

# Japanese Gastronomy and Language: History and Culture

This research project covers the fundamentals of Japanese gastronomy and language, tracing the evolution and development of these topics throughout the different eras of Japanese history.

Japanese cuisine is one of the richest culinary traditions in the world, combining intense perfectionism, respect for every ingredient, meticulous seasonality and a geographical location that allows access to some of the worlds highest quality seafood.

The Japanese language, on the other hand, utilizes three different writing systems - hiragana, katakana and kanji - which makes for a complex but beautiful end product.

The central objective of the project is to better understand this gastronomy and its quirks and details, as well as to comprehend the basics of the Japanese language. The applied section of the project consists of a mini-series of six videos in which the essentials of both topics are assessed. Dishes like steamed rice, okonomiyaki and karaage are prepared and fundamental aspects of the Japanese language, such as the hiragana and katakana alphabets and basic grammar are presented.

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