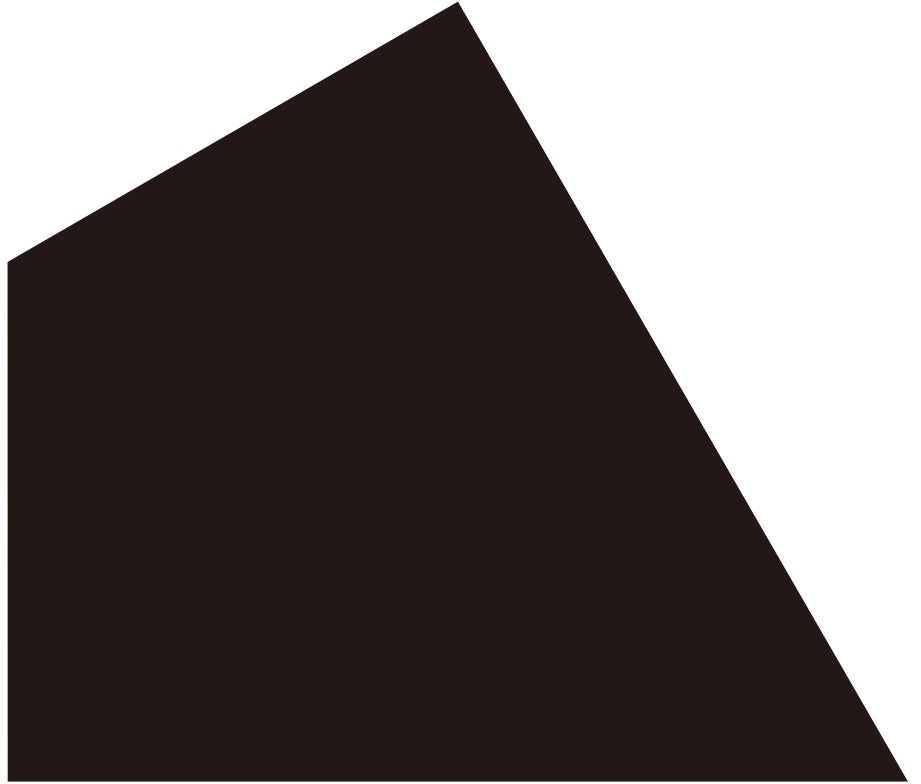


食

Food



# 京の食文化 進化する「京料理」

悠久の歴史と四季折々の自然のなかで洗練を重ねてきた京の食文化。

この食文化を支える料亭の心と技を込めた「美蓄食」をはじめとして、

和食のさらなる進化に挑む「京料理」の試みをご紹介します。

## Kyoto's food culture: The ever-evolving “Kyoto cuisine”

Kyoto's culinary traditions have been refined over the course of its long history, and shaped by the beauty of the changing seasons. Discover how Kyoto cuisine continues to drive the evolution of Japanese cuisine as a whole, including bichikushoku—a concept infused with the spirit and craftsmanship of traditional Japanese restaurants, the pillars of this culinary heritage.

1,2,4,8 京都料理芽生会  
Kyoto Ryori Mebaekai

3 日本料理アカデミー × 京都府立大学  
Japanese Culinary Academy × Kyoto Prefectural University

5 公益社団法人 京のふるさと産品協会  
Kyo-Branded Products Association

6 主催:一般社団法人 京都食文化協会  
Organized by: Kyoto Food Culture Association

協力:京都料理芽生会  
Cooperated by: Kyoto Ryori Mebaekai

後援:京都府・京都市  
Supported by: Kyoto Prefecture, Kyoto City

7 京都料理芽生会 協力:竹本油脂株式会社  
Kyoto Ryori Mebaekai Cooperated by: TAKEMOTO OIL & FAT CO.,LTD.

# 1

## The Culinary Culture Nurtured in Kyoto — Kyo-ryori (Kyoto Cuisine) —

### A Food Culture Shaped by History

Since the capital moved to Heian-kyo(present-day Kyoto) in 794, Kyoto has cultivated a rich food culture influenced by the traditions of the court noble, samurai, monks, townspeople, and regional customs. Through the integration of tea ceremony, ikebana (flower arrangement), and various aspects of daily life, Kyoto developed a uniquely refined culinary tradition.

