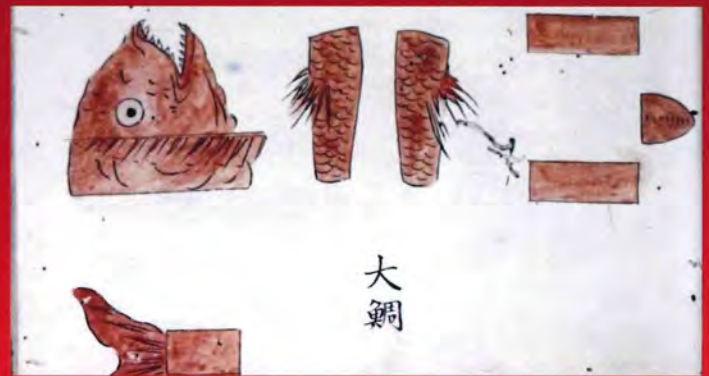
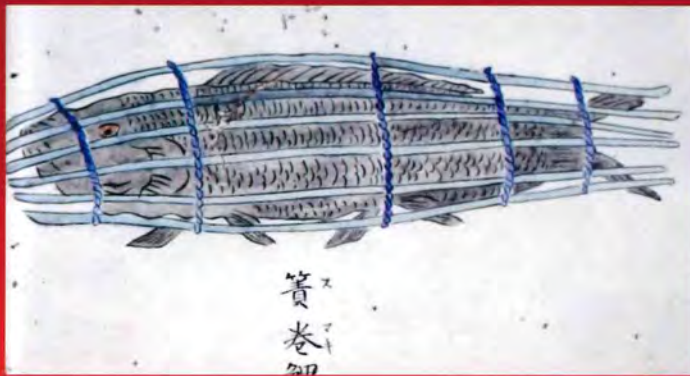


# Overview

Much to the pride and joy of the Japanese people, in December 2013, Washoku the traditional cuisine of the land was added to UNESCO's Intangible Cultural Heritage list. Washoku, to quote UNESCO, is a social practice based on a set of culinary skills, knowledge, practice and traditions related to the production, processing, preparation and consumption of food. It is associated with an essential spirit of respect for nature that is closely related to the sustainable use of natural resources. The basic knowledge and the social and cultural characteristics associated with Washoku are typically seen during New Year celebrations. Japanese people make various preparations to welcome the deities of the incoming year, pounding rice cakes and preparing special meals and beautifully decorated dishes using fresh ingredients, each of which has a symbolic meaning. These dishes are served on special tableware and shared by family members or collectively among communities. The practice favours the consumption of various natural, locally sourced ingredients such as rice, fish, vegetables and edible wild plants. The basic knowledge and skills related to Washoku, such as the proper seasoning of home cooking, are passed down in the home at shared mealtimes. Grassroots groups, teachers and cooking instructors also play a role in transmitting the knowledge and skills by means of formal and non-formal education or through practice. However, the historical guardian of Washoku has been the House of Shijo-Tsukasa.



## 神饌（日本料理の起源）

奈良県桜井市の談山神社拜殿に供えられる神饌  
米や木の実を使い「百味の御食」と呼ばれる

**Shinsen** (Food and Wine Offered to the Gods --- considered the origin of Japanese Cuisine)  
Rice and nuts offered to the Gods on the altar of the Tanzan Shrine at Sakurai-shi, Nara was called "Divine Foods of Sundry Tastes."