

EATING in JAPAN



The Most Common Japanese Food Items:

TONKATSU – Deep fried pork cutlet. A very tasty dish that appeals to the Western palate. Great when served with Japanese-style curry.

TEMPURA – Vegetables and fish lightly battered and deep fried. One of the most famous of all Japanese dishes.

SOBA and UDON – Japanese-style noodles. Soba are thin noodles made from buckwheat flour, while Udon are thick, fat noodles made from wheat flour. They are served either cold or hot in Japanese broth or fried, more commonly known as **yakisoba**.

YAKITORI – Pieces of chicken or pork skewered on bamboo sticks and cooked over charcoal, then dipped into a special sauce. Perfect as a snack or as an accompaniment with beer.

OKONOMIYAKI- A thick pancake-like dish made of a delicious mixture of batter, vegetables and small pieces of meat or fish. Tables in Okonomiyaki restaurants have built-in griddle allowing customers have the fun of cooking this dish by themselves.

DONBURI – Rice topped with meat or vegetables. Convenient and best option for people on a tight budget.

SUKIYAKI – Thinly sliced beef and vegetables sautéed in a hot sukiyaki pan. A soup base broth is then added. Almost always, the cooking is done entirely by the customers to suit their own tastes. Since beef is quite expensive in Japan, sukiyaki tends to be fairly expensive.

SHABU SHABU — Another dish cooked by the customers at their table. Thin strips of beef and vegetables are quickly cooked in a pot of boiling broth, which is clear and slightly seasoned, then dipped in soy sauce.

SUSHI – Small bite-sized balls or rolls of cold rice, flavored with vinegar, and topped with raw or cooked fish. This is probably the most popular food among the Japanese. Sushi actually refers to the style of the food, not the contents, and does not necessarily mean raw fish.

BENTO or O-BENTO – Boxed lunch sets. They are regularly sold at convenience and grocery stores. Special bento meals (**ekiben**) are sold at station platforms for long-distance travelers. They come in a great variety, but usually include rice and an assortment of pre-cooked meat, fish, vegetables, and pickles. They are sold and eaten cold, thus making it a convenient meal for people on-the-go.

YAKINIKU – Korean-style barbecue dish. Marinated, thinly-sliced meat and seafood are cooked by customers over a grill custom-fitted in restaurant tables. Once cooked, meat are dipped in a thick soy sauce. Plates of meat and vegetables are ordered a la carte (separately). Yakiniku are best eaten with cold side dishes, such as kimchee (spicy hot Korean cabbage) and namuru (marinated vegetables). May be eaten with or without rice.

Handy Japanese Words and Phrases

Pronounce all syllables with equal stress. Consonants are generally sounded as in English. Vowels are pronounced as follows:

<u>a</u>	– as the <u>a</u> in <u>fa</u> ther
<u>i</u>	– as the <u>i</u> in <u>he</u>
<u>u</u>	– as the <u>o</u> in <u>to</u>
<u>e</u>	– as the <u>e</u> in <u>bet</u>
<u>o</u>	– as the word <u>owe</u>

A. Useful vocabularies:

Check-----	okaikai	drinking water-----	mizu
Chopsticks-----	hashi	black tea-----	ko-cha
meal ticket-----	shokken	coffee-----	ko-hi
salt-----	shio	coke-----	ko-ra
pepper-----	ko-sho	beer-----	bi-ru
soy sauce-----	sho-yu	sake-----	(O) sake*
spoon-----	su-pun	sauce-----	so-su
knife-----	naifu	plate-----	sara
fork-----	ho-ku	napkin-----	napu-kin
hand towel-----	o-shibori	menu-----	me-nyu
toothpicks-----	yo-ji	rest room-----	otearai or toire
Japanese room----	zashiki	yes-----	hai
Japanese tea-----	o-cha	no-----	ii-e

*Some Japanese words may be preceded by the honorific, or more polite “O”

B. Useful Phrases

1. How much is _____?
_____ **wa ikura desu ka ?**
2. How much is it?
Ikura desu ka?
3. Please give me _____?
_____ **kudasai.**
4. Where is _____?
_____ **wa doko desu ka?**
5. Do you have _____?
_____ **wa arimasuka ?**
6. I don't understand.
Wakarimasen.
7. This is very delicious.
Kore wa totemo oishii desu.
8. What is this called?
Kore wa nan desu ka?
9. Thank you for this meal (said before eating).
Itadakimasu.
10. Thanks for a good meal (said after eating).
Gochiso-sama deshita.



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All information is subject to change without notice. If you observe any information which needs updating, please call the Information and Referral Desk of the Fleet and Family Support Center, Fleet Activities Yokosuka, Japan at 243-6716 or 243-3372. Thank you.