### Kyo-ryori: The Essence of Japanese Cuisine

Kyo-ryori integrates five traditional styles of Japanese cuisine developed throughout Kyoto's history: Taikyo-ryori(banquet cuisine), Shojin-ryori (Buddhist vegetarian cuisine), Honzen-ryori (formal traditional meals), Kaiseki-ryori(tea ceremony cuisine), and Obanzai (home-style dishes). Based on delicate dashi(broth), Kyo-ryori emphasizes the natural flavors of ingredients, with careful attention to seasonal presentation, arrangement, and hospitality.

### Registered as a National Intangible Cultural Property

Refined over centuries in the cultural heart of Japan, Kyo-ryori has evolved in various forms such as ryotei (traditional restaurants), kappo (casual fine dining), and shidashi (catered cuisine). In 2022, Kyo-ryori was officially recognized and registered as a National Intangible Cultural Property of Japan.



Kyoto Ryori Mebaekai

# 2

## The Foundation of Kyo-ryori: “Ingredients” and “Skill”

### Ingredients Brought to the Capital

With the presence of the imperial court and numerous temples, Kyoto fostered a food culture centered around vegetables. As the capital of Japan, it also received ingredients from across the country and even from abroad. Not only did it benefit from nearby Lake Biwa and coastal regions, but prized seafood was also transported from distant areas such as the northern seas.

### Techniques Refined Alongside Ingredients

Kyoto’s distance from the sea led to inventive techniques and tools to preserve and prepare ingredients. A notable example is the preparation of hamo (pike conger eel). Though it could be brought alive to Kyoto due to its resilience, the fish’s many fine bones made it difficult to eat. This challenge gave rise to the sophisticated knife technique known as “honegiri” (bone-cutting), a signature skill in Kyo-ryori.

### Ryotei Recipes at Home: “Restaurant-Style Kyoto Cuisine”

Members of the Kyoto Ryori Mebaekai offers home-friendly recipe videos using Kyoto-sourced ingredients in a relay format. These videos clearly explain Kyo-ryori techniques that bring out the natural flavors of ingredients and offer tips to enhance deliciousness. We invite you to explore these authentic tastes of Kyoto at home.



Kyoto Ryori Mebaekai

# 3

## The Grand Compendium of Japanese Cuisine From Kyoto to the World: WASHOKU

### “Washoku” Registered as a UNESCO Intangible Cultural Heritage

In 2013, Washoku: Traditional Dietary Cultures of the Japanese was inscribed on UNESCO’s Representative List of the Intangible Cultural Heritage of Humanity. Since then, global interest in Japanese cuisine has grown significantly, as seen in the increasing number of Japanese restaurants overseas. This has created a growing need to share accurate knowledge and cultural understanding of Japanese cuisine both at home and abroad.

### A Trusted Resource for Professional Chefs

To help chefs around the world understand the science and techniques behind Japanese cuisine and apply them to their own culinary practice, the Japanese Culinary Academy compiled the Grand Compendium of Japanese Cuisine (Nihon Ryori Taizen). This comprehensive resource is released for free on the Kyoto Prefectural University’s website.

### What is the Japanese Culinary Academy?

The Japanese Culinary Academy is a nonprofit organization that promotes Japanese cuisine through global chef exchange programs and local food education initiatives. It brings together a professional network of chefs, taste and culture researchers, educators from higher institutions, and food industry experts, all working to preserve and promote Japanese culinary traditions.



Japanese Culinary Academy × Kyoto Prefectural University

# 4

## The Foundation of Kyo-ryori: Dashi – The Essence of UMAMI

### “UMAMI”: A Global Term with Japanese Origins

The term umami is now globally recognized—the fifth basic taste—has its roots in dashi, the traditional Japanese broth. Dashi made from kombu (kelp) and katsuobushi (dried bonito flakes) has been central to Japanese culinary culture for centuries, with written records dating back to the Heian period (794–1185).

