

THE ALLURE AND  
VERSATILITY  
OF  
RICE

*From Japan to UK, the secret of rice will be revealed in London on 23<sup>rd</sup> January 2023.*

## **The Allure and Versatility of Rice: Umami, Japanese Cooking Techniques, and Culture**



Run in collaboration with the Japanese government, this event will feature culinary demonstration and lecture from Daisuke Hayashi — chef-owner of acclaimed Kaiseki restaurant Roketsu, and Japanese Cuisine Goodwill Ambassador — giving guests a chance to understand more deeply the role and enduring appeal of rice within Japanese cuisine.

### ***Rice the Essential ingredient of Washoku***

Rice is a food essential in describing the dinner table of the Japanese people, and *Washoku* (literally ‘Japanese cuisine’, but in reality, a broader and important cultural concept). Rice, which some call the foundation of the Japanese diet, is the backbone of *Washoku*, performing the key role of supporting other dishes. Indeed, that the word for rice in Japanese expresses both ‘cooked rice’ and the concept of ‘a meal’ is evidence of its central and enduring position in Japan’s food culture. Admired for its appearance, good taste, and high quality, Japanese rice is now eaten widely around the world.

Another distinctive feature, and wonder, of rice is its ability to be transformed into other fantastic foodstuffs. When fermented, rice can produce Japanese sake, or condiments such as rice miso, soy sauce and mirin. Rice bran, leftover from the polishing process, can be mixed with salt and water, a mixture which can be used for pickling. Coarsely ground rice flour lends itself to make traditional treats such as sweet dumplings, rice cakes, jellied bean paste, and rice crackers, while finely ground rice flour – enabled by modern milling techniques – finds applications in bread, cookies, pasta, cakes, tempura flour, and noodles. Naturally gluten-free, rice flour has further drawn attention in international markets as a substitute for wheat flour. The wonder of rice flour lies in the ability to take in the high nutritious value of rice, with its excellent balance of amino acids, through different ways than eating rice. To eat rice is to savor Japan. Simple but profound, it is full of possibilities, as well, for a variety of cuisine.



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Ministry of Agriculture, Forestry and Fisheries



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## *Seminar & Demonstration Event*

**Where:** [Westminster Kingsway College — Victoria Centre, Vincent Square, London. SW1P 2PD.](#)

**When:** 23 January 2023, 3pm-5:30pm

**Seminar:** Fascinating lecture about Japanese cooking technique, secret of Umami, culture, cooking demonstration, and food tasting, taught by **Daisuke Hayashi**, head chef of Roketsu restaurant and the winner of The Minister's awards for overseas promotion of Japanese Food. Minister's Awards for Overseas Promotion of Japanese Food.

Also, eye-opening cooking demonstration lead by our guest chef, **Francesco Mazzei**, Head chef of Francesco Mazzei restaurant and the author of Mezzogiorno: Southern Italian Cooking book. He will share what non-Japanese cuisine can benefit this high-quality Japanese rice or Japanese rice products into western cuisine.

### *Sneak peak of tasting dishes:*

Prepared by leading chef Daisuke, using traditional Kaiseki cooking techniques

- Crystal pot steamed rice
- **Simmered:** Salmon simmered in dashi and rice
- **Steamed:** Steamed seabass stuffed with sticky rice in chrysanthemum leaf sauce
- **Grilled:** Toasted rice ball with truffle
- **Fried:** Puffed rice cracker canape



Leading chef

Daisuke Hayashi

Chef-owner of Roketsu Restaurant  
Japanese cuisine Goodwill ambassador



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Chef Daisuke has been awarded The Minister's Award for Overseas Promotion of Japanese Food from The Government of Japan recently. The prestigious award is one of the most highly regarded for people promoting Japanese culture overseas. He has been trained at Kikunoi in Kyoto prefecture, and his proven cooking techniques have been appreciated by many customers. His cuisine is based on dashi and the flavours of the seasonal ingredients themselves. Hayashi is one of the only masters of the Kaiseki tradition globally and the first to bring this spectacular and lesser-known form of Japanese dining to London at Roketsu which opened in December 2021.

<https://www.roketsu.co.uk>



**Guest Chef**

**Francesco Mazzei**

Chef Patron at Sartoria

Author of Mezzogiorno: Southern Italian

In the past few years, I have been fortunate enough to appear on BBC shows including Saturday Kitchen, MasterChef and on the Italian edition of Hell's Kitchen with chef *extraordinaire* Carlo Cracco. A Taste of London devoted veteran, I was appointed 'Master of Taste' for the 2016 edition of House of Peroni.

<http://www.cheffrancescomazzei.com>

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For further information, please contact

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**Official Japanese Food Supporter; Store Certification Program  
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