

**INTERNATIONAL AND HISTORICAL JAPANESE FOOD.**

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**Abstract:** This paper explores the Japanese international and Historical food. Japanese cuisine is one of the most exquisite and respected in the world, and renowned for its attention to detail, aesthetics, and umami flavors. Japanese cuisine has a long and rich history that reflects the country's geography, climate, and cultural influences. It has evolved over centuries through the introduction of new ingredients, cooking techniques, and foreign influences, resulting in the refined and diverse cuisine Japan is known for today.

**Keywords:** Sushi, Udon, Ramen, Heian, Buddhism, Natto, Washoku, UNESCO, Kurikinton, Ozouni, Recipe.

**Introduction.** The Heian period these influences begin to solidify into a distinct culinary tradition. Heian period marked a significant shift in Japanese Cuisine with a focus on fish and vegetables reflecting the influence of Buddhism. This shift was not merely a change in dietary preferences but a cultural transformation a testament to Japan's ability to adapt and evolve.

**Main part.** In history or in the modern world the Japanese foods are so popular among the people and in a lot of countries. For example the type of Japanese food is Ramen loved by Thailand population. In addition in Thailand have many types of Japanese food that popular such as Sukiyaki, Sushi, Soba, Udon, Shabu-shabu and tempura. In Japan have many different types of history and modern foods. All of them have any steps to prepare the Japanese meals and all of them have a different histories. Throughout the history, Japan has been influenced by various cultures. During the Nara period (710-794) and Heian period (794-1185), communication with China brought new cooking techniques, ingredients, and flavors. The Japanese began incorporating soy, ginger, and tea, which would

become essential elements of their cuisine. In the 16<sup>th</sup> century, trade with Europeans introduced new ingredients such as sugar and spices, transforming how dishes were prepared. This period also saw the arrival of ramen, which is derived from Chinese noodle soup and eventually adapted to become an integral part of Japanese cuisine. The Japanese culture has expanded its horizons in many countries and regions. In special, Brazil, is the country which is the Japanese migrant group out of Japan, its values and habits has an important presence in Brazilian territory. One of the important aspects of this culture in the Japanese food. The sushi and sashimi awakened the curiosity of Brazilian people generating a growing consumption of Japanese cuisine.

**An Historical Benefit Background.** Natto have any historical background in Japanese culture. Initially brought from China, later Japanese population have been eating Natto as far back as the Yayoi period from 300 BC to 300 AD. After that the Japanese soybean dish became a common street food in the Edo Period (1603-1867). Science give any interesting facts about Japanese Food Natto. For example: this food help to the Japanese people live long and healthy lives. Natto it is a staple of Japanese breakfasts. Recent Studies have revealed its potential in curbing blood sugar spikes after meals and even lowering the risk of mortality from certain diseases. Japan's national Cancer Center announced the results of a study that showed the association between mortality risk and the intake of fermented soy products. Specifically natto and miso soy bean paste. Study followed about 90,000 participants for an average of 15 years. It found that both men and women who ate around 50 grams of fermented soy products a day. Had a roughly 10% percent lower mortality risk than those who consumed less than that. Other study also showed that a higher intake of natto is associated with a lower mortality risk from heart conditions and other cardiovascular diseases. Now in Japanese Natto usually comes in containers of about 50 grams each and it should be stirred well before eating until it forms fine threads and a fluffy texture. Natto has a strong smell so the most common way to eat it is to season it with soy sauce and pour it over a bowl of hot rice.

**List of Japanese food Recipe.** Sashimi-possibly one of the most controversial dishes in all of Japanese cuisine, sashimi is raw fish or meat that has been carefully cut into thin slices and typically comes served with daikon radish, pickled ginger, wasabi and soy sauce. Sashimi can be made from various types of seafood and sometimes even meat.

Washoku- refers to traditional Japanese cuisine, which is known for its balance, seasonal ingredients, and aesthetic presentation. It was recognized as a UNESCO intangible Cultural Heritage in 2013. Miso soup is a fundamental part of Washoku, served with nearly every Japanese meal

Ramen- is a popular Japanese noodle soup dish that originated from China but has evolved into a staple of Japanese cuisine. It consists of wheat noodles served in a savory broth, typically flavored with soy sauce or miso, and topped with various ingredients like sliced pork, green onions, bamboo shoots, seaweed, and soft-boiled eggs.

Kurikinton- is a traditional Japanese sweet dish made from mashed sweet potatoes and candied chestnuts. It is commonly prepared and eaten during the Japanese New Year as part of osechi ryori ( traditional New Year's feast) because it is golden color symbolizes wealth and good fortune.

Ozouni- is a traditional Japanese soup made with mochi ( glutinous rice cakes) and eaten during the New Year celebrations. It is an essential part of Osechi Ryori, the special New Year's feast, and symbolizes good luck and prosperity for the coming year. This food's have a lot of different types of making ways. One of them is Kansai style- a miso- based broth, usually white miso, giving it a rich and slightly sweet flavor.

**Conclusion.** Japanese foods are emerge with aesthetics, fresh ingredients, balance, and umami flavors. Often Japanese people looks like a young and beautiful because of their healthy lifestyle. They make a food with healthy ingredients like rice, seafood, soy-based products such as miso and tofu also seasonal vegetables play a central role. Japanese food reflects deep cultural

heritage and respects for nature. It is global popularity continues to grow, as people appreciate it is health benefits, refined flavors, and beautiful presentation. Over all Japanese food culture is very different from ours in Asia. The Japanese population can make a one food with a variety of cooking styles and traditional eating ways. There is an origin behind each dish related to the region of Japan they come from. Japanese food is enjoyed world wide and in Asia as much as it is in Japan.

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