

Sushi Lecture and Demonstration

JUNE 2009

HAVE YOU EVER TRIED "REAL" SUSHI?

It is very difficult to find real Japanese sushi in Norway, since sushi is not just a rice ball with fish on the top. It has a long history and means many things.

An experienced Japanese sushi chef, Mr. Kensaku Yoshida, visited Oslo and held a lecture about sushi and demonstrated sushi making at the Japanese Ambassador's Residence.

First, using many pictures, he explained about the his-



tory of sushi and the reasons for creating the sushi we have now.

After the lecture, Mr. Yoshida showed how to make sushi in front of the guests. All the guests were surprised to see his experienced skill close up. It is not so easy to witness such a skilled performance even in Japan.

After, the demonstration, the guests tasted Mr. Yoshida's sushi. It seemed that they enjoyed this "real" sushi.



Sushi Lecture and Demonstration

Date: 30th June 2009
Time: 11:00-13:00
Place: Japanese Ambassador's Residence
Arranged by:
- Embassy of Japan In Norway

Lecturer:
Mr. Kensaku Yoshida

MR. KENSAKU YOSHIDA

Mr. Yoshida is a sushi chef who has arranged many sushi demonstrations in cooperation with Embassy of Japan in many different countries in the world. His rich experience in holding lectures and demonstrations abroad made this event more effective and efficient. We cannot help admiring his long-term energetic work to develop public consciousness in the world about Sushi.



He runs his own sushi restaurant "Sushi Ken" in Toyama Prefecture, Japan. He also opened his second "Sushi Ken" in Los Angeles in the United States, which has been loved and visited by many local and Japanese celebrities.

FACTS OF SUSHI

SUMMARY OF THE LECTURE



It is said that the sushi we have now was created by Hanayayohei about 200 years ago. At the time, we didn't have refrigerators or freezers, and there was a perfect environment for many different kinds of bacteria to grow in hot and humid Japan. Therefore, people had to find the best way to stop bacteria from growing.

The solutions for this problem were those we use for sushi now, for example, vinegar, wasabi (Japanese horseradish paste), vinegared ginger and bamboo leaf. They are antibacterial or bactericidal.

We should pay our respects to those who created sushi.

ESSENTIAL PARTS OF SUSHI FUNCTIONALITY AND EFFICACY



WASABI

(Japanese horseradish paste)

It has many functions: such as detoxification enzyme inductive effect, antioxidant effect, anti-allergic property, anti-inflammatory effect, odor eliminating and so on.

It has also antiproliferative effect on causes of food poisoning causes such as *Vibrio parahaemolyticus*, salmonella bacteria and *E. coli* O157.



Vinegared Ginger

It is sweet pickled ginger and is called "gari" because of the sound it has when we bite it.

It is essential for sushi as is wasabi, since it works to take away the aftertaste and has a bactericidal effect when you eat it.

Green Tea

Catechin, which is contained in green tea, has many effects and is good for health. Reducing blood cholesterol levels, prevention of cancer, antioxidant effect and anti-influenza effect are some of them.



Bamboo Leaf

This is also an essential part of sushi. Bamboo leaf contains salicylate, which has bactericidal action and a heat insulating function.

There is a long history of the relationship between sushi and bamboo leaf. Bamboo leaf was first used for sushi because it was a familiar plant to everyone and had a beautiful color, fresh smell and, above all, bactericidal effect. After that, about 200 years ago, the technique of cutting was improved and it started have a decorative role as well.

COMING EVENTS ARRANGED BY THE EMBASSY

Ikebana Demonstration

September 2009

Concert with Japanese traditional musical instruments

October 2009

Japan Photo Exhibition

February/ March 2010

For further information, please refer to the Embassy's website.

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