



Cooking on the Japanese islands began in 10-5 millennium BC.

At the same time scientists amazed that ancient Japanese not only cleverly used the gifts of nature, but in those early years of civilization knew how to smoke meat, dug "refrigerators" (3-meter hole in the ground) and knew the properties of edible products.



Somewhere in the V century BC. e. Japanese engaged in the cultivation of wild plants, but the real era of agriculture began in the third century BC, when they began to cultivate rice fields.



Rice was not only a staple food, but also the founder of the cultural and culinary traditions of Japan. Rice for centuries was also a universal monetary unit to pay and the services rendered. There is such a thing as "Coke." This is a necessary quantity of rice for one person to live a year. With coca measured position in Japanese society.



Currently, Japanese cuisine is very popular all over the world. This is due largely to the fact that the Japanese are food philosophically. Healthy, high-calorie, and it is very tasty food - this is the way to longevity.



I want to bring to your attention some Japanese dishes.



# Snack



# Sashimi salad with beet roots and honey-mustard dressing

Сашими из свеклы



правкой



# Yaki udon (noodles with seafood in Japanese)

Яки удон (ла)



# *Assorted sushi*

*rolls*



*u*

# Age Tofu

Агэ Тофу





Main courses

# *Japanese pilaf*

Плов по-японски



# *Tonkatsu*

СВИНИНА ПО-ЯПОНСКИ



*Japanese sea bream with  
sauce nittsuke*





Dessert



# *Creme caramel with lemon grass, chili, sake and anise*

Крем-карамель с лимонной травой, чили, sake и анисом



Manju - a kind of sweets wagashi Japanese pastry with sweet bean paste anko.



Dango-they are rice balls on a stick sweet sauce poured Mitarashi.  
Japanese sweets are different from other sweets and views, and the  
method of preparation and the lack of sweet bean paste anco.



# Delicate Japanese green tea ice cream from the Match



Matcha



*Thank you for your  
attention*