

WHAT DID ANCIENT JAPANESE EAT?

Changes in food and diet in Ancient Japan

Irene M. Muñoz Fernández

PhD Candidate. Ancient History Area.
Ancient History, Medieval History,
and Palaeography and Diplomats department.
Autonomous University of Madrid.
irene.munnoz@gmail.com



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CAN WE TALK ABOUT

~~Japanese diet?~~ Mediterranean



CAN WE TALK ABOUT *Spanish diet?*

Factors affecting diet:

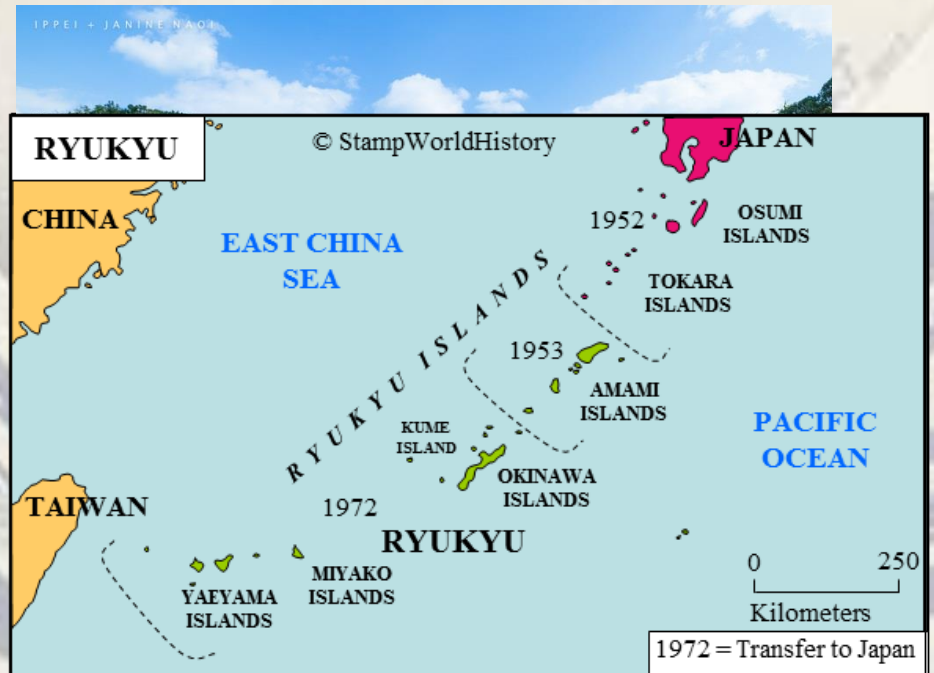
- *Geographical*
- *Climatological*
- *Ecological*
- *Historical*
- *Cultural*
- *Religious*



