

PERIOD JAPANESE FOOD

DISCUSSION OF JAPANESE FOOD FOR SCA TIMEFRAME

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NIHONJIN DIET | PRE-6TH CENTURY

- ∴ Seafood
- ∴ Animal Meat
- ∴ Nuts
- ∴ Plant Life
- ∴ Buckwheat

- ❑ Rice was introduced to Japan from Korea around 400 B.C. (Jōmon Period).
- ❑ Red beans, soy beans, and wheat were introduced to Japan 100 years later.

RELIGIOUS INFLUENCE | BUDDHISM & SHINTO

BUDDHISM

Becomes official religion of Japan in the 6th century, at this time fish and meat are prohibited due to Buddhist views on killing. Many Emperors followed suit during the 8th and 9th centuries by prohibiting various types of meat. This seemed to eventually level out to a point where only fish was allowed to be eaten.

- ∴ With the introduction of Buddhism came Shojin Ryori, a style of cooking that uses no meat, fish or eggs.
- ∴ Miso introduced to Japan in 7th century by Buddhist Monks.

SHINTO

Had similar feelings regarding fowl, they were sacred animals to the Shinto. Fowl were God's messengers that announced the dawn. This led to Shinto adapting Buddhist views on killing, making meat eating even more taboo.

PLEASURE | vs NECESSITY

There was a drastic difference between the social classes when it came to the preparation of food. For the commoner food was fuel and nothing more. Time was not spent on food presentation. For the aristocrat food was another source of entertainment and pleasure. Not only did they explore Shojin Ryori, they had the privilege to partake in Chakaiseki and Hozen Ryori.

Chakaiseki – A formal meal served before tea during tea ceremony, which was formalized in Japan in the late 16th century.

Hozen Ryori - First seen in Japan during the 14th century, this type of cooking focuses on not only flavors but presentation.

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RELATED | LINKS

Aruki Miko of the Known World

<http://yamamura.weebly.com>

Yamamura Kitsune's personal website, access previous handouts and links for reference sites.

Tengusanji: Welcome Back to the Mountain

<http://tengusanji.weebly.com>

Japanese household based in Middle Kingdom that sponsors classes and social events centered on Japanese culture.