboko* (a paste normally made of fish that is molded and cooked for use in other dishes) made of beef, steamed egg custard, *miso* soup made with milk, and sashimi garnished with mayonnaise were developed. While many of these dishes disappeared, others such as curry rice, deep-fried pork cutlet, croquettes, and rice omelets have remained to become standard representatives of Japanese-style western dishes. Of the dishes mentioned above, curry rice, deep-fried pork cutlet and croquettes have been referred to as 'the big three' in western dishes in Japan due to their extreme popularity.

1.Curry Rice

In 1873, instructions for making curry rice were first recorded in a Japanese book introducing western cuisine. Those instructions called for a meat seasoned with curry powder to be placed in the center of a plate and white rice to be placed around the meat to form a circle. In 1878 the menu at Fugetsudo, the first restaurant in Japan to feature French cuisine, included cutlets, omelets, beef steak and curry rice for approximately ¥0.08 each.

In 1887, the red pickles used to garnish Japanese curry rice made their appearance. Red pickles originated in the Ueno district of Tokyo and were originally made by pickling seven different vegetables, including eggplant, *daikon* radish and turnips in soy sauce and sweet rice wine. These red pickles were originally made with seven ingredients and named *shichihukujin* (seven gods-of-fortune pickles) to imply a connection with Japan's seven gods-of-fortune. Red pickles quickly gained popularity and became a new local specialty of Tokyo.

At a time when a bowl of soba cost approximately ¥0.01,

curry rice selling for ¥0.08 was still an extravagant western dish. Curry rice did not become a standard dish until instant curry was introduced. In 1907 sale of curry cubes, similar to the bouillon cubes we see today, began. Curry rice could be quickly prepared by adding these dried cubes of meat and curry powder to hot water. In 1915, a store in Nihonbashi began selling "instant curry from London" and Fujin no Tomo, a company still operating today, began selling instant curry throughout the country. With curry rice now being so simple to prepare, its popularity spread like wildfire. After the Tokyo Earthquake of 1923, stand shops specializing in curry rice began popping up one after another. In 1927, curry rice was the most popular dish served in municipal cafeterias throughout Tokyo and could finally be purchased for approximately the same price as a bowl of soba.

The ingredients used in curry rice also changed. While the sauce was originally very mild; made from bonito broth and soy sauce, by the time curry rice became popular the sauce had become more stew-like and included carrots and the potatoes and onions which had only recently become common vegetables in Japan. As curry goes well with rice, can be eaten with a spoon, and the aroma is similar to that of the turmeric and cloves used in traditional Chinese medicine, curry rice was a dish easily assimilated into Japan's food culture.

A true Indian-style version of curry rice first appeared at the Shinjuku Nakamuraya restaurant when the daughter of the owner married Rash Bihari Bose from India. Bose was eager to replace what he considered the low-class curry eaten in Japan with the true curry eaten by the aristocrats of his country. To achieve the best flavor, high-grade rice and chicken were necessary. Nakamuraya contracted for high-grade rice grown in Saitama Prefecture at a cost twenty percent higher than standard rice. As superior chickens could not be found, a chicken farm was established in Yamanashi Prefecture. Only the best curry was imported directly from India. The price of Nakamuraya's special curry rice was an incredible ¥0.80; eight times higher than the standard curry rice sold throughout Tokyo.

Rash Bihari Bose with his new wife, Souma Toshiko, eldest daughter of the owner of Shinjuku Nakamuraya

2.Pork Cutlets

Cutlets were the first western dish introduced to Japan. Though cutlets were originally fried in a small amount of oil, the cutlets established in Japan were deep fried in a manner similar to tempura. This method of preparation was first conceived by a western restaurant in the Ginza area of Tokyo in 1900 after experimenting with the bread left over from the day before. The bread was crushed, the bread crumbs used to coat pork cutlets, and the cutlets then deep fried. The same restaurant also initiated the tradition of serving shredded cabbage with pork cutlets. Hot vegetables were originally served, but with the beginning of the Russo-Japanese War in 1904, many of the employees were drafted for service and it became difficult to acquire fresh vegetables. Raw, shredded cabbage was easy to prepare and proved a success.

In response to customers who preferred rice to bread, the same Ginza restaurant began serving the dish with a portion of rice that covered approximately half of the plate. Serving rice in a bowl, as was the standard, was not convenient as pork cutlets were initially eaten with a knife and fork rather than chopsticks. Pork cutlets were an overnight success and restaurants specializing in the dish began appearing one after another.

Though originally eaten with a knife and fork, restaurants began serving pork cutlets sliced into sizes convenient for eating with chopsticks. Around the same time that pork cutlets became popular in Japan hog farms began sprouting up as well, gradually increasing the supply of pork.