JAPAN *Geography*

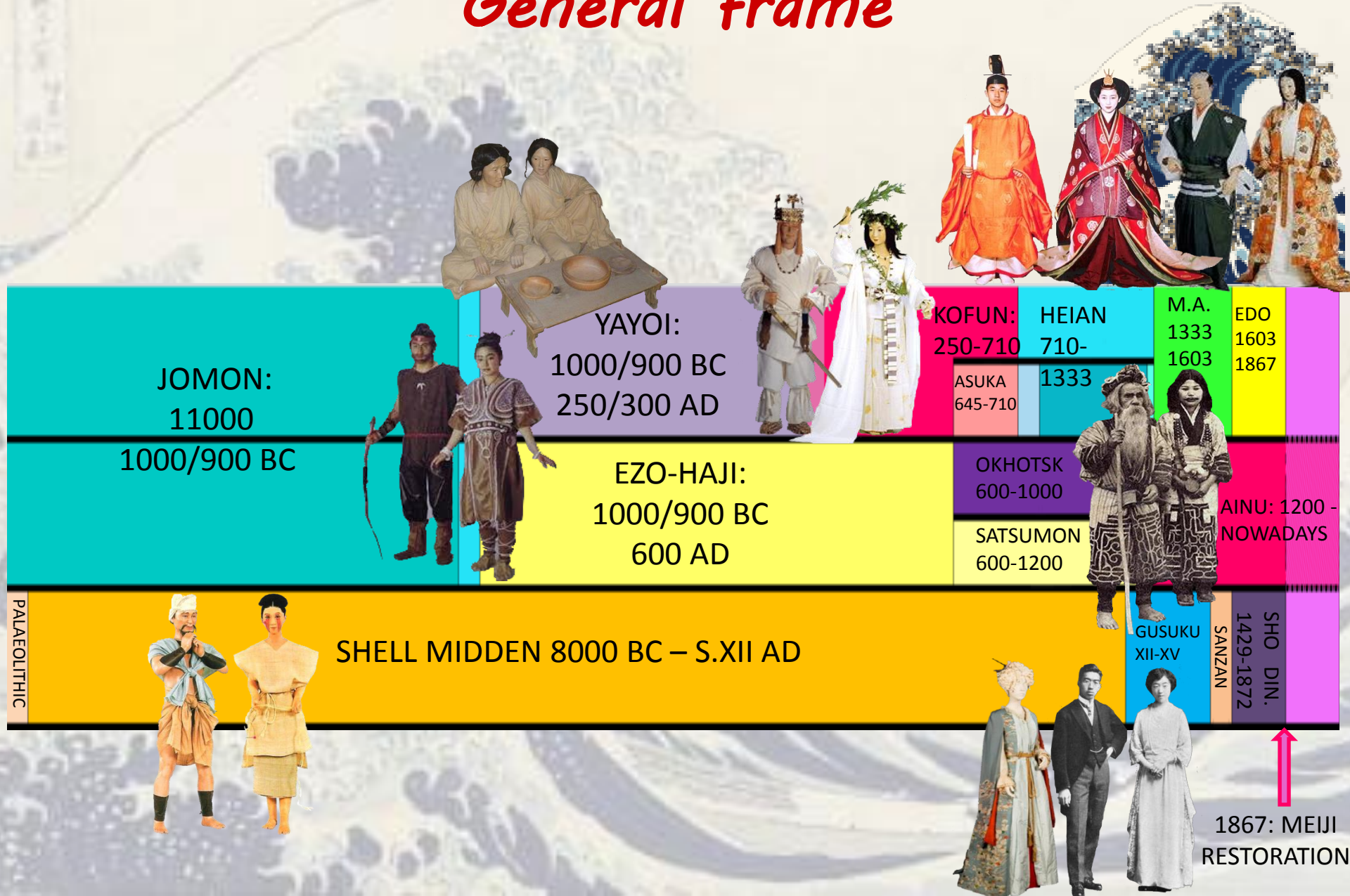


Meanwhile, in Okinawa...

