

## 4-2 Food

The Japanese cuisine offers a great variety of dishes. Some of them you might have heard of, but there may be still a lot to discover. Below is a short “survival dictionary” of the most popular Japanese dishes you might often encounter in your everyday life.

### Rice Dishes

**Onigiri (Rice Balls):** *Onigiri* are made of cooked rice and are often wrapped in seaweed. They are usually lightly seasoned with salt and often contain a filling such as *umeboshi* (pickled Japanese plum), tuna or salmon. *Onigiri* are a popular and inexpensive portable snack available at convenience stores and supermarkets.



**Donburi:** Donburi refers to a bowl of plain cooked rice with some other food on top of it. Some of the most popular varieties are *gyudon* (stewed beef), *katsudon* (breaded pork cutlets), *tendon* (battered and deep fried seafood or vegetables), and *oyakodon* (chicken and egg).

**Kare Raisu (Curry Rice):** *Kare Raisu* (Curry Rice) is cooked rice with a Japanese curry sauce containing potatoes, carrots, pork or beef. *Kare Raisu* is a very popular dish and many inexpensive *Kare Raisu* restaurants can be found especially in and around train stations.



### Noodle Dishes



**Soba:** Soba are native Japanese noodles made of buckwheat flour or a mixture of buckwheat and wheat flour. Soba are about as thick as spaghetti, and are served either hot or cold and with various toppings.

**Udon:** Udon are thick Japanese noodles made of wheat flour. They are also served either hot or cold and with various toppings such as fried tofu (*kitsune udon*), and mountain vegetables (*sansai udon*).



**Ramen:** Ramen is Chinese style noodles prepared in a soup with various toppings. Ramen is one of the many popular dishes that were originally introduced from China but have become completely Japanese over the course of time.

### Supermarkets

Because of the language barrier, going to a supermarket in Japan for the first time can often end in a frustrating experience. Following are some words and explanations of labels which might come handy when shopping groceries.

使用しているアレルギー物質						
卵	乳	小麦	えび	かに	そば	落花生
●	●	●	-	-	-	-

「●」は使用しています。「-」は不使用。その他のアレルギー物質は別途記載。お買い上げのたびに表示をご確認ください。

This product contains the following allergens: (Everything marked with a “●”.)

- Egg
- Dairy
- Wheat
- Shrimp
- Crab
- Soba
- Peanuts

Kanji	Hiragana	Reading	English
鶏肉	とりにく	toriniku	Chicken
牛肉	ぎゅうにく	gyuuniku	Beef
豚肉	ぶたにく	butaniku	Pork
魚	さかな	sakana	Fish
卵	たまご	tamago	Egg
乳製品	にゅうせいひん	nyuu-seihin	Dairy products
牛乳	ぎゅうにゅう	gyuunyuu	Milk
豆乳	どうにゅう	tounyuu	Soy milk
豆腐	とうふ	tofu	Tofu
グルテン	グルテン	guruten	Gluten

お買得品 : Bargain (good)

若どりもも肉 : Young chicken's leg

消費期限 15.11.22 : Use by 2015.Nov.22

内容量 : Net Quantity

税込価格 : Price including tax

国産 : Domestic product

Kanji	Hiragana	Reading	English
味噌	みそ	miso	Miso paste
醤油	しょうゆ	shouyuu	Soy sauce
酒	さけ	sake	Alcohol
酢	す	su	Vinegar
油	あぶら	abura	Oil
塩	しお	shio	Salt
砂糖	さとう	satou	Sugar
胡椒	こしょう	koshou	Pepper
落花生	らっかせい	lakkasei	Peanuts

**Common Tip:** Japanese supermarkets try to sell fresh and cooked items by the end of the day. Such products are often marked down by 10–70% one hour before closing time.

### Vegetarian Food



Finding vegetarian food in Japan can be difficult. Even if you think you finally found something, it is not uncommon that at least fish of various kinds show up on your plate in the end. But with some pre-planning, Japanese food can also be very rewarding. Though some Japanese might understand English, they often do not know what is considered to be vegetarian and because of that might serve non-vegetarian without better knowledge. Therefore one preparation is to know the right words and phrases to find a meal you like (see below).