3.Croquettes

The croquettes found in Japan originally came from France. A women's magazine published during the Sino-Japanese War (1894—1895) introduces a recipe for preparing croquettes.

> French croquettes
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> Boil prawns in salted water. Peel and dice the prawns. Melt some butter in a pan and gradually stir in flour and milk. Once the combination reaches a consistency at which it can be formed into a ball, fry the shrimp in butter and add to the flour and milk mixture. Let cool. Form the entire concoction into a thin oval and roll in bread crumbs. Soak in egg and roll in bread crumbs a second time, and deep fry in beef fat.
>
> (from the *Onna Kagami* magazine, December 5, 1896 issue)

Other recipes for croquettes called for mashed potatoes or minced meat. However, at the time meat was minced by pounding it until it was minced. Devices which automated mincing were first introduced to Japan and meatballs and such were first sold in 1908. This was also the year in which the first manufacturer of bread crumbs was born. Until this time, bread crumbs were made manually from leftover bread as was needed. The son of the head of the giant Mitsui concern once joked that although he was pleased to have married, he was served croquettes every day, year in and year out. To a family such as his, croquettes may have seemed a simple western dish, but to the average family they were quite an extravagance as preparation required a great deal of time. Once croquettes became more popular, butchers began using scraps and fat to make potato croquettes, which they also sold.

In 1908, a superior variety of potato introduced from the United States became very popular in Japan. With the introduction of this potato, known as the *Danshaku* potato in Japan, potato production increased rapidly as the new variety was resistant to the disease and insects that had previously prevented people from even attempting to grow potatoes. Potatoes soon became the least expensive ingredient in western dishes and were used enthusiastically. Potato croquettes became the model for potato dishes and rapidly gained popularity with the middle class as an inexpensive western dish.

In an examination of the Tokyo infantry corps in 1923, the favorite foods were listed in the order of deep-fried fish, pork cutlets, croquettes, yakiniku (grilled meat), grilled fish, and finally omelets. The deep-fried fish that was the favorite was served with rice and was sold at cafeterias in the university district of Kanda in the early 1900s. Sold as the "light lunch" or "lunch", the meal was very popular at metropolitan cafeterias.

It is clear that western dishes were modified a little bit at a time for adoption into Japan's firmly rooted rice food culture. Just as standard Japanese tempura developed from dishes introduced from Portuguese the introduction of western cuisine led to the birth of the entirely individual "Japanese-style western cuisine" we still see today.

The Kitchen Revolution

The revolution that occurred in the kitchen between the late 1800s and early 1900s is responsible for many of the changes in Japan's eating habits. The first steps in this revolution were the introduction of electricity, waterworks systems and gas fuel. Electric lighting was first used in 1887. Waterworks systems were introduced in 1899 and gas was first used in 1903. The light bulb, invented by Thomas Edison in 1880, was first used in New York and London in 1883. Only a short four years later the light bulb was lighting Tokyo. This type of electric lighting was not commonly used in households, however, until the early 1900s, and the light bulbs used at that time provided at most just five watts of light. Even this small amount of light made kitchens of the time seem incredibly bright as compared to the days before electric lighting. Electric lighting was, however, very expensive. In a few years following 1908, forty two of one hundred eighty one shops in the Ginza district had electric lighting installed and twenty eight installed gas lighting. One hundred eight shops used both electric and gas lighting.

◀ The low sink used through the Meiji Era. (*Shikiryori* by Ishii Taijiro, property of the National Diet Library)

Waist-high sinks became popular after the Tokyo Earthquake of 1923. (*Asahi Grabia*, August 7, 1930 issue) ▼

The development of waterworks systems put an end to the difficult job of drawing water from a well, but was also expensive. At a time when the starting salary for teachers and policemen was approximately ¥10.0 per month, a single spigot for a family of five cost approximately ¥5.0 per year. Houses or families with more than five people paid an additional ¥0.50 per person per year.

People also began using gas for cooking. Small gas stoves were originally imported, but by 1903 not only gas stoves, but also gas-powered rice cookers, heaters, hot water heaters and irons were being manufactured in Japan.

The second part of the kitchen revolution occurred when women adopted the western habit of standing to prepare meals rather than knealing, as had been the tradition in Japan. Although this new practice was first advocated in the late 1800s, it did not really catch on until after the Tokyo Earthquake of 1923. With this small revolution, houses now incorporated an entire room designated as the kitchen where previously meals had generally been prepared over the earthen floor near the door.

The third step in the kitchen revolution was the appearance of refrigeration. The first ice box for family use was sold by a Japanese company in 1920 for ¥39.0; this at a time when civil servants had a starting salary of ¥70.0 per month. For the average citizen, ice boxes were simply beyond their means and were still quite rare even into the 1920s.