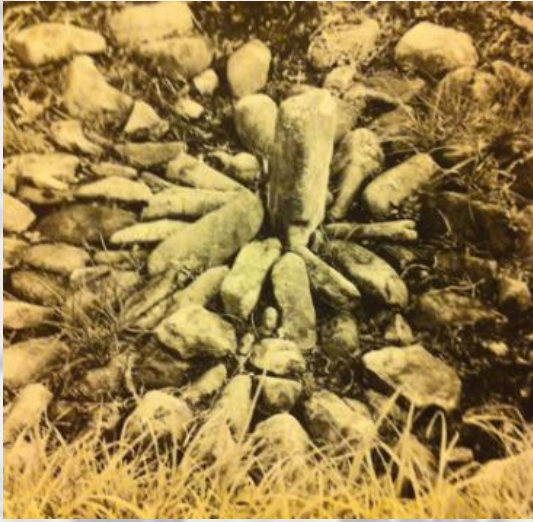


CHRONOLOGICAL/CULTURAL

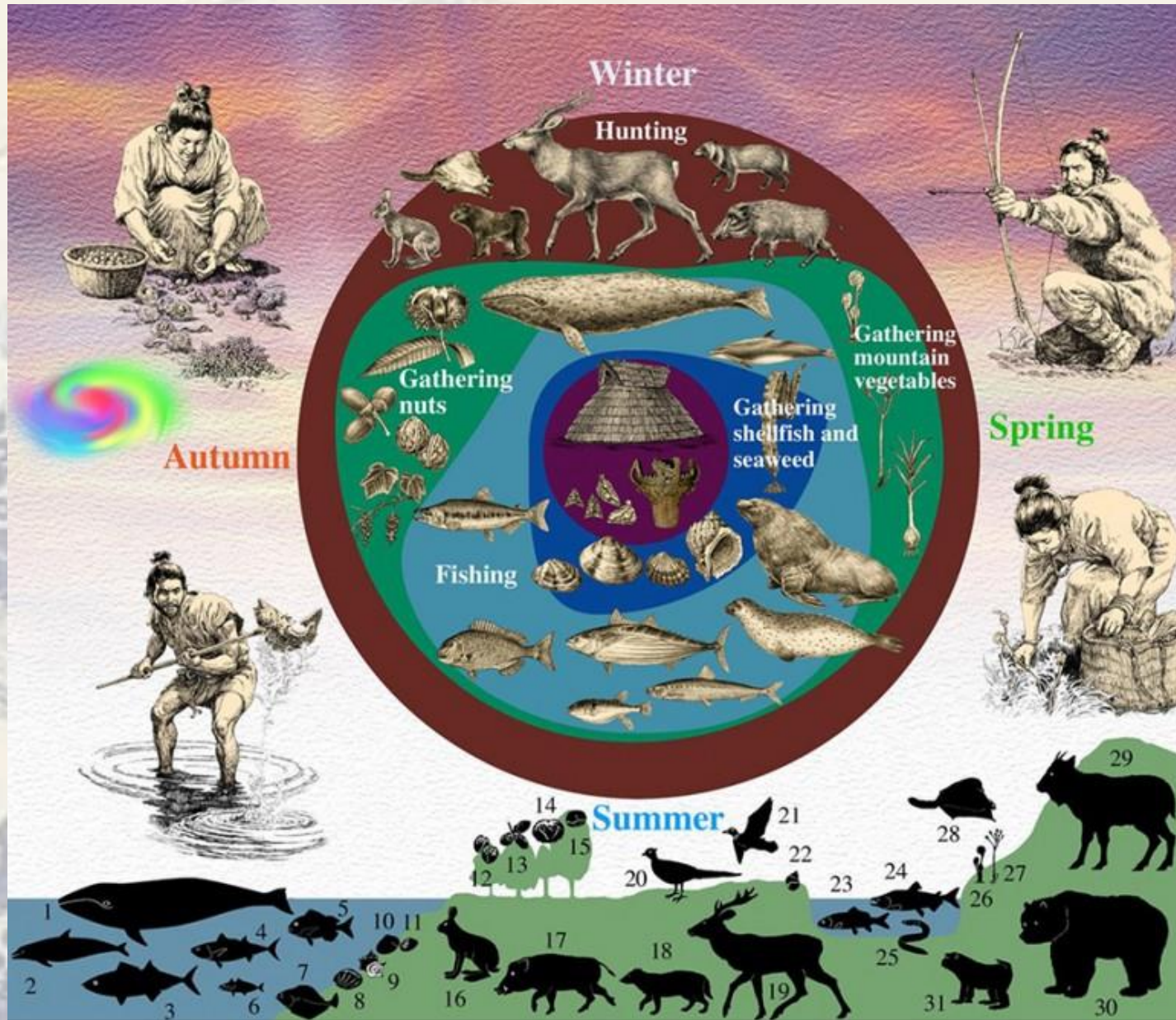
General frame



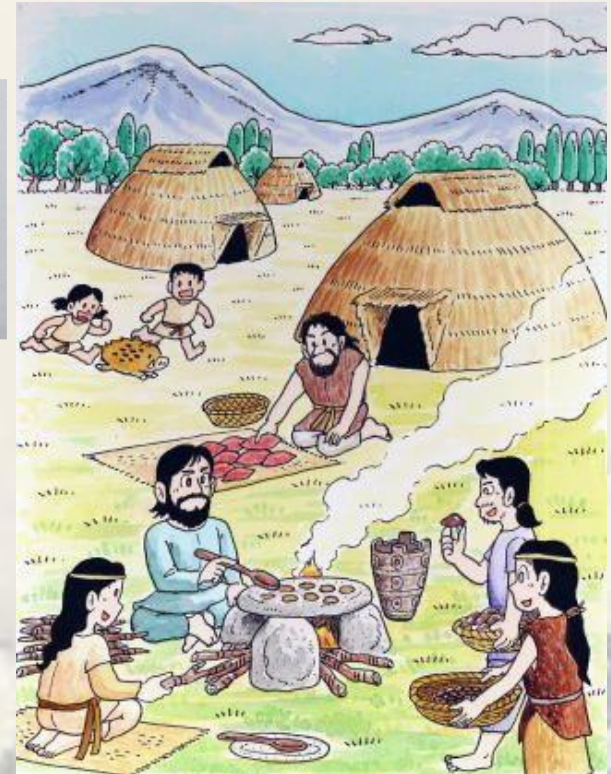
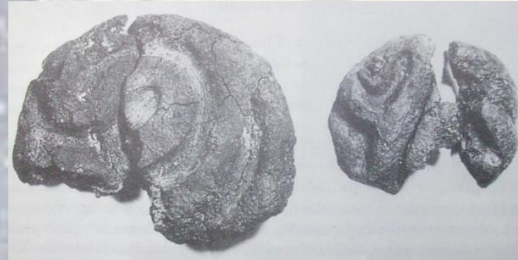
PREHISTORY: *Hunters-gatherers*



