

# Japanese Cuisine is About to Take its Place on the World Stage

New courses from April 2021

**Japanese Cooking Course** [ 1-year program ]

**Japanese Culinary Arts and  
Business Course** [ 2-year program ]



Tsuji Culinary Institute

**Summer Festival**  
A summer festival fashion for  
Kamo eggplant  
The scent of shiso and miso.

This is one of the dishes created by the entire Tsujicho Group to serve at the Leaders' Dinner at the G20 Osaka Summit. It contains no animal products whatsoever, making it suitable for a range of beliefs and values, including vegans and Muslims.

With the help of :  
Mr. Yoshihiro Narisawa  
Owner-Chef, Narisawa

This unique course  
will show the way  
for Japanese cooking  
to become a  
world standard.

A time when people around the  
world can become our customers

The development of the internet and social media means that we can interact with people in real time anywhere in the world. As more and more overseas visitors come to Japan, the rest of the world is becoming closer and closer to our lives.

If we turn our eyes to the field of food, we see that in addition to Japanese chefs who have trained overseas and recreate those countries' cuisines back home, there are more and more foreign-born chefs who come to live in Japan and offer their own country's cooking. Today, we consider it perfectly normal that we can enjoy authentic dishes from around the world while never leaving Japan.

On the other hand, following Japanese cooking's registration as a World Heritage, more and more Japanese restaurants are opening up overseas. And more and more foreign visitors are visiting Japanese restaurants in Japan. Today, words like "sushi" and "tempura" are known around the world. In this modern world of ours, those whose ambition is to walk the path of Japanese cooking need to be aware that their future customers could come from anywhere in the world.



Temari ball

Wild yam and lotus root mochi  
with colorful vegetables  
Warehouse-aged Rishiri kombu  
and vegetable soup

The new possibilities of Japanese cooking as demonstrated at the G20 Osaka Summit

However, for Japanese cooking to be accepted by the world in a real sense, we need more change and creativity. This also means that there is still room in Japanese cooking for development.

The G20 Osaka Summit was held in June 2019. Leaders from 37 nations and organizations came to Japan. The Tsujicho Group took the lead in arranging an evening banquet for these leaders to offer them some Japanese cooking. The biggest issue was coping with their diverse values and religions. There were vegetarians, who do not eat meat or fish; vegans, who are complete vegetarians in that they do not consume any animal products, including milk; Muslims who must have halal food; and also gluten-free people who avoid foods with gluten due to allergies or other health reasons. We managed to prepare seven separate meals that met all these restrictions and preferences. Using a range of ingredients from the rich natural environment of Japan, we prepared them in thoroughly modern ways to convert Japanese cooking into an exotic culture they could accept, providing dishes of a global standard that could satisfy our overseas VIPs. And we gained confidence. Our ideas and

creativity meant Japanese cooking could provide happiness to people around the world. Through this heads of state banquet, we have felt once again how great the potential is for Japanese cooking.

These new courses specialize in Japanese cooking but with an eye to the whole world, allowing students to deepen their learning

We train people who can further expand the possibilities of Japanese cooking and spread them to the world. We believe that this is the responsibility of the Tsujicho Group.

In April 2021, two new courses in Japanese cooking will be offered at Tsuji Culinary Institute. One is “Japanese Cooking Course,” which emphasizes mastering the basic skills and knowledge of Japanese cooking, training people who can handle specialized dishes such as sushi and tempura, and can be an immediate asset to any kitchen. The other course is “Japanese Culinary Arts and Business Course,” which trains people over the only two-year curriculum in the world that specializes in Japanese cooking, letting them develop high level skills and a knowledge of Japanese cooking into their own ability to create, helping them play active roles in or even run restaurants overseas. A new history for Japanese cooking begins here.



The theme of the dishes presented at the Leaders’ Dinner was “Integration of Sustainability and Gastronomy.”



Forest Scenery : Charcoal-Grilled Beets Accompanied by rice cooked with Taiko gobo ( burdock root ) and maitake mushroom.



Tea Sweets

In April 2021, two new courses will start at Tsuji Culinary Institute.

