



## Umami Summit in London:

Creating healthy umami dishes

Enhancing low fat/low oil content dishes with umami

2008 was the centennial anniversary of the discovery of umami. Umami was first discovered by Prof. Kikunae Ikeda in 1908. He found that glutamate, an amino acid, was the key taste element in kombu (kelp) broth, and was a basic taste along with sweet, sour, salty, and bitter. His discovery contributed to the evolution of dietary culture in Japan, as well as significant changes in world food industries. The healthy concepts and good use of umami upon which Japanese cuisine is based have caught the attention of many of the world's top chefs, culinary experts and journalists in recent years.

Throughout 2008, the Umami Information Center organized symposia, workshops and seminars to celebrate the hundredth anniversary of umami in San Francisco, New York and Kyoto. The Umami Summit in London will be another workshop celebrating this centenary. The purpose of the workshop is to educate London-based chefs, culinary experts, journalists, and other interested parties on umami, and to provide some new ideas about how umami can be used to benefit a wide range of dishes. Original umami dishes will be demonstrated by Japanese chefs, using ingredients locally available in London. The key message of the workshop is the promotion of healthy dishes, rich in umami.

The workshop will also celebrate the release of "DASHI & UMAMI: The Heart of Japanese Cuisine", scheduled to be published by Cross Media Ltd. in February 2009.

Date	Saturday, March 7, 2009
Organizer	Non Profit Organization Umami Information Center
Chefs	Yoshihiro Murata, Kikunoi, Kyoto Takashi Tamura, Tsukiji Tamura, Tokyo Kunio Tokuoka, Kyoto Kitcho Arashiyama, Kyoto Yoshihiro Takahashi, Hyotei, Kyoto
Audience	Maximum of 60 chefs, culinary experts, journalists.

#### Tentative Programme

13:00 Keynote speech: Dashi and umami in Japanese cuisine (including demonstration)  
Yoshihiro Murata, Kikunoi, Kyoto

14:10 Original umami dishes by four Japanese chefs  
Demonstration and tasting session : dishes using local London ingredients  
Takashi Tamura, Tsukiji Tamura, Tokyo  
Kunio Tokuoka, Kyoto Kitcho Arashiyama, Kyoto  
Yoshihiro Takahashi, Hyotei, Kyoto

16:00 Break

16:20 Panel discussion  
Panelists: Yoshihiro Murata, Takashi Tamura, Kunio Tokuoka, Yoshihiro Takahashi  
Chair: Stefan Gates

18:00 Close