

## Introduction to the Culinary Arts: Focus on Japanese Cuisine

### Section 1

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### 【Course Outline / Description】

The module aims to introduce students to the principles and practices of Culinary Arts and introduce Japanese Cuisine with respect to the general setting and operation of a professional Japanese kitchen. The module provides students with essential knowledge and skills in understanding and selecting food commodities, and nurtures students' ability to evaluate the traditional practices and operational issues and problems related to food processing and to make suggestion for improvements.

### Section 2

#### 【Course Objectives/Goals/Learning Outcomes】

#### Class Learning Outcomes

1. Utilise specialised knowledge and skills in selecting and processing of a variety of food commodities and ingredients in accordance with food production requirements in Culinary Arts & Japanese Cuisine; and
2. Recommend appropriate methods with justification for improvements on the food processing practices; and
3. Understand the fundamentals and influences of Japanese Cuisine and Culture

#### Class Outline and Lecture Topics

The following topics will be covered:

1. *Hygiene, Health and Safety in Kitchen*
  - Professional ethics and attire
  - Occupational safety and health in kitchens
2. *Professional Kitchen Settings*
  - Kitchen organisation: brigade system and current trends
3. *Culinary Principles and Practices*
  - Principles of heat transfer
  - Recipe terminology
  - Time plan
4. *Understanding Japanese Cuisine and Culture*
  - Classifications of Japanese Food
  - Washoku
  - Seasonal Cooking
  - History and Development
  - Diversity in Japanese Cuisine
  - Umami
5. *Processing Techniques of Cooking Ingredients*
  - Cutting tools and equipment
  - Knife skills
  - Cutting Techniques-Mukoita
  - Noodle Making
  - Semi-finished products
6. *Japanese Stocks, Sauces and Soups*
  - Dashi stocks and sauces
  - Fermented Seasoning and Foods
  - Clear Soups
  - Seasoned Dashi
  - Finishing techniques
7. *Introduction to Traditional Japanese Dishes*
  - Nimono-Simmered Dishes
  - Nabemono- Stewed Dishes
  - Yakitori- Grilled Dishes

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- Kaiseki
- Sushi and Sashimi

### 8. *Sensory and Seasoning*

- Types of sensory
- Types of flavor
- Seasoning methods
- Sensory evaluation techniques

Week	Lesson	Topic	Remarks	Class information
1	1 & 2	Introduction and Overview of Culinary Arts and Japanese Cuisine	<ul style="list-style-type: none"><li>• Review Syllabus and Class Expectations</li><li>• Review Assessments</li><li>• Introduction to Culinary Arts and Japanese Cuisine</li><li>• Industry Jargon and Terminology</li></ul>	None
2	3 & 4	Culinary Arts and Professional Kitchen Settings	<ul style="list-style-type: none"><li>• Kitchen Brigade System</li><li>• Hygiene</li><li>• Basic Culinary Arts &amp; Service Principles</li><li>• Mise en Place</li><li>• Management for Culinary Arts and Restaurants</li><li>• Omotenashi</li></ul>	
3	5 & 6	Understanding Japanese Cuisine and Culture Part 1	<ul style="list-style-type: none"><li>• Washoku- Japanese Cuisine</li><li>• History and Development</li><li>• Classifications of Japanese Food</li><li>• Regional Japanese Cuisine</li><li>• Introduction to MAFF, JETRO and JFOODO</li><li>• How Japanese Cuisine is perceived globally?</li></ul>	
4	7 & 8	Understanding Japanese Cuisine and Culture Part 2	<ul style="list-style-type: none"><li>• Diversity in Japanese Cuisine</li><li>• Umami and Flavor</li><li>• Japanese Food by the Seasons</li><li>• Shojin-Ryori</li><li>• Kaiseki</li><li>• Digital Media for Cooking in Japan</li></ul>	Quiz 1