[ Year One ]

[ Year Two ]

Japanese Cooking Course

Graduation

Japanese Culinary Arts and Business Course

Graduation

Master the ability to deal with matters immediately through the Daily Practical Training and the Sushi & Tempura Practical Training, two effectively connected practical training sessions.

Through a curriculum based around practical training, students will master the basic skills and knowledge required for Japanese cooking, and then by extension develop the abilities to handle specialist cooking—sushi and tempura—with the goal of being able to put their learning into practice immediately.

Students will be imbued with a global perspective, creative thinking, and business abilities.

The skills and knowledge learned in the first year will be further enhanced, developing the ability to not just recreate dishes, but to create them. In addition, students will come to see things from a global perspective, and fully master the knowledge of opening and running a business.

※The food photos on pages 2 and 3 are some of the dishes presented at the Leaders’ Dinner at the G20 Osaka Summit 2019.

Master the ability to deal with matters immediately through the Daily Practical Training and the Sushi & Tempura Practical training, two practical training sessions that are linked for full effect.

Fostering the practical abilities that allow someone to hit the ground running in a company.



Daily practical training, which means there are no days without practical training, is one of the features of the Japanese Cooking course. After learning the knowledge that underpins deliciousness in the Theory of Japanese Cooking class, this will be reinforced through daily practical lessons in creating Japanese cooking. Moreover, in group practical training, students will come up with their own division of roles and time allocations, working together as a team. Daily repetitions of practical experiences that replicate a professional environment will foster people with the ability to hit the ground running.



Master the basic skills ( techniques and knowledge ) of Japanese cooking.



Fully master the basic skills through an emphasis on practical training. Confirming points using video teaching materials, skills and the knowledge that underpins them, as well as practical training based on thorough prior study, will be used to increase levels of understanding naturally. In addition, there will be individual practical training, where basic techniques are practiced again and again, and flipped teaching, where classes are based on checking differences, including detailed movements, with video teaching materials studied ahead of time in order to polish skills.

Become able to prepare specialist dishes



Two of Japan's best-known foods, famous the world over, are sushi and tempura. To train people who can also prepare these specialist dishes, instructors with experience working at sushi or tempura restaurants will provide both specialist practical training in sushi-making and practical training that emphasizes acquiring the techniques to fry tempura. Students will deepen their mastery of the knowledge that forms the background to Japanese cooking, and build up a foundation that allows them to spread Japanese cooking to the world.

Distinctive learning

## Theory of Japanese Cooking

"Why do you cook it at this heat?" "Why in this order?" This class aims to deepen students' understanding of the "whys" of Japanese cooking. There are basics and whys in the wonderful techniques that have been passed down as the most appropriate for generations, and which form the principles for good cooking. Students will get a good understanding of the ingredients, including their characteristics. When tasting their completed dishes, students will be able to confirm these characteristics and flavors via their own eyes and tongues. After learning the theory behind the principles of cooking techniques, students will be able to retain the knowledge they have learned by trying their own hand during the practical training, enhancing their adaptability in a way that will help them throughout their lives.



## We foster the abilities to think and make yourself through a curriculum centered around the linked daily practical training.

The timetable for the Japanese Cooking course is one that has practical training every day. Students learn cooking methods and ingredients in individual practical training, then, the following day, they work on preparing dishes using these same methods and ingredients in the group practical training. Thus the daily practical trainings are linked according to theme. In addition, instruction where students watch teachers demonstrating to learn how to cook are done through the practical training demonstrations, and the plan schedule for practical training is also prepared by the students themselves, so they can concentrate on thinking and making themselves. These very pure practical training-style lessons cover 74% of the entire compulsory curriculum. By thinking about and making Japanese dishes by themselves, students tackle Japanese food through an intensive one-year course, developing the ability to hit the ground running in a professional environment.



### Weekly Curriculum (example)

### Each class operates in connection with the daily practical training.

What is learnt each day is developed in concert, deepening understanding and improving skills.