### Shojin Ryori Spread the Use of Dashi

Kyoto’s food culture underwent a major shift during the Kamakura period (1185-1333) with the arrival of Zen Buddhism. This gave rise to Shojin Ryori, a vegetarian cuisine based on vegetables and dried ingredients. Through creative cooking techniques using ingredients such as soybeans and shiitake mushrooms, deeply flavorful dishes rich in umami were developed and preserved.

### Bringing Out the Natural Flavors of Ingredients

Dashi not only imparts umami, but also plays a vital role in enhancing the natural flavors of each ingredient. As a core technique in Kyo-ryori, which inherits the five major styles of Japanese cuisine, dashi continues to support the tradition and evolution of Kyoto’s refined culinary culture.



Kyoto Ryori Mebaekai

# 5

## **Grown Alongside Kyoto's Culinary Traditions Kyo-Yasai – Heirloom Vegetables of Kyoto**

### **Rooted in the Ancient Capital**

As Japan's imperial capital for over a millennium, Kyoto became a hub where goods from across the country converged—including vegetables presented offered to the imperial court and temples. Among these, certain varieties were gradually adapted to Kyoto's unique climate and soil, and cultivated to suit local tastes. These are known today as Kyo-Yasai (Kyoto vegetables).

### **The Essential Ingredients in Kyoto's Food Culture**

Over centuries, Kyoto developed rich culinary traditions: court cuisine associated with rituals of the aristocracy, Shojin Ryori that excludes meat and fish, and Kaiseki Ryori, which celebrates the seasons. Kyo-Yasai played a key role as premium ingredients supporting these refined culinary forms.

### **What Is the “Kyo Brand Product” (Kyo Mark)?**

Among Kyoto's agricultural, forestry, and fishery products, 31 selected items that meet high standards for quality, safety, and eco-friendly production methods are certified as “Kyo Brand Products.” These are distributed with a special brand mark to ensure their authenticity and excellence.



Kyo-Branded Products Association

# 6

## Following “Sushi” and “Tempura”. SAISHOKU, a new universal language of Japanese food

### Meeting the Needs of a Growing Vegetarianism

Around the world, more and more people choose plant-based diets — such as Halal, Vegan and Vegetarian. In response, a new project has been launched by a group of Kyoto’s renowned chefs and ryotei (traditional restaurants) to address this global movement.

### An Evolved Form of Shojin Ryori

At the heart of SAISHOKU lies Shojin Ryori, the traditional Buddhist vegetarian cuisine—one of the five pillars of Japanese culinary tradition. The project reimagines this heritage by integrating elements required for modern plant-based diets, creating innovative, contemporary Japanese menus.

### Combining Cuisine with Cultural Experience

The SAISHOKU project goes beyond food. By combining multi-course kaiseki-style meals with immersive Japanese cultural experiences, it aims to establish a new model of cultural tourism content.



Organized by: Kyoto Food Culture Association

Cooperated by: Kyoto Ryori Mebaekai

Supported by: Kyoto Prefecture, Kyoto City



# 7

## “Too Delicious to Wait” “BICHIKUSHOKU”: More Than Just Emergency Food

### What Kyo-ryori Can Do in Times of Disaster

In the event of a large-scale disaster, access to food can become severely limited. Believing that Japanese culinary culture can help ease the stress of those affected, a new initiative launched: the research and development of a more comforting form of emergency food.

### Delicious Meals, Even in Emergencies

The aim of BICHIKUSHOKU is to provide meals that not only sustains the body, but also comforts the spirit and inspires hope. Using high-quality local ingredients—including those from Kyoto—and avoiding artificial additives, this project employs innovative preservation techniques to retain the delicious essence of Kyo-ryori.

### Addressing Social Issues Through “Bichikushoku”

By combining traditional Kyoto cooking techniques with retort (pressurized heat sterilization) technology, this project has opened new possibilities for taste and texture in shelf-stable food. Continued research is underway to help tackle social issues such as disaster and food waste.



Kyoto Ryori Mebaekai

Cooperated by: TAKEMOTO OIL & FAT CO.,LTD.