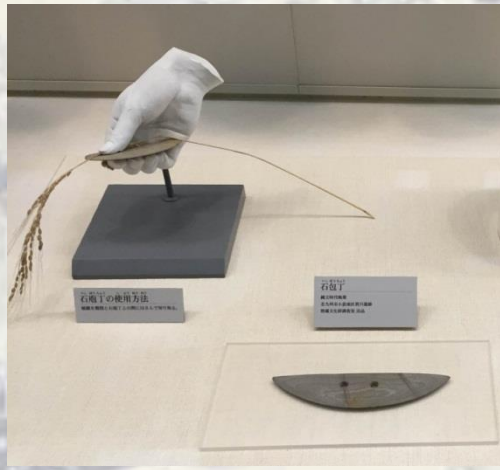
PREHISTORY: *Hunters-gatherers*



PREHISTORY: *cooking and food production*



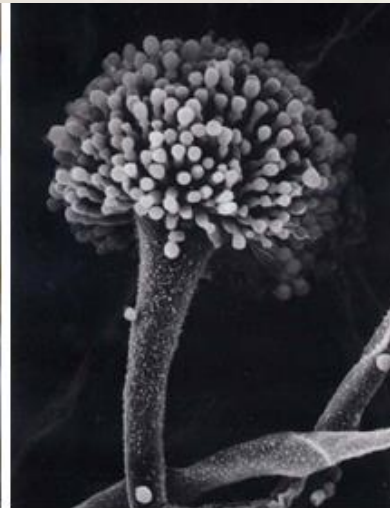
YAYOI (CA. 1000-900 BC): *introduction of rice*



