



## *Weekend Passport:*

# *Japanese Edamame Salad*

**Ready to Travel the World?** Today we are traveling to Japan.

Japan is a string of nearly 7000 islands along the Pacific coast on the eastern edge of Asia, neighboring Russia to the north, and to the south, Korea and China. Japan is mostly covered by mountains, including a volcano called Mount Fuji.

Japanese food is very different than what you may be used to eating every day. You may have already tried dishes such as sushi which is rice topped with seafood and rolled into seaweed. Edamame or soybeans are a popular snack in Japan. The soybeans are steamed in their pods and then lightly salted. The best way to enjoy them is to grab the soybean by its stem and pull the pod in your mouth, leaving the tasty beans for you to enjoy. Noodles are another favorite Japanese meal, many different types such as ramen, udon, and soba noodles are combined with mushrooms and seasonings into a delicious soup. Just like we have common flavors to our American foods, Japan has common flavors and seasonings such as soy sauce, ginger, and spicy wasabi. One of the most important facts about Japanese cuisine is that it is closely tied to their amazing art. The beautiful arrangements of the food with small dishes served with chopsticks are an important ritual of enjoying the meal.

Japanese cuisine is closely tied to centuries of fascinating culture and art. It is considered important to have a beautiful and artful arrangement of food which also adds to the enjoyment of the meal. Setting the table, eating from appropriate utensils and chopsticks, and presenting beautiful displays of the meal are some examples of this tradition. The tradition also celebrates the number five in many different aspects; five mindful thoughts, five senses, and five colors. The importance of the five colors within a meal; white, black, red, green, and yellow are beautiful but also healthy as we eat the colors of the rainbow. Japanese culture also introduced us to the five taste sensations; salty, sweet, sour, bitter, and umami. Umami is the fifth taste sensation that is described as deliciousness.

### **Try the Recipe!**

Japanese Edamame Salad

<https://bit.ly/360MMLS>

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsantonio and we just might share your photo!

[chefs.org](https://chefs.org)

@CHEFSanAntonio