	MON	TUE	WED	THU	FRI
1st Period	Practical Training in Japanese Cooking (Individual Practical Training)	Practical Training in Japanese Cooking (Group Practical Training)	Career Design	Sushi Practical Training	Sushi Practical Training
2nd Period			Restaurant HACCP		
3rd Period	Theory of Japanese Cooking	Practical Training in Japanese Cooking (Group Practical Training)	Practical Training in Japanese Cooking (Individual Practical Training)	Sushi Practical Training	Outline of Japanese Food Culture
4th Period					

※ Hamo (pike conger): When used as soup, sashimi, or grilled

#### Individual Practical Training

Each student will improve their skills, from how to fillet, removing bones, and creating sashimi under the instruction of a teacher.

#### Group Practical Training

Based on the skills learnt in the individual practical training, students will separate into different roles and complete four to five hamo dishes as a group.

#### Theory of Japanese Cooking

Students will expand their knowledge by learning about cooking methods, characteristics of the ingredients, and how to judge them.

※ For sushi

#### Individual Practical Training

Each student will improve their skills of filleting and slicing fish under the instruction of a teacher.

#### Sushi Practical Training

Students can learn about different types of sushi over two linked days. Example: Fillet the fish → Season it with salt and vinegar → Slice it → Mold it → Serve it

#### Outline of Japanese Food Culture

Students will expand their knowledge by learning about the history of food, the types of tableware used, and how to plate food.

### ◆ Steps in practical training classes to effectively master skills (flipped teaching)

Watch a video ahead of time and check the various points to increase awareness. Students can offer opinions among each other while putting learning into practice to draw out areas to improve, making the practical training a chance for even deeper learning.



Check the video!

**1** Watch the videos ahead of time, at home for example. Check the points shown, and write them down on paper.



**2** Students put theory into practice while pointing out issues among each other. Write down what you could and could not do.



**3** The teacher will show an example. Reconfirm the points and discover what you had not noticed in the previous step.



**4** More individual practical work. Put into practice what you were told about and what you discovered through reflection to deepen your learning.

### ◆ Individual Practical Training

The Japanese Cooking Practical Training classes are divided into individual and group training. In individual practical training, students are taught about the five basic cooking techniques of slicing, grilling, boiling, steaming, and frying, repeating them over and over. For example, just in slicing alone, students learn how to sheet-cut (katsuramuki) daikon radishes using a thin-bladed knife, fillet fish with a fish knife (deba-bocho), and so on, learning the different knives that are used and studying them repeatedly for each different theme to increase their mastery. In this way, each person's skills are improved. Assessment exams are carried out regularly to check mastery. The aim is for everyone to pass these exams, so there are also opportunities for individual instruction to cope with any areas the student may be struggling with.

### ◆ Group Practical Training

Group practical training is about drawing on the techniques learned in individual practical training and cooperating as a group to tackle the posted menus, while cultivating the applied and practical skills that can be used in a professional setting. At preliminary meetings, a process schedule is created for each group that summarizes the time schedule before completion and the division of roles. For example, in the case of a menu where multiple dishes need to be completed at the same time, such as for a Shokado bento lunch box, it is important that completion timing be synchronized so that all dishes can be eaten at their best, with hot dishes hot and cold dishes cold. Students will create a plan based on this, and carry it out working together, being aware of teamwork during the actual work. There will be failures at times, but these will be discussed at the meetings afterwards and utilized in the next step.

Students will be imbued with a global perspective, creative thinking, and business abilities.

## Have a global perspective.



As Japan readies itself to host the Olympics and the World Expo, we must urgently deal with the increasing diversity of customers, including those requiring halal food, vegan food, or gluten-free food for reasons of religion, philosophy, belief, or preference. In addition, cooks from around the world are joining forces to help the international community work towards realizing the United Nation's Sustainable Development Goals (SDGs). Study in this course is based on the assumption that the students will take their place on the international stage. As a result, this course incorporates global perspectives, such as the development of English-language education for cooks, and turning our experiences from the G20 Osaka Summit Leaders' Dinner into part of the curriculum.