SAKE: *sacred drink*



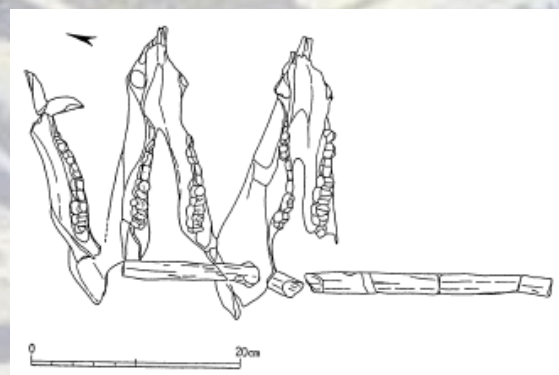
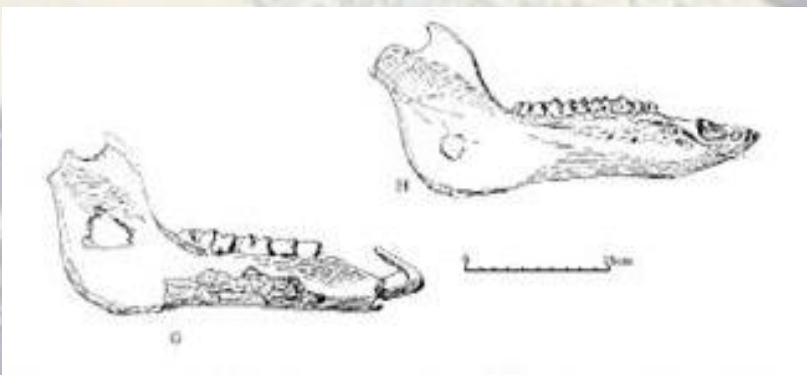
Koji (Rice Koji)



Koji Mold



YAYOI: *domesticated pigs*



KOFUN (250–710): *Introduction of cattle and dairy products*

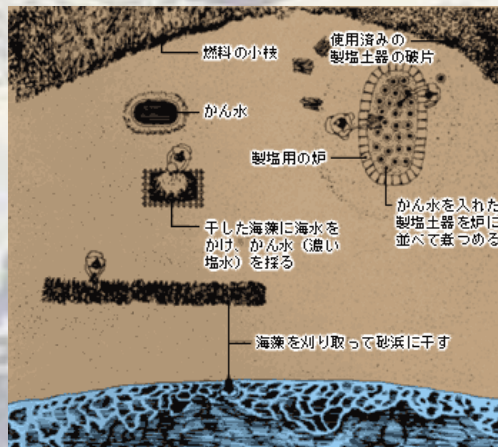


¿So?

KOFUN: *industrial salt production*



●製塩土器の復元実験●



PRESERVERS: *longlasting food*



Jiang



Narezushi



Pickles



Dry fish/meat

552 AD: *Buddhism, shōjin ryōri*



Vegetal oils



Boiled food and soups



Miso paste



Tofu (s. VIII-IX China)



Noodles (s. VIII)



Tea (s. VIII)

FEUDALISM: *Bushido in the samurai era*



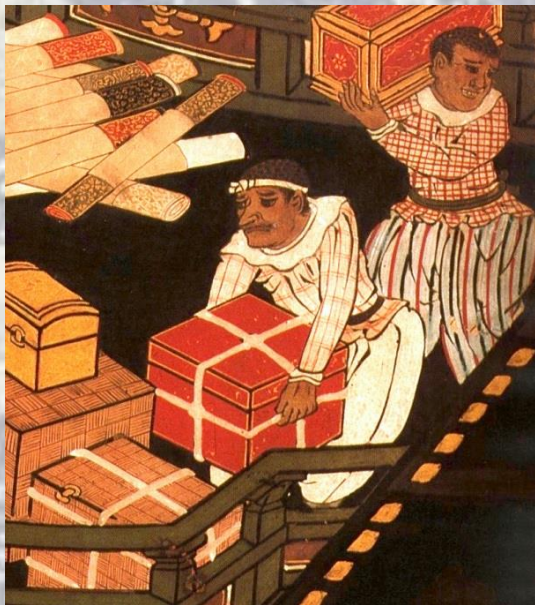
Wabicha



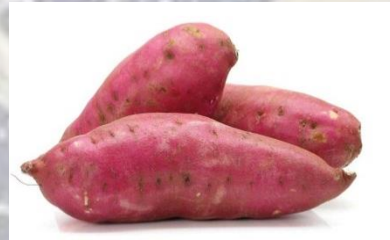
Namasu (s.XV) raw sliced fish with a vinegar-based dressing poured over it



