

## **Japanese Cuisine**

### **Invitation to attend a cooking demonstration by Japanese chefs**

Japanese cuisine is renowned for its freshness, taste and aesthetic beauty. Join our expert chefs direct from Japan as they show audiences how to combine Japanese cooking techniques with local Australian ingredients to create delicious and healthy home-cooked dishes.

We will invite 3 chefs from the Echigo Tsumari region in Niigata prefecture, Ms Mayu Hasegawa from *Echigo Matsudai Satoyama Shokudo*, Ms Shizuko Mizuochi from *Ubusuna no Ie* and Ms Kiyomi Iwata from *Ehon to Kinomi no Bijyutsukan Hachi Caf  *. Their restaurants serve dishes made with locally grown ingredients and they work with local farmers to source fresh, seasonal produce and come up with new, creative recipes based on traditional local cuisine. In this event, the chefs will talk about Niigata's local food and climate, and demonstrate how Australian audiences can cook Japanese-style dishes using local ingredients such as barramundi, pork and seasonal vegetables. (NB: Demonstration in Japanese with English translation)

Don't miss this opportunity to learn about Japanese home-style cooking (along with the chance to taste the dishes!).

#### **Cooking Demonstration**

Date: Saturday 18 Feb. 2012

Time: 2:00pm – 4.00pm

#### **~~Cooking class/workshop~~ FULL**

~~Date: Friday 17 Feb. 2012~~

~~Time: 6.00pm – 8.00pm~~

**Venue:** Tourism and Hotel Management Centre

Canberra Institute of Technology (CIT)

Block K, Reid Campus, Constitution Avenue, REID, ACT 2601

Admission: **FREE**, Bookings Essential – first in best dressed!

RSVP: phone 02 6272 7269

## **MENU (for Cooking Demonstration)**

Rice cooked with barramundi



Miso soup with mushrooms and potatoes



Pork sautéed in a walnut miso sauce



Chilled "Yatara" vegetables



**Presented by Embassy of Japan in cooperation with Japan Foundation**