The introduction of refrigeration had a much larger impact on the restaurant and food industry than it did on the individual family. Refrigeration meant that fish mongers and fish markets no longer had to replace the water in which fish were stored every hour or two hours, day and night, during warm weather. For western restaurants serving meat dishes, refrigeration meant that meat no longer had to be hung inside the wells and that they no longer had to keep live chickens.

It was at the same time that drinking glasses, aluminum pots, forks and other western dishes and cooking utensils began to appear in Japan. However, it was the introduction of the low dining table and the apron that most changed the Japanese family's dining customs. It is thought that the apron was first used at a Tokyo cooking school in 1903. Originally used to protect the clothing of children from well-to-do families attending the school, the apron developed into the 'uniform' of housewives and distinguished them from the domestic laborers who tied up their sleeves and wore a traditional equivalent of the apron.

At the end of the 1930s, the low dining table began to replace the individual trays previously used at meal time. Beginning with the upper and middle classes and the intelligentsia, the low dining table gained popularity until it had become a standard in almost every household by the mid 1920s. The introduction of the low dining table, at which the entire family gathered together to eat revolutionized the dining customs of Japan.

Meal time around the low dining table became a time when the entire family assembled together (photograph: Ishikawa Koyo, from the Morita historical data warehouse)

Development of Food Industries

From the late 1800s to the early 1900s, a variety of food industries were developed that provided new ingredients for Japan's diet. Among these new industries were sugar refining, flour milling, canning, seasoning production, meat processing, beverage production, and candy and dessert production. Japan's canning industry began in the late 1860s with sardines, salmon, crab, tuna, pineapple and mandarin oranges which were well received both domestically and internationally. A mainstream switch in cooking oil from rape seed oil to soybean and sesame oils led to the Japanese production of Worcestershire sauce, ketchup and mayonnaise with excellent flavor. Japan also began domestic processing of fruit for jams and marmalades as well as the processing of animal products for ham, sausage, bacon, butter, cheese, margarine, yogurt, and powdered milk. As milk became more popular, the milkman on his rounds became a regular part of the morning landscape in large cities.

The beverage industry also began with the modification of a variety of western beverages. A favorite Japanese carbonated drink called *ramune* came from lemonade. Cider was also modified and *calpis*, a lactobacillic drink, remains popular even today. Coffee, cocoa and tea also became standard fare in Japan. Japanese beer manufacturers such as Kirin, Asahi, Sapporo, Yebisu, München, Kabuto, Sakura and Fuji began an advertising frenzy.

Domestic production of candy and desserts began with caramels by the Morinaga company in 1914 and was soon followed by the Glico company. Hard candies, chocolate, chewing gum, biscuits and cream puffs, in addition to caramels, led the way for production of a wide variety of candies and desserts. It was at this time that the word "hot cake" was first used in Japan.

Among the various food industries, production of the many sauces indispensable to Japanese western cuisine developed as well. After a period of trial and error, these sauces became widely accepted. At a national soy sauce convention held in 1899, a new type of Worcestershire sauce made with soy sauce was the center of attention. This new sauce gradually gained popularity and from the 1907s became the standard sauce still used to flavor many Japanese western dishes today. It was after this time that butchers began offering this sauce, simply known as "sauce" in Japan, free of charge with the croquettes and cutlets they sold. This sauce became the familiar aroma of western-style restaurants throughout Japan

The Formation of Dishes Blended from Japanese, Western and Chinese Cuisines

In 1920, Japan's industrial production surpassed its agricultural output for the first time ever. Japan had become an industrial nation. With this conversion to an industrial structure the population concentration shifted to the city, forcing the expansion of the city of Tokyo. By the early 1920s, rush hour had already appeared in Tokyo with businessmen and students commuting to the city center for work or school. After the Tokyo Earthquake of 1923 Chinese food, which had not previously been widely accepted, gained popularity among the masses for its deliciousness and low price. Chinese soba first appeared in Japan in 1924 and wontons in 1927. Expansion of the city as well as a simple type of zoning that separated residential areas from industrial areas led to an increase in dining out. Municipal cafeterias and simple restaurants began to appear in the city center. Even the restaurants at department stores with their exclusive atmospheres became more accepting of the average citizen. For many people, these types of establishments gave them their first real taste of the foods and methods of preparation that they had previously only learned about in school or seen in print. Thus, both western and Chinese food became something to which they could relate.

Although both western food and Chinese food became very popular, individual dishes that could be served with rice rather than the theories and methods of preparation were adopted. Western and Chinese cuisine was modified based on the foundation of the Japanese food culture established during the Edo Era to create new Japanese-style western and Japanese-style Chinese dishes ranging from the very inexpensive to the very expensive. The early 1900s saw the innumerable foods of Japan, the West and China blended to create entirely new Japanese dishes.

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