

## 3-Day Intensive WORKSHOP WINTER 2019

All programs are conducted in English by Elizabeth Andoh and take place in Tokyo, Japan.



### Intensive WASHOKU WORKSHOP

Winter 2019:  
Monday, February 18  
Tuesday, February 19  
Thursday, February 21

**Tuition is ¥62,000 per person. Instruction is in English. Class size is limited to 4 participants to insure the most effective learning environment.**

This is an in-depth, fast-paced, hands-on program. Each day begins at 10:30 am and finishes at 5:30 pm. Workshop participants prepare, plate and arrange, and then partake together of a nutritiously balanced, aesthetically satisfying meal each of the three days. After the kitchen sessions on Day One and Day Two we go together to nearby markets. After completing our third and final kitchen session we work on manuals for continued study. The day between kitchen sessions is spent independently (A Taste of Culture can assist you in planning this day to coordinate individual interests with our culinary curriculum).

#### Curriculum:

**WASHOKU**, literally “the harmony of food,” is a way of thinking about what we eat and how it nourishes us. The word describes both a culinary philosophy and the simple, nutritionally balanced food prepared in that spirit. In preparing our food we practice **kansha** – appreciation. Mindful of nature’s bounty, and the resourceful, hard-working people who help bring that abundance to table enables us to create handsome, wholesome meals that avoid waste, conserve energy, and preserve and sustain our natural resources.

While our curriculum delves deeply into the thinking behind kitchen practices, the emphasis is on experiential learning and skill building: mastering basic cutting and cooking techniques, and acquiring a comfortable acquaintance with a wide range of (classic Japanese) foodstuffs. Attention is paid to applying *washoku* guidelines (balancing color, flavor and preparation methods) when menu planning. Workshop participants will acquire experience in many styles of food presentation: filling segmented *bentō* boxes; organizing and orchestrating small plates on a tray *ichijū sansai* style; plating food *ōzara ryōri* style on platters for a buffet.

Abundant printed reference material, including recipes, is provided. Material is uploaded to a Drop Box folder shortly before our first session. The link to access that folder is sent to those enrolled in the course.

A Taste of Culture’s mission is to empower participants in the ways of the Japanese kitchen, providing them with basic skills and knowledge regarding traditional/classical cooking methods, equipment, ingredients, menu planning, and food presentation. By focusing on essential foodstuffs and procedures, program participants will be able to recreate authentic Japanese cuisine no matter where in the world they may be. The short intensive program provides both RESIDENTS of Japan and VISITORS to Japan with a unique opportunity to delve deeply into Japan’s culinary culture as they rapidly gain practical experience in preparing a wide range of classic Japanese fare.

**Interested in joining? Please complete the application below.**

## APPLICATION for Short Intensive Workshop

- (1) Briefly describe your goals in participating in the workshop program; include any special interests or curriculum requests you might have.
- (2) Briefly describe your previous kitchen experience (both Japanese cooking and other cuisines). Do you regularly prepare food for yourself and/or others? Describe a typical meal you might prepare when you are rushed.
- (3) What is your self-assessed language ability in Japanese? Language skills are NOT required, but when applicants have some ability to read and/or speak Japanese I try to take advantage of that to suggest additional references and activities.
- (4) Describe in detail any special dietary needs you have. Include health issues, religious or philosophic beliefs, or firmly held personal preferences that might affect your food choices.

Please answer the questions above and send your reply as an e-mail message to:  
[ANDOH@TASTEofCULTURE.com](mailto:ANDOH@TASTEofCULTURE.com)

Be sure to include the following information in your message:

**Your (full, complete) NAME**

**Your E-MAIL address for correspondence**

**Your E-MAIL address for billing (through Pay Pal)**

**Your PHONE CONTACT (include area codes & extension numbers)**

Visitors to Japan: What is the date of your scheduled arrival in Tokyo?

Please include your home country contact information in addition to a phone contact while you are traveling.



I look forward to cooking with you in my Tokyo kitchen...

*Elizabeth Andoh*

Elizabeth Andoh  
A Taste of Culture  
Tokyo, JAPAN

[TASTEofCULTURE.com](http://TASTEofCULTURE.com)  
[KANSHAcoking.com](http://KANSHAcoking.com)  
[WASHOKUcoking.com](http://WASHOKUcoking.com)  
[FACEBOOK](#)  
[CRAFTSY](#)



**GENERAL CANCELLATION POLICY:**

Should A Taste of Culture need to cancel any or all segments of a program, every effort will be made to re-schedule sessions at a mutually convenient time. If not possible, a full refund will be made promptly for sessions canceled by A Taste of Culture.

Tuition fees are non-refundable. If an individual or group is unable to attend A Taste of Culture program for which they have already enrolled, that person or group may designate a substitute for him/her/them. No additional fees are charged to the participant (substitute attendee). Any financial arrangements made between the original participant and his/her/their substitute is at the discretion of the original person. All requests to have a substitute attend a program, however, must be received by phone, fax, or e-mail at least 24 hours prior to the scheduled class meeting. When making such a request, please provide the full name and (local, Tokyo) contact phone, e-mail and/or fax number of each person who will be taking the place of those originally enrolled. And note if the person/people who will be participating have any dietary restrictions.

**LIMITATIONS on LIABILITY:**

Every possible precaution is taken to ensure your personal safety and the safety of those in your group. However, registration for, and attendance at, all programs is subject to the following condition: the director and staff of A TASTE OF CULTURE, are released from, and specifically disclaim, all responsibilities for injuries or illness incurred traveling to and from sessions, during sessions, or resulting from food prepared at, or according to recipes distributed during, cooking & tasting sessions, market tours or other field trips, including restaurant meals.

Should A Taste of Culture be prevented from performing its duties by reason of Force Majeure (including but not limited to war or natural disaster, such as earthquake) A Taste of Culture is released from its obligations.

**NOTE:**

Tuition fees for cooking workshops, market tours and other field trips conducted by A Taste of Culture do NOT INCLUDE food & beverage not specifically mentioned in the program description. Tuition does NOT include the cost of local transportation. Any purchases made by participants during class, market tours or field trips are at the discretion of each participant. Participants in all programs are responsible for making arrangements for, and making payment for, their airfare, lodgings, and transportation to/from/within Japan. Participants are also responsible for obtaining and paying for any travel/trip/health insurance coverage they would like to have.