WHAT DID ANCIENT JAPANESE EAT?

Changes in food and diet in Ancient Japan

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CAN WE TALK ABOUT Mediterranean?
CAN WE TALK ABOUT Spanish diet?

Factors affecting diet:

- Geographical
- Climatological
- Ecological
- Historical
- Cultural
- Religious
Meanwhile, in Okinawa...
JOMON: 11000
1000/900 BC

SHELL MIDDEN 8000 BC – S.XII AD

YAYOI: 1000/900 BC
250/300 AD

EZO-HAJI: 1000/900 BC
600 AD

KOFUN: 250-710
HEIAN 710-
ASUKA 645-710
1333
710-
1333

OKHOTSK
600-1000
SATSUMON
600-1200

AINU: 1200 - NOWADAYS

1867: MEIJI RESTORATION

PALAEOLITHIC

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
YAYOI: *domesticated pigs*
KOFUN (250–710): *Introduction of cattle and dairy products*
KOFUN: industrial salt production
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)
- Tea (s. VIII)
- Noodles (s. VIII)
FEUDALISM: *Bushido in the samurai era*

Namazu (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
1869 MEIJI RESTORATION: Westernisation
1869 MEIJI RESTORATION: Westernisation

Gyudon
Kare
Koroke

Tonkatsu
Pilaf
Omereto/omurice
Thank you for your kind attention.

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