

12 WEEK BRONZE CERTIFIED PROGRAM



日本和食
Japan Culinary Academy
芸術学園

Updated 10/17/2024

4 week Private Bronze certified course + 1 week Kaiseki + 7 week Internship training

Subject	WEEK1	WEEK2	WEEK3	WEEK4	WEEK5	WEEK6/WEEK12
Washoku Basics Mr.Kijima/Sugiura	4					Internship training week
Dashi, Seasonings and Umami Elements of Japanese Cuisine Mr.Kijima/Sugiura	2					
Visit Ishikawa Sake Brewer or Kouji-ya	6					
Omotenashi in Japanese food culture Mr.Kijima	2					
Food Sanitation Mr.Kijima	2					
Kaiseki Mr.Kijima/Mr.Sugiura					20	
Culinary arts training 1 Sushi and Eel Mr.Kijima, Mr.Yuasa, Mr.Koto		20				
Japanese soul food Mr.Hata, Mr.Suzuki, Mr.Iwashina, Mr.Shinoda			12	20		
Yakitori and chicken dishes and restaurant training Mr.Muto			6			
Specific techniquis trainings Mr.Kijima, Mr.Sugihara	3					
Practical/Written test		3				

The lesson timetable might change based on the semester.

SYLLABUS

Subject	Hours	
<p>Washoku Basics Mr.Kijima/Sugiura</p>	<p>4</p>	<p>Chapter 1. Japanese food culture 1. What is Japanese food culture? (1)The composition of Japanese food culture (2)The basics of Washoku 2. What is ichijiu-sansai? 3. Origin of Japanese food culture Washoku in terms of Japan's geography, topography and climate. (1)Climatic features (2)Abundant water (3) A rich seafood-based culture as imparted by oceanic currents Passage of the time of Japanese food culture in terms of its distinctive features</p>
<p>Dashi, Seasonings and Umami Elements of Japanese Cuisine Mr.Kijima/Sugiura</p>	<p>2</p>	<p>4.Passage of the time of Japanese food culture in terms of its distinctive features Changes in the rice culture of Japan <ul style="list-style-type: none"> • Sake/rice wine 5. Changes in the cuisine Implements (tableware and chopsticks) Japanese people and meat dishes The history of seasoning Japanese people and sushi 6. The world that creates elements of Japanese food culture 【Rice】 The Japanese and rice -The process of rice cultivation -Varieties of rice -Rice bran -Types of food made with non-glutinous rice (mochi-gome) -Foods made with glutinous rice -Sake made from rice and shinto rituals -Seafood/Algae -Vegetables and other foods; Tubers, beans, Mushrooms, Edible wild plants, Fruits, Dried foods, Spices ; Wasabi, Daikon-oroshi, Shichimi-togarashi, Sanshyo, Kosho and Yuzu kosho</p>

SYLLABUS

Subject		
Dashi, Seasonings and Umami Elements of Japanese Cuisine		<p>7 Elements for bringing out the taste of Japanese food -Water -Umami -Seasonings ; Salt, Miso, Soy sauce, sake, vinegar, sweetness (mirin and sugar)</p> <p>8.Elements for creating the atmosphere of Japanese food -Sake -Japanese tea -Wagashi -Dishware -Chopsticks -Kouji and other fermented foods</p>
Visit	6	Visit one of these facilities ; Toyosu Fish market Sake brewery Soy sauce/Miso brewery etc
Omotenashi Of Japanese food	2	<p>Professional cooking and home cooking Shitsurai (furnishings) for washitsu(Japanese style rooms) Proper conduct in a washitsu Table manners in connection with Japanese food Itadakimasu and gochisosama How to use chopsticks How to eat salt-grilled sea bream</p>
Food Sanitation	2	How to Prevent Food Poisoning How to handle foodstuffs How to clean and sterilize cooking utensils

SYLLABUS

Subject		
Culinary arts training 1	2+18	How to use cooking utensils and Japanese ingredients Sushi and eels
Culinary arts training 2	20	Japanese soul food; Ramen and other washoku Ramen, soba/udon, curry, fermented food making and gyoza etc.
Culinary arts training 3	18	Yakitori and other chicken dishes, Wagashi
Culinary arts training 4	3	Cutting ; essentials of preparing sashimi and vegetables Roasting, grilling, broiling and frying Simmering ; boiling down to reduce the volume of the cooking liquid and simmering in broth Rules for dishing food Preparing dashi(soup stock) Preserving
Review and tests	3	Written and practical tests
Kaiseki *	20	Only for 12-week program
Internship		3 weeks for 7-week program, 5 weeks for 9-week program, and 7 weeks for 12-week program
Total Hours	80	



JCAA recognized as a bronze-certified Washoku academy by MAFF in Tokyo since 2024.