



WHO WE ARE

ABOUT US

At Deeply Regional Japan®, we believe in fostering a deeper understanding of traditional Japanese culture, and promoting meaningful cultural exchange around the world. We believe in supporting regional and rural areas of Japan that are facing immense challenges from economic hardships, aging, depopulation and environmental issues. We offer cultural and eco-tours to non-mainstream destinations, sales of traditional craft items, food education classes, garden design and maintenance services, and much more. Our activities directly support local communities and individuals in regional areas of Japan and Australia, contributing to the preservation and evolution of traditions into the future.



JOIN US!

We invite you to discover the 'real' Japanese food...

...as the ordinary Japanese have traditionally enjoyed over many generations.

Our food education classes are run in Canberra and Melbourne areas, in small groups at selected venues, or privately in your own home kitchen. Classes include slide presentations, cooking demonstrations, hands-on cooking instruction and tastings (not available at some venues). Costs start from \$90/person for a 3 hour class.

Our instructor, 'Riko' Hashimoto, is a fully bilingual Japanese–Australian with over 20 years of experience in researching Japanese culture, environment and history—and an earth scientist by training—with a particular passion for healthy, environmentally sustainable food traditions.

CONTACT US

Deeply Regional Japan®

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Japanese
food
education
classes

Deeply Regional Japan®

www.deeplyregionaljapan.com



Do you love to cook Japanese and want to explore recipes beyond sushi, tempura, teriyaki and noodles?

Do you wish you could shop with confidence for good-quality Japanese ingredients and transform them into delicious food?

Do you want to discover what the Japanese really eat at home, away from restaurants and tourist areas?

Do you yearn to create excitingly different meals that are healthy and minimise food wastage?

Do you love experimenting with fermentation and want to venture beyond kefir and sauerkraut?

Discover with us the world of 'real' Japanese food—an eco-friendly 'superfood' tradition with over 15,000 years of history

OUR FOOD EDUCATION CLASSES WILL PROVIDE YOU WITH...

- *a deeper understanding of traditional Japanese food culture beyond the popular dishes;*
- *knowledge of Japanese ingredients, their health benefits, and how to use them;*
- *practical Japanese recipes, techniques and menu ideas that you can use right away at home;*
- *ideas for delicious, healthy, balanced and 'no-waste' meals;*
- *fermentation techniques you can easily use for amazing flavours and health benefits;*
- *handy tips on shopping for healthy, safe and quality Japanese food items.*



CLASSES OFFERED:

- Introduction to Japanese cuisine: background and basics
- The great fermentation traditions of Japan: miso, sake, seafood & more
- Pickling and preserving Japanese style: vegetables, fruit and more
- Vegetables, tofu and seaweed: the foundations of Japanese diet
- Brewing Japanese style: sake, amazake, fruit wines and herbal drinks
- Seafood and meat: beyond sashimi and Wagyu
- Discovering rice, noodle and mixed-grain cuisines of Japan
- Traditional Japanese desserts and snacks
- Complete Japanese meal ideas: spring/summer
- Complete Japanese meal ideas: autumn/winter
- Barbecues and party ideas with a Japanese touch

We also run customised classes to cater for your specific requirements—please ask us!

Why not a Gift Voucher for your 'foodie' family members and friends?