# Preserving and Nurturing Culinary Tradition from Kyoto

## About Kyoto Ryori Mebaekai

Kyoto Ryori Mebaekai was established in 1955 with the mission of advancing Japanese cuisine and preserving the rich culinary heritage of Kyoto, known for its tradition and refinement. The association will celebrate its 70th anniversary in 2025, and is currently comprised of about 90 member establishments.

## Sharing Kyo-ryori with the World — Toward a Global Standard

In addition to passing down Kyoto's food culture to the next generation, the Mebaekai is actively engaged in strengthening product appeal, addressing food waste and supporting SDGs. Through these efforts, the association aims to elevate Kyo-ryori to a Global Standard, sharing the beauty of Washoku with the world.

## Visit a Japanese Restaurant in Kyoto

Each member restaurant of Kyoto Ryori Mebaekai offers its own signature dishes, crafted with pride and tradition. We warmly invite you to visit and experience the essence of Kyoto cuisine—authentic flavors passed down through generations.



Kyoto Ryori Mebaekai

Space introduction

## **A Spatial Design Covered in Kyo-Kawara “Kimono Tiles” & Featuring Non-Verbal Expression through Images and Music**

This experience enables visitors to deeply engage with Kyoto’s future and past through a minimalist and serene environment unified by original Kyo-Kawara “Kimono Tiles.”

Non-verbal images and audio are also integrated in harmony with the environment, expressing its multifaceted appeal.



## Video introduction



### Harayama Tea Farm

Location: Harayama Tea Farm  
(Circular Tea Fields) (Wazuka-cho)



### Handmade Bread

Location: Yasakagama (Kyotango-City)  
Cooperator: Yasakagama



### Ishidera Tea Farm

Location: Ishidera Tea Farm (Wazuka-cho)



### Kyoto Vegetable Fields

Location: Katamoto Organic Farm (Kameoka-City)  
Cooperator: Katamoto Organic Farm



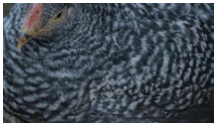
### Kyoto Vegetable Fields

Location: Katamoto Organic Farm  
(Kameoka-City)  
Cooperator: Katamoto Organic Farm



### Kyoto Vegetable Fields

Location: Katamoto Organic Farm (Kameoka-City)  
Cooperator: Katamoto Organic Farm



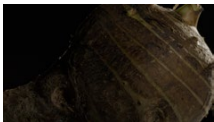
### Kyoto Chicken

Location: Okamoto Farm (Fukuchiyama-City)  
Cooperator: Okamoto Farm Co., Ltd.



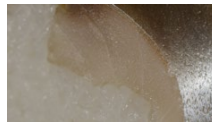
### Shogoin Radishes

Location: Studio



### Shrimp-Shaped Taro

Location: Studio (Kameoka-City, etc.)



### Mackerel Sushi

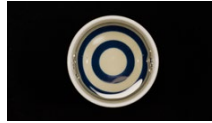
Location: Studio (Kyoto-City)

## Video introduction



### Soup

Location: So Kawahigashi  
(Sakyo-ku, Kyoto-City)  
Cooperator: One Rice One Soup INC.



### Sake

Location: Studio (Fushimi-ku, Kyoto-City)



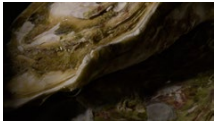
### Knife Skills

Location: So Kawahigashi  
(Sakyo-ku, Kyoto-City)  
Cooperator: One Rice One Soup INC.



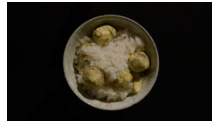
### Light Soy Sauce

Location: Matsuno Soy Sauce (Kita-ku, Kyoto-City)  
Cooperator: Matsuno Soy Sauce



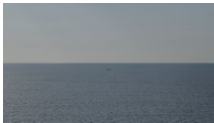
### Oyster

Location: Studio (Maizuru-City)



### Chestnut Rice Made Using Tamba Chestnuts

Location: Studio (Kyotanba-City)



### Fishing Boats off the Coast of Kyotango

Location: Kyotango (Kyotango-City)



### Syphon Coffee

Location: Hanafusa Coffee East Shop (Sakyo-ku, Kyoto-City)  
Cooperator: Hanafusa Coffee East Shop