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5	9 & 10	Taste and Flavor Perception	<ul style="list-style-type: none"> <li>• Types of Sensory Evaluation</li> <li>• Flavor Perception</li> <li>• Seasoning Methods</li> <li>• Flavor Pairing Theory</li> </ul>	
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6	11 & 12	Chefs Shaping the Global Perception of Japanese Cuisine	<ul style="list-style-type: none"> <li>• Chefs and Restaurants in Japan and Abroad</li> <li>• Global Influence</li> </ul>	
7	13 & 14	Michelin Star Japanese Cuisine	<ul style="list-style-type: none"> <li>• What is the Michelin rating system?</li> <li>• What is Japaneseness?</li> <li>• What is the importance of transference in cuisine?</li> </ul>	In-class review for the midterm
8	15 & 16	Midterm Test & Culinary Media		
9	17 & 18	Sake, Tea and Japanese Beverages	<ul style="list-style-type: none"> <li>• Introduction Sake and Shochu and Brewing History</li> <li>• Japanese Tea and Chanoyu</li> <li>• Japanese Beer and Brewing History</li> </ul>	Discussion Paper Introduction
10	19 & 20	Japanese Cuisine Fundamentals Part 1	<ul style="list-style-type: none"> <li>• Dashi Stocks and Sauces</li> <li>• Clear Soups</li> <li>• Tsukemono and Fermented Foods</li> <li>• The Importance of Water in Japanese Cooking</li> </ul>	
11	21 & 22	Japanese Cuisine Fundamentals Part 2	<ul style="list-style-type: none"> <li>• Tools and Equipment</li> <li>• Knife Skills</li> <li>• Cutting Techniques</li> </ul>	

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			<ul style="list-style-type: none"><li>• Types of Noodles</li></ul>	
12	23 & 24	Japanese Cooking Techniques 1	<ul style="list-style-type: none"><li>• Nimono-Simmered Dishes</li><li>• Nabemono- Stewed Dishes</li></ul>	Quiz 2
13	25 & 26	Japanese Cooking Techniques 2	<ul style="list-style-type: none"><li>• Menrui- Soba, Udon and Ramen</li></ul>	
14	27 & 28	Japanese Cooking Techniques 3	<ul style="list-style-type: none"><li>• Donburi</li><li>• Sushi</li></ul>	
15	29 & 30	Discussion Paper Review	<ul style="list-style-type: none"><li>• In-class Discussion Paper workshop</li></ul>	

### 【Textbooks/Reading Materials】

#### A. Book List

- **Essential References:**

1. Japanese Culinary Academy (2015) *Introduction to Japanese Cuisine Nature, History and Culture* Shuhari Initiative: Tokyo Japan.
2. Japanese Culinary Academy (2015) *Flavor and Seasonings Dashi, Umami and Fermented Foods* Shuhari Initiative: Tokyo Japan.
3. Japanese Culinary Academy (2015) *Mukoita Cutting Techniques* Shuhari Initiative: Tokyo Japan.
4. Culinary Institute of America. (2012). *The Professional Chef* (9<sup>th</sup> ed.). John Wiley & Sons Inc.

- **Other References:**

5. Fazzari, A. (2018) *Tokyo New Wave*. Crown Publishing
6. Briscione, J. (2017) *The Flavor Matrix* Houghton Mifflin Harcourt New York
7. Dornenburg A. & Page K. (1996) *Culinary Artistry* John Wiley & Sons New York
8. Page, K. (2018) *Kitchen Creativity* John Wiley & Sons New York

### • Web Resources:

1. Ministry of Agriculture Forestry and Fisheries Japan (MAFF)  
[<https://www.maff.go.jp/e/policies/market/index.html>]
2. JFOODO  
[[https://www.jetro.go.jp/en/jfoodo/#:~:text=JFOODO%20\(The%20Japan%20Food%20Product,promoting%20them%20widely%20around%20the](https://www.jetro.go.jp/en/jfoodo/#:~:text=JFOODO%20(The%20Japan%20Food%20Product,promoting%20them%20widely%20around%20the))]