## Create Japanese food that can be enjoyed around the world.



While deepening understanding of cooking techniques, students will learn about how to approach menu creation, and gain the knowledge to scientifically analyze tastes and cooking methods. They will also learn about shojin-ryori, traditional Buddhist cuisine, that can be served to vegetarians. Finally, students will tackle their own original recipes to show what they have learned. They will master the ability to create their own Japanese cooking that can be enjoyed around the world.

## Master knowledge of management and entrepreneurship.



Students will learn broadly about the food business, including the restaurant industry and strategies for managing restaurants. In addition, they will learn about entrepreneurship expertise such as business plans for opening a business. Students will be able to master the basic knowledge for opening their own places and going independent in the future.

### Distinctive learning

#### Outline of Food Environment Management

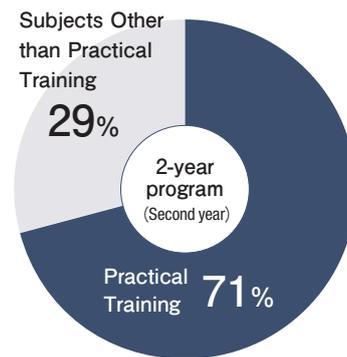
One major feature of this course is that students will learn about a range of issues from around the world related to food, realizing if there is something they could do. In Outline of Food Environment Management, students learn about the international issues and related knowledge behind things like G-GAP (the agricultural international standard) and MSC Certification (eco labels for sea products). Students will consider issues from familiar themes, using case studies from restaurants and ingredients they handle normally. In addition, there will also be opportunities to learn about different ways people around the world consider food, such as halal, vegetarian, or vegan restrictions. They will learn the international sensibilities required to become people who can create and spread Japanese food that can be enjoyed around the world.

#### HACCP

HACCP is a process management system that analyzes harmful factors in each process, from the receipt of raw materials to the final product, and continuously monitors and records particularly important processes that help with preventing harm. This has been mandated as Japan prepares to host the 2020 Tokyo Olympics. In this class, students will learn the practical knowledge and ability to respond to the introduction of HACCP based on an actual restaurant.

## Building on practical training taken over two years, students will learn a wide variety of cooking, including shojin-ryori.

The curriculum for the first year is essentially the same as for the Japanese Cooking course, with practical training being the core and students learning skills and knowledge specialized for Japanese cooking. In the second year, they reinforce these in more practical training while building on them, developing the ability to coordinate overall composition rather than merely recreating dishes. In addition, students will learn a wide range of topics, including traditional Japanese culture as it relates to food, the expertise needed to open and run a restaurant, the scientific reasons why things taste nice, and food-related issues faced by the world. We will train people with a multifaceted, global perspective who have a sense of management, and can spread Japanese cooking throughout Japan and the world.



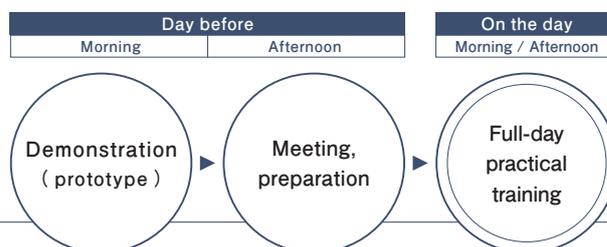
### Weekly Curriculum (example)

First year	MON	TUE	WED	THU	FRI
1st Period	Practical Training in Japanese Cooking (Individual Practical Training)	Theory of Japanese Cooking	Restaurant HACCP	Practical Training in Japanese Cooking (Individual Practical Training)	Sushi Practical Training
2nd Period			English Communication I		
3rd Period	Outline of Japanese Food Culture	Practical Training in Japanese Cooking (Individual Practical Training)	Practical Training in Japanese Cooking (Individual Practical Training)	Outline of Food Business	Theory of Japanese Cooking
4th Period					

