

When you hear the phrase 'Japanese food', what probably pops into your head is the image of Sushi, Tempura, and perhaps Yakitori . However, apart from these traditional dishes, modern Japan now boasts an abundance of alternatives, and the environment surrounding food has also changed. The rich variety in modern home cooking, restaurant, and takeaway food is truly astounding.

'Gourmet' can refer to a person of discriminating taste and the inclination to pursue excellent food, and of course to haute cuisine, but in Japan there are a large number of 'gourmet' TV programs and 'gourmet' magazines. The 'gourmet' that Japanese people speak of is often not in reference to high-class cuisine, but average, affordable daily food, such as Ramen and set menu meals which are as popular as they are tasty.

So how do modern Japanese people perceive and enjoy their food? This issue's 'I feature' explores the continuing evolution of the Japanese relationship with food.

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