### Section 4

#### 【Learning Assessments/Grading Rubric】

- ← Percentage breakdown of assessments
- ← Grading procedure in details

### Class Contact Hours

Lecture	:	28 hours
Tutorial	:	14 hours

## J. Learning and Teaching Strategies

A mixture of learning and teaching approaches and strategies embracing a series of lectures, tutorial classes, field visit(s) and an e-learning platform will be adopted to help students build up specialised knowledge and achieve learning outcomes:

1. Lectures will be used to deliver the content of major topics listed in the module outline for a large number of students. Examples and cases from relevant sectors will be used for illustration. Guest speakers from the industry will also be invited to share relevant experiences with students.
2. Tutorial classes will be used to facilitate interactive discussions and self learning in a small class setting. Individual students are encouraged to freely exchange their personal ideas and opinions, and inquiries arising from the lectures and course work.
3. Field visit(s) to restaurant back-of-house area and major facilities will be arranged. By observing and learning from practitioners working in authentic frontline conditions, students can extend their knowledge and widen their perspectives to complement theories learnt in Lectures and Tutorials.

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4. An e-learning platform will be adopted to provide a channel for easy access of pre-class reading materials and online resources in relation to the Lecture and Tutorial topics.

### K. Assessment Strategies

Assessment will be criteria-based and require students to demonstrate the achievement of the module learning outcomes. The following abilities will be assessed through coursework, including quizzes, a discussion paper and a mid-term test:

1. Ability to identify and evaluate culinary arts terminology and the various forms of Japanese Cuisine against operational statistics and industry benchmarks for hospitality and tourism enterprises; and
2. Utilize specialized knowledge and skills of food ingredients and techniques relevant to culinary arts and Japanese Cuisine; and
3. Understand the fundamentals and global influences of Japanese Cuisine and Culture in a professional manner.

The percentage contributions of the assessment items to the overall module assessment are:

Quizzes (2x)	:	40%
Mid-term Test	:	30%
Discussion Paper	:	30%

The contributions of the assessment methods to the CLOs are:

Assessment Methods	CLO 1	CLO 2	CLO 3
Quizzes (2x)	✓	✓	
Mid-term Test	✓	✓	
Discussion Paper			✓

**Written Quiz:** Students are required to demonstrate their ability to integrate a wide range of knowledge pertinent to culinary arts and Japanese Cuisine. They are also expected come up with reasonable explanations/discussions under given circumstances. Multiple choice, open-ended and case-study questions are used to assess students' analytical ability and critical thinking skills.

The **Mid-term Test** requires students to demonstrate their ability to integrate a wide range of knowledge pertinent to restaurant environmental management, and come up

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with reasonable explanations / discussions under given circumstances. Open-ended and case study types of questions are used to assess students' analytical ability and critical thinking skills.

The **Discussion Paper** is a written assignment to be submitted towards the end of the semester. It aims to assess students' intellectual ability to evaluate a given topic related to Culinary Arts and Japanese cuisine by synthesizing the latest research findings, secondary data, public opinion, personal experience and judgement, as well as the concepts and theories learnt in Lectures and Tutorials. *This paper is to be completed outside of the class meeting periods.* Discussion Paper Rubric found below:

Criteria		Weighting
Acquiring information	Students will search for information to support the topic with questions formulated and seem to understand the crux. Relies on sources that are relevant.	20%
Defining the relevant issues in environmental sustainability management	The problem is defined correctly and key information is relevant.	20%
Analysing information and issues	Some evidence related to the issues using proper references i.e. academic journals, articles, videos, books etc. Prioritise factors, or studies some of the considerations when analysing the issues.	20%
Employing specialised knowledge and approaches to solve problems	Students apply prior knowledge to solve current problem. And review or summarise of prior knowledge for gathering useful information. Stays strictly within the original guidelines and concepts.	20%
References, Spelling and Grammar	Students have provided appropriate references and citations using APA format throughout the paper. Proper spelling and grammar are taken into account with minimal error. Meeting word limit.	20%