NANBAN (1543): *Southern Barbarians*



NANBAN: *exotic food*



1600, EDO: *snacks and fast food*

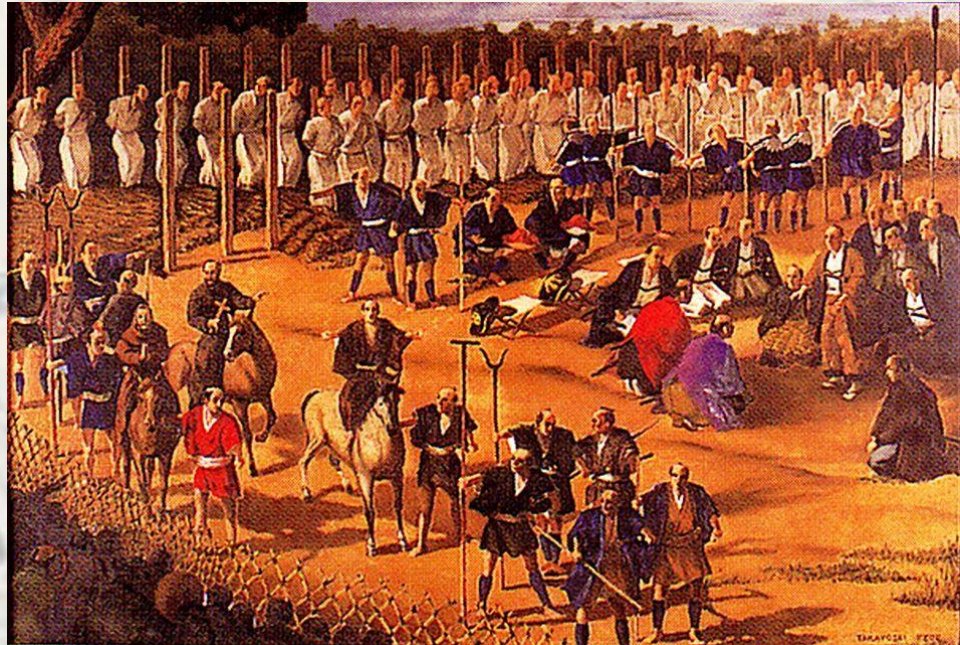


Soba

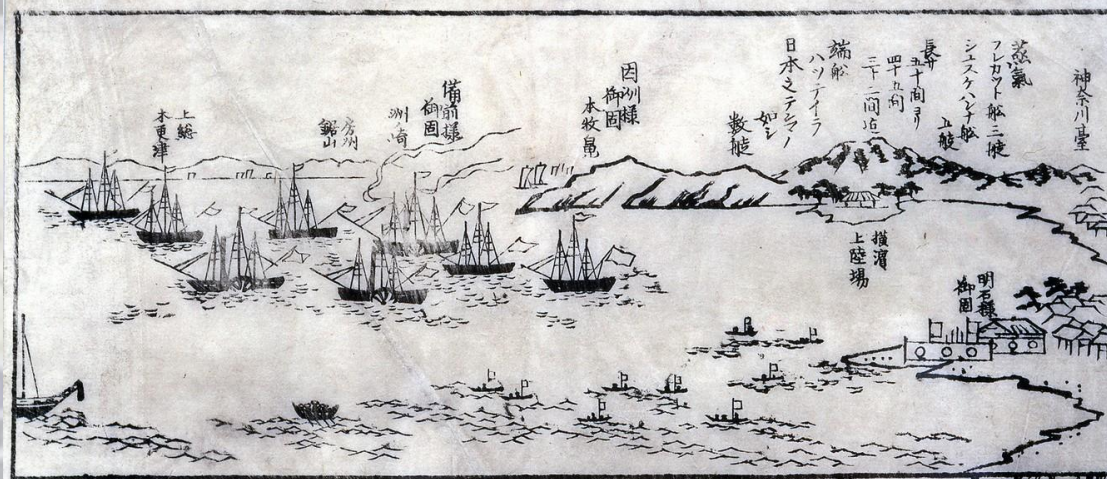


Sashimi and sushi

PERSECUTION AND GENERAL CRISIS AT EUROPE: *the return of isolation*



1597: Nagasaki 27 martyrs



1869 MEIJI RESTORATION: *Restaurants and fast food*

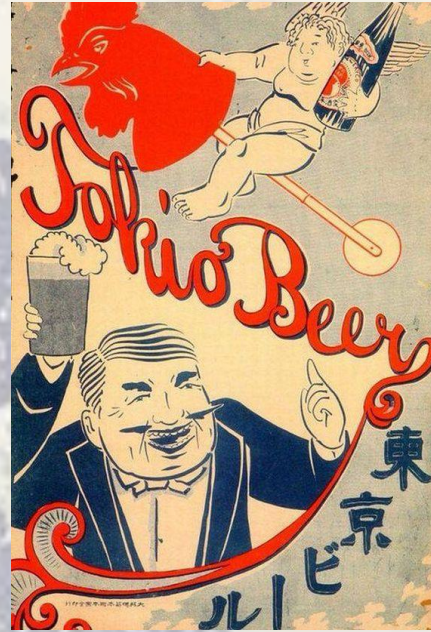
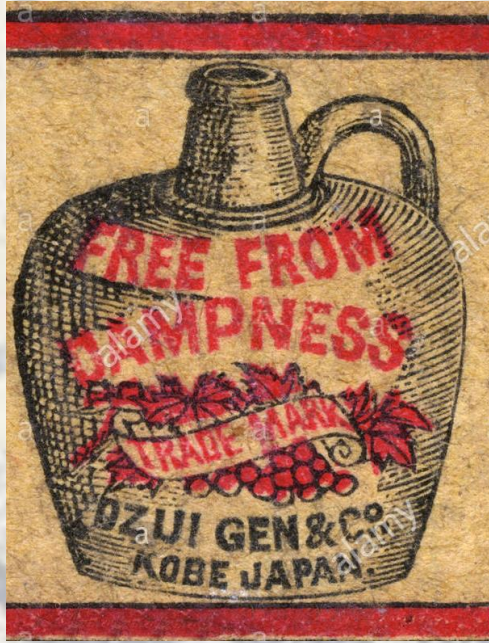


SANDWICH
チウボンニサ
JIYOTE BRANCH-SHOP,
JAPAN.
(20 CENTS A BOX)
本日大
内場車停戸神
店支亭由自

諸君毎々御引立ヲ蒙リ雖有御再申上候儀不相變御用命ノ程奉指上候款ツハ
一層堅強仕度候間品質ト代價ト各街ノ小賣店ニ販賣致居候品ト御比較ノ上
若シ高價ト思召レ又ハ弊店賣子ニ不都合ノ所爲等有之候節ハ販賣部主任
神戸市相生町二丁目加藤洋次郎宛郵便先拂ヲ以テ御注意致下度願上候



1869 MEIJI RESTORATION: *Westernisation*



歐洲諸國及び本邦名醫の讚辭を辱ふせる者なり小兒病者又た平素不消化に苦む者に適當の最良食物なり●最も盛かに藥舖洋酒食料品店に販賣す

各國帝室及王家御用
 ミルクフード

神戶牛肉粕清
 BEST PRESERVED BEEF. KOYOSHA, TOKEL, JAPAN.

貯蓄
 東京尾張町三丁目廿六番地
 本舖 康養社
 賣捌



1869 MEIJI RESTORATION: *Westernisation*



Gyudon



Kare



Koroake



Tonkatsu



Pilaf



Omereto/omurice



THANK YOU
for your kind attention

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