Kanji	Reading	English
野菜	Yasai	Vegetables
出汁	Dashi	Soup stock made from fish and kelp
ベジタリアン	Bejitarian	Vegetarian
鰹節なしでお願いします。	Katsuobushi nashi de onegai shimas.	Without bonito (fish) flakes please.
これは何ですか。	Kore wa nan des ka?	What is this?
…ありますか？	…arimas ka?	Do you have…?

The closest cuisine to strict vegetarianism is *shōjin ryōri*, literally “devotional cuisine,” which is Zen Buddhist temple cuisine and entirely vegan. The food is almost entirely soy, tofu, seeds, fruits or leaf vegetables, using parts of plants harvested without cutting the stem. It also restricts “sensual” foods, such as garlic and beer.

Thanks to Japan's diversified cuisine and endless variations of vegetable dishes like Tsukemono (Japanese pickled vegetables), tofu dishes like Goma Dofu (sesame tofu), Dengaku (tofu served on sticks coated with a sweet miso sauce) or Yudofu (tofu and vegetable hotpot) and rice dishes like Mochi (e.g., grilled = "kirimochi" or fried = "agedashimochi") or Onigiri, with a little creativity you can easily arrange a meal you will be more than satisfied with.

Name	Cuisine / Store	Address	Web
Harukucchii	Vegan	3-22 Kugenuma hanazawacho, Fujisawa-shi,	<a href="http://harukucchii.wix.com/yasai_wine">http://harukucchii.wix.com/yasai_wine</a>
Magokoro	Vegetarian	2-8-11 Hase, Kamakura-shi	<a href="https://sites.google.com/site/magokorokamakura/magokoro-world">https://sites.google.com/site/magokorokamakura/magokoro-world</a>

### Halal Food

In a non-Muslim country like Japan, it is difficult to find supermarkets and restaurants which offer halal food, and even if the number of these places has been increasing in the Tokyo area, they are still very few. Below you find some restaurants and shopping opportunities for halal food.