Second year	MON	TUE	WED	THU	FRI
1st Period	English Communication II	Practical Training in Japanese Cooking II (Group Training)	Practical Training in Japanese Cooking II (Group Training)	Practical Training in Japanese Cooking II (Individual Training)	Outline of Food Environment Management
2nd Period	Career Design				
3rd Period	Theory of Japanese Cooking II	Practical Training in Japanese Cooking II (Group Training)	Practical Training in Japanese Cooking II (Group Training)	Outline of Japanese Food Culture II	
4th Period					

### “Full-day practical training” where an entire day is dedicated to cooking

In the second half of the second year, we will have full-day practical training where the whole day is used to prepare dishes. The day before, an original recipe is demonstrated. Each group meets and prepares for the day-long practical training the following day. On that day, the completed dishes are presented as if they were being offered to customers, recreating what an actual workplace would be like.



### Outline of Food Business

Outline of Food Business is a subject to allow students to detect trends in the restaurant industry and master knowledge of management that will lead to restaurants being successful. After deepening their understanding of the overall image of the restaurant business, students will learn restaurant management from a range of perspectives, including restaurant concepts, restaurant management and money, location and real estate, dealing with customers and management, and customer psychology and restaurant management. They will also learn management strategies, based on case studies from real restaurants. Finally, they will prepare their own restaurant plans and menu books. This course fosters a management-based perspective while still learning the knowledge and practical skills for the food business.

### Entrepreneurship Expertise

In the Outline of Food Environment Management class, students will expand their perspectives to agriculture, fisheries, tourism and other regional industries, learning the social role of a restaurant and the meaning of opening one. Experts currently active in fields such as financial institutions that provide support to opening restaurants with a social nature will serve as instructors, and be available to consult on specific plans for opening restaurants.



You'll be able to make all these in just one year ( some of the practical training menu items )



### First Semester

Be carefully taught the basic individual techniques of Japanese cooking.

1 Wanmono ( soup in bowl ) → Tsukuri ( sashimi course ) → 2 Yakimono ( grilled course ) → 3 Nimono ( boiled course ) → 4 Agemono ( fried course ) → Aemono ( dressed salads ) → 5 Mushimono ( steamed course ) → 6 Rice

### Second Semester

Tackle sushi and authentic full-course dishes such as kaiseki themed around seasonal ingredients.

7 Seasonal dish ( suzuki/perch ) → 8 Seasonal dish ( hamo/pike conger ) → 9 Sushi → Confectionary → 10 Kaiseki cooking

# tsuji

料理のチカラを学びとる

## Tsuji Culinary Institute

3-16-11, Matsuzaki-cho, Abeno-ku, Osaka-city, Osaka, 545-0053  
☎ 0120-24-2418

New courses from April 2021!

**Japanese Culinary Arts and Business Course**

2-year program

New courses from April 2021!

**Japanese Cooking Course**

1-year program

**Advanced Culinary Arts and Management Course**

3-year program

**Culinary Arts and Management Course**

2-year program

**Regular Chef Course**

1-year program

General Admissions Information Office Tsujicho Group

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Tsujicho Group website

<https://www.tsuji.ac.jp>

Global site ( multilingual site )

<https://www.tsuji.ac.jp/en/>

English

简体中文

繁體中文

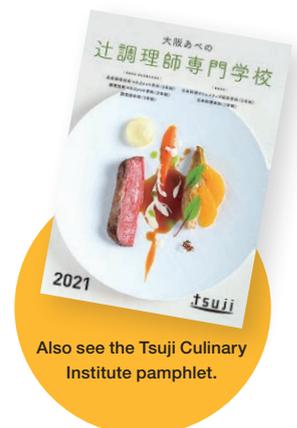
한국어

#### About qualifications

Merely completing the Japanese Cooking course or the Japanese Culinary Arts and Business course does not allow you to obtain a chef's license without sitting the exam. You must work at least two years in a restaurant to be eligible to take the exam.

#### Please Note

The Tsujicho Group is a school group based around the Tsuji Culinary Institute in Abeno-ku, Osaka, as well as Tokyo and France. Please be aware that we have no connections whatsoever with Sanko Gakuen's Tsuji Academy Technical Colleges in Osaka and Nagoya.



Also see the Tsuji Culinary Institute pamphlet.