

Name: _____ **KEY** _____

Period: _____

Japan Study Sheet

Pages 628-637

1. “*Sappari*” describes the Japanese people, their country and their cuisine. What does “*Sappari*” mean?

It means “clean, light and sparkling with honesty”.

2. Japan is a nation of _____ **islands** _____.

3. Because $\frac{3}{4}$ of Japan’s total land mass is mountainous or hilly, it has made _____ **farming** _____ difficult and has caused _____ **crowded** _____ living conditions.

4. Describe Japan’s climate in the following extreme locations.

A. Southern Japan – **subtropical; hot, humid summers and mild winters; most people live in this area**

B. *Hokkaido* (northernmost island) – **cold winters; temps. below freezing 4 months during winter; heavy snowfalls**

5. What is Japan’s Major crop? What are 3 other important crops?

Rice is the major crop; others are sweet potatoes, wheat, and sugar beets

6. Why have the Japanese traditionally raised very little livestock?

- **Land has always been scarce**
- **Buddhism forbids eating of meat**

7. Japan has one of the world’s largest fishing industries. What 6 products/ fish do they produce?

Sardines, salmon, herring, cuttlefish, yellowtail and seaweed

8. Define the following Japanese ingredients.

A. *Kanpyo*- **strips of dried gourd**

B. *Gobo*- **burdock root**

C. *Shirataki*- **mixture made of yam-like tuber**

9. What are the four ingredients basic to Japanese cooking?

Rice, soybeans, fish and seaweed

10. *Gohan* is the Japanese word for meal. What does it mean? **Rice**

11. What are the 2 following rice products?

A. Sake – Japanese rice wine

B. Mirin – sweet wine

12. Describe the different forms of soybeans.

A. Miso- fermented soybean paste

B. Tofu- custard-like cake made from soybeans

C. Shoyu- Japanese soy sauce; contains wheat or barley, salt, water and malt along with soybeans

13. What is Fugu? Blowfish

Why is it important to know how to handle it?

It contains a lethal toxin that can kill the diner unless it is cleaned properly.

14. Describe the two most popular fish dishes in Japan.

A. Sashimi- raw fillets of fish eaten alone or with a sauce

B. Sushi- balls of cooked rice flavored with vinegar; served with strips of raw or cooked fish, eggs, vegetables, or seaweed

15. Define the following Japanese vegetables.

A. Daikon- a giant white radish

B. Wasabi- Japanese horseradish

C. Bakusai- Chinese cabbage

16. Describe the ingredients in the two kinds of salads.

A. Aemono- contains several raw or cooked vegetables in a thick sauce

B. Sunomono- crisp raw vegetables and cold cooked fish or shellfish in a thin dressing made of rice vinegar, sugar and soy sauce.

17. How is beef raised in Japan?

They raise very tender beef by feeding the cattle bran, beans, rice and beer. They massage steer daily with shochu (Japanese gin)

18. What is Tamago dashimaki?

Japanese version of an omelet

19. Describe the following cooking methods and describe an example of each.

Cooking method	Description	Example of food
A. <i>nimono</i>	Cooked in boiling liquid (stock or mild broth)	Kimini-sake seasoned shrimp with egg yolk glaze
B. <i>mushimono</i>	Steamed foods	*****
C. <i>chawan mushi</i>	Foods steamed in an egg custard	*****
D. <i>agemono</i>	Fried foods	Tempura
E. <i>yakimono</i>	Broiled foods	Beef Steak
F. <i>nabemono</i>	Dishes prepared at the table	Sukiyaki

20. What is an “*oshibori*” and when is it used?

Soft towels that are brought to the table at the beginnings and ends of meals; warm, damp and fragrant; used to wipe faces and hands

21. Why are covers removed from the individual rice bowl first? How is the rice bowl placed on the tray for refilling?

- Indicates that rice is Japan’s most honored food
- By using both hands to place a rice bowl on a tray for refilling; using one hand discourteous

22. **Who** picks up their chopsticks first at mealtime and **why**?

The oldest person as a sign of respect

23. How do you show appreciation for the cook’s skill?

By smacking the lips or making sucking sounds

24. Describe the following dishes.

A. *Umeboshi*- tiny, red, pickled plum

B. *Miroshiru*- hearty soup made from dashi, miso, and rice

C. *Nori*- a type of dried seaweed.

D. *Kushizashi*- meats, fowl, and vegetables grilled on a skewer; adults- hot peppers; kids- scallions

E. *Tsukemono*- soaked foods; lightly packed daikon, cucumber, melon, eggplant, and other vegetables.

F. *Kaiseka* – delicate meal that may be served after a tea ceremony

G. *Nichon-cha*- green tea