

	Class title	Key items to learn	Details
Day 1	Dashi and Japanese Seasonings	<ol style="list-style-type: none"> <li>1) Dashi ingredients and proper Japanese broth</li> <li>2) Japanese condiments and seasonings</li> <li>3) Proper dashi proportions for sauce and soup</li> <li>4) Tsukeji (marinating technique)</li> </ol>	<ol style="list-style-type: none"> <li>1) Dashi ingredients and proper Japanese broth Detailed instruction regarding dashi and the different types of different Japanese broth, such as kelp, dried bonito, dried mushrooms and shojin (vegetable). Detailed instruction on how to make three main dashis (kelp broth, ichiban-dashi, and niban-dashi), and as well as distinguishing between different types and quality of kelp and dried bonito and their various usages.</li> <li>2) Japanese condiments and seasonings Detailed instruction on key Japanese condiments and seasonings for flavoring dashi, such as soy sauce, mirin, salt, sugar and various types of the same, and their appropriate usage. Students will learn how to add flavor in dashi.</li> <li>3) Proper dashi proportions for use in light sauce and soup The base of Japanese flavors consist of a combination of dashi and key seasoning ingredients such as soy sauce and mirin. In this class, you will learn appropriate dashi proportions for making sauce and soup, and how to use each for different dishes.</li> <li>4) Tsukeji (marinating technique) Marinating ingredients in dashi or seasonings is an important step in preparing Japanese cooking to add flavor in ingredients. The instructor will show popular marinating techniques and appropriate proportions for dashi and seasonings depending on the ingredients and their usage.</li> </ol>
Day 2	Miso	<ol style="list-style-type: none"> <li>1) Introduction to Miso</li> <li>2) Miso Sauce</li> <li>3) Miso marinated dishes</li> </ol>	<ol style="list-style-type: none"> <li>1) Introduction to Miso Instruction and demonstration on miso basics. Students will learn how to make miso from its base ingredients, history of miso, and elements that make miso the basis of many Japanese dishes. The class will focus on four major types of miso used in Japanese dishes (rice miso, wheat miso, soy miso and combination miso).</li> <li>2) Miso Dressing/Sauce This session will focus on making popular miso based sauce. The instructor will teach how to make base miso paste, then will instruct how to create variety of miso sauce such as sesame miso sauce and yuzu miso sauce using the base miso paste.</li> <li>3) Miso Marinated Dishes This session will focus on major techniques for marinating various ingredients with miso.</li> </ol>
Day 3	Tofu	<ol style="list-style-type: none"> <li>1) Introduction to Tofu</li> <li>2) How to make Tofu</li> <li>3) Tofu dishes</li> </ol>	<ol style="list-style-type: none"> <li>1) Introduction to Tofu The instructor will provide detailed instructions on the two kinds of traditional Japanese tofu (kinugoshi-tofu and momen-tofu) and the various soy beans it is made from. These two traditional tofus form the basis for making various kinds of tofu, and are essential for tofu makers to master in order to have a deeper understanding of their tofu based dishes.</li> <li>2) How to make Tofu The chef will demonstrate how to make tofu from soy milk.</li> <li>3) Tofu dishes Instruction and demonstration of cooking two tofu dishes: (1) Deep fried tofu with unami soup, (2) Sesame tofu</li> </ol>
Day 4	Sashimi	<ol style="list-style-type: none"> <li>1) Fish preparation techniques and Japanese knife skills</li> <li>2) Sashimi techniques</li> <li>3) Fish dishes</li> </ol>	<ol style="list-style-type: none"> <li>1) Fish preparation techniques and Japanese knife skills Fish is one of the major ingredients in Japanese cuisine. Acquisition of fish preparation skills will be an important foundation of Japanese cooking skills. a) Instruction on Japanese fish preparation and filleting techniques. The instructor will teach three representative fish filleting methods: filleting by hand, and filleting by knife into traditional two and three pieces.</li> <li>2) Japanese knife skill for sashimi Students will learn four fundamental techniques of sashimi cutting as well as sashimi garnish and its presentation.</li> <li>3) Cooking instruction on fish dishes such as Marinated Sardine in Sweet Vinegar and Simmered Rockfish.</li> </ol>
Day 5	Deep Fried Dish	<ol style="list-style-type: none"> <li>1) Introduction to popular deep fried dishes</li> <li>2) Tempura</li> <li>3) Deep fried dishes</li> </ol>	<p>The instructor will introduce five popular deep fried dishes (tempura, karaage, fri, okakiage and suage). Detailed instruction will be given through a demonstration of proper ingredient preparation, how to make batter, and appropriate frying techniques for different ingredients.</p> <ol style="list-style-type: none"> <li>2) Detail instruction on how to make tempura will be given. During the session, instructor will also teach how to make tentsuyu (tempura dipping sauce) and the base sauce for ten-don (tempura rice bowl).</li> <li>3) Cooking instruction on karaage and okakiage will be given.</li> </ol>