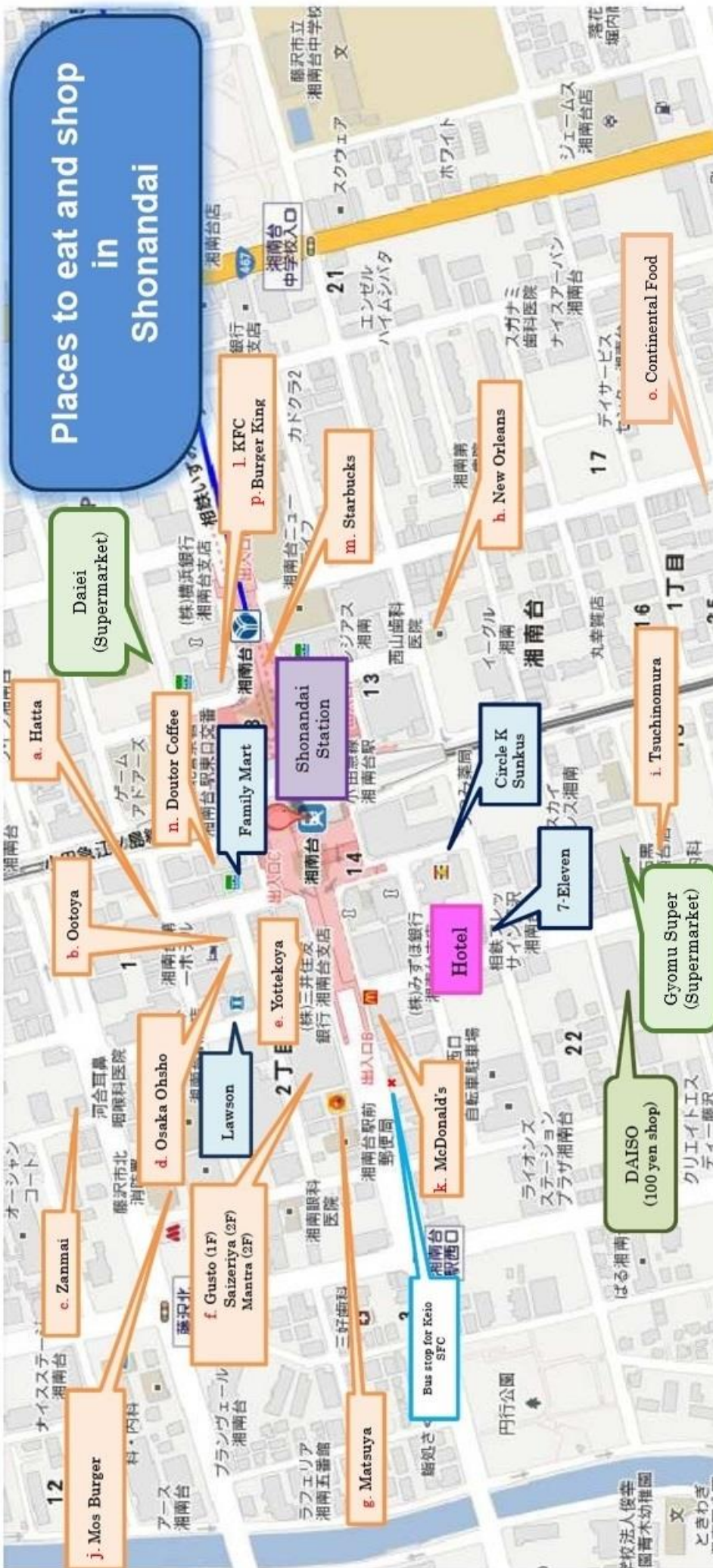
Name	Cuisine / Store	Address	Web
Malay Asian Cuisine	Malaysian restaurant	Yokohama: 82-3 Yamashita-cho, naka-ku, Yokohama-shi Shibuya: 2-9-9 Shibuya, Shibuya-ku, Tokyo	<a href="http://www.malayasiancuisine.com/">http://www.malayasiancuisine.com/</a>
Arkadas	Turkish restaurant	1-5-6 Komachi, Kamakura-shi	<a href="http://arkadas-kamakura.com/">http://arkadas-kamakura.com/</a>
Rani	Indian restaurant	3984-1 kamimizo, Chuo-ku, Sagamihara-shi	<a href="http://www.rani.jp/halal/">http://www.rani.jp/halal/</a>
TAJ MAHAL Continental Foods	Halal food supermarket inside of restaurant	1-25-17 Shonandai, Fujisawa-shi Tel: 0466-43-1765	
AGM Trading	Halal food supermarket	1-1-16 Tsunashima Nishi, Kohoku-ku, Yokohama-shi	<a href="http://agmtrading.rh.sho-serve.jp/">http://agmtrading.rh.sho-serve.jp/</a>
Mahatma Spice And Halal Food	Halal food supermarket	4-24-51 Shonan, Sagamihara-shi Tel: 042-742-2022	<a href="https://www.halalgourmet.jp/ja/restaurant/562762">https://www.halalgourmet.jp/ja/restaurant/562762</a>
Baticrom	Halal Food Online Shop	No address available Tel: 03-3902-1442	<a href="http://baticrom.com/">http://baticrom.com/</a>

There is also a link in Kanagawa Prefectural Government website.

< MUSLIM FRIENDLY RESTAURANT GUIDEBOOK KANAGAWA 2nd Edition 2017 >

<http://www.pref.kanagawa.jp/docs/b6m/cnt/muslim2.html>





Convenience Stores

Restaurant / Fast food

Supermarkets / Shop

a	八田 Japanese (Fish) restaurant	f	2F サイゼリヤ Pasta & Pizza restaurant	k	マクドナルド Fast food restaurant
b	大戸屋 Family style Japanese restaurant	g	2F Mantra Indian restaurant	l	ケンタッキーマー Fast food restaurant
c	ざんまい Korean Barbecue restaurant	h	松屋 Beef bowl restaurant	m	スターバックス Coffee shop
d	大阪王将 Gyoza and Ramen shop	i	ニューオリンズ Diner restaurant	n	ドトール Coffee shop
e	よってこや Ramen shop	j	土の村 Korean restaurant	o	コンチネンタルフード Halal market
f	1F ガスト Family style restaurant	k	モスバーガー Fast food restaurant	p	バーガーキング Fast food restaurant