



Umami lecture for Chef Vredenburg

On Tuesday, July 13th, 2010, a private workshop for chef Vredenburg and his wife Saskia, a management consultant, was held by the Umami Information Center with special support by Chef Kimio Nonaga and his restaurant Nihonbashi Yukari.

Hearing about an umami workshop for Dutch chefs in March 2009, Mr. Vredenburg contacted the UIC this spring. (http://www.umamiinfo.com/the_news/news/umami_workshop_for_the_chefs_and_the_food_related_delegation_from_holland/) and UIC set up a small sized workshop.

The first part of the workshop was a presentation of basic information on umami. Ms. Ninomiya talked about the story behind the discovery of umami, umami as one of the basic tastes, umami-rich ingredients, as well as umami scientific updates. Since the word of umami is Japanese, the concept is often elusive for non-Japanese people. However, Chef Vredenburg clearly recognized what is umami through the lecture and tasting of cherry tomatoes and two kinds of Gouda cheese. After the workshop we moved to the restaurant Nihonbashi YUKARI where we met the third generation owner Kimio Nonaga and his wife. Mr. Nonaga's arranged a presentation on Japanese dashi ingredients such as kombu, bonito flakes and miso. He did an easy to understand demonstration on dashi making, which helped chef Vredenburg to grasp the basics of how to make dashi and its importance in Japanese cuisine. Chef Kimio Nonaga generously shared his expertise in the tasting and demonstration.



Ms. Ninomiya's lecture



Umami rich food,
(from top left to bottom right, miso,
tomato, cheese, dried sardines,
dried bonito flakes and kombu)



The third part of the presentation featured the special characteristics of Japanese cuisine lunch box that was served to all participants. It had a gorgeous taste.

Chef Vredenburg commented that the whole workshop was very informative and fruitful. On the first day of his stay in Japan, he surely added “umami” to his vocabulary .

The Umami Information Center arranges various umami workshops for chefs and food journalist who visit Tokyo. For further information, please contact Mio Kuriwaki (Ms.), chief secretariat of the UIC at info@umamiinfo.com



Special lunch box

=Sho-ka-do Bento Box



In front of Restaurant Yukari