

CONTENTS

Introduction – The Historical Framework	1
--	----------

PART ONE **THE DIETARY HISTORY OF JAPAN**

Chapter 1 The Prehistoric Era	7
--	----------

1.1 The Paleolithic Age	7
1.2 The Advent of Earthenware	9
1.3 Jômon Society and Dietary Culture	12

Chapter 2 Establishment of a Rice-Growing Society	17
--	-----------

2.1 A Crop Held in Special Regard	17
2.2 Dissemination and Development of Rice	21
2.3 Rice Cooking	27
2.4 Sake Brewing	32
2.5 Fermented Fish and Flavourings	35

Chapter 3 The Formative Period of Japanese Dietary Culture	45
---	-----------

3.1 Historical Setting	45
3.2 The Taboo on Meat Eating	52
3.3 The Lack of Dairy Industry	58
3.4 Annual Observances and Rites of Passage	62
3.5 Place Settings and Table Settings	67
3.6 Cooking and Banquet Styles	71
3.7 The Role of the Monasteries	75
3.8 The Popularization of Noodles	77

Chapter 4	The Age of Change	81
4.1	Historical Setting	81
4.2	The Diffusion of Tea	86
4.3	The Impact of the 'Southern Barbarians'	91
4.4	Formation of a New Style	96
4.5	Change in the Frequency of Meals	101
Chapter 5	The Maturing of Traditional Japanese Cuisine	105
5.1	Historical Setting	105
5.2	City and Country	109
5.3	The Spread of Soy Sauce	113
5.4	The Emergence of the Restaurant	117
5.5	Snack Shops	122
5.6	Books on Cooking and Restaurants	124
5.7	The Ainu	128
5.8	The Ryukyu Islanders	133
Chapter 6	Changes in the Modern Age	141
6.1	Historical Setting	141
6.2	The Resumption of Meat Eating	146
6.3	Milk and Dairy Products	153
6.4	Entry of Foreign Foods	155
6.5	Zenith and Nadir	158
6.6	New Meal Patterns	162
6.7	Integration of Foreign Foods – A Model	167

PART TWO

THE DIETARY CULTURE OF THE JAPANESE

Chapter 7	At the Table	175
7.1	<i>Gohan</i> – Framework of the Meal	175
7.2	The Rise of the Table	178
7.3	The Tabletop as Landscape	187
7.4	Chopsticks and Table Manners	189
7.5	Etiquette – As You Like It	194
Chapter 8	In the Kitchen	199
8.1	The Secularization of Fire and Water	199
8.2	From Wood Fire to Electric Rice Cooker	202
8.3	The Knife – A Sword for the Kitchen	206
8.4	Restaurants – The Public Kitchen	213
Chapter 9	On the Menu	219
9.1	Soup and <i>Umami</i> Flavouring	219
9.2	Sashimi – Cuisine That Isn't Cooked	224
9.3	Sushi – From Preserved Food to Fast Food	227
9.4	Sukiyaki and Nabemono	231
9.5	Tofu and Nattô – Meat for Vegetarians	236
9.6	Vegetarian Temple Food	240
9.7	Tempura and Oil	244
9.8	Noodles and Regional Tastes	248
9.9	Pickled and Preserved Seafood	253
9.10	Mochi, Confectionery and Tea	257
9.11	The Dynamics of Sake and Tea	262
References		267