### The Process of Making Kyoto Tofu

Location: Iriyama Tofu  
(Kamigyo-ku, Kyoto-City)  
Cooperator: Iriyama Tofu



### Yasakagama

Location: Yasakagama (Kyotango-City)  
Cooperator: Yasakagama

## Video introduction



### The Process of Making Kyoto Tofu (Grilled Tofu)

Location: Iriyama Tofu  
(Kamigyo-ku, Kyoto-City)  
Cooperator: Iriyama Tofu



### People Enjoying a Meal Together

Location: So Kawahigashi (Sakyo-ku, Kyoto-City)  
Cooperator: One Rice One Soup INC.



### Syphon Coffee

Location: Hanafusa Coffee East Shop  
(Sakyo-ku, Kyoto-City)  
Cooperator: Hanafusa Coffee East Shop



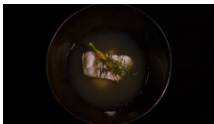
### Pouring Sencha Tea

Location: Studio (Uji-City)



### The Process of Making Japanese Sweets

Location: Kyogashitsukasa Suetomi  
(Shimogyo-ku, Kyoto-City)  
Cooperator: Kyogashitsukasa Suetomi



### Soup

Location: So Kawahigashi  
(Sakyo-ku, Kyoto-City)  
Cooperator: One Rice One Soup INC.



### Selections from Miyako Meisho Zue ("Pictorial Guide to Scenic Spots in Kyoto")

Cooperator: 「Shuui Miyakomeishozue」  
Kyoto Institute, Library and Archives

## The Concept of Jun'on Haikei

**Jun'on Haikei is a collection of the sounds of present-day Kyoto Prefecture, in combination with sounds documented in historical records and other sources, that has been enhanced with other compositions to create a unique soundscape.**

In 1996, the Ministry of the Environment (known as the Environment Agency at the time) designated the “100 Soundscapes of Japan”—a collection of sounds recognized for their particular significance in maintaining Japan’s unique acoustic environment. The Ministry accepted submissions of a broad range of environments (soundscapes) featuring sounds that communities across the country cherish as local symbols and wish to preserve for future generations. Nearly 30 years have passed since then, and it is time to revisit the sounds of Kyoto Prefecture. Today, we are witnessing the acceleration of global warming and the seasons are gradually blending together. Under these circumstances, mountains, forests, and other elements of nature are becoming more important and precious than ever. Kyoto Prefecture is blessed with a rich natural environment, where beautiful sounds can still be found. Field recordings have been made to preserve them, with the hope that no more of the environment will be lost. This collection also contains newly recorded sounds beyond those already recognized in the previously mentioned “100 Soundscapes of Japan.”

Works of literature also contain many descriptions of sounds. Before the invention of recording technology, people had been preserving sounds through verbal descriptions since ancient times. Preserving sounds through language in this way is also a form of field recording.

# Field Recording List

**Part-1** Rurikei stream (Nantan City) Wharf (Ine Town) Maizuru Port (Maizuru City) Miyazu Bay (Miyazu City) Iwashimizu Hachimangu Shrine (Yawata City)

**Part-2** Kyoto Imperial Palace gravel (Kyoto City) Kiyomizu Temple (Kyoto City) Deer (Kyoto City) Mount Oe (Fukuchiyama City) Chirimen Kaido Tenmangu Shrine (Yosano Town)

**Part-3** Kotohiki Beach (Kyotango City) Kototaki Falls (Kyotamba Town) Uji River (Uji City) Shinpukuji Temple water harp (Kameoka City) Myoshinji Temple (Taizo-in) water harp (Kyoto City)

**Part-4** Ayabe-Ohashi Bridge, Yura River (Ayabe City) Minoyama Bamboo Grove (Yawata City) Koshoji Temple (Uji City) Kosei Water Park (Kameoka City) Shisendo Temple Deer Dance (Kyoto City) Gokonomiya Shrine (Kyoto City) Thunderstorm (Kyoto City)

# Written Description Field Recordings List

Ohara, The Tale of the Heike: The sounds of bells, deer, and insects

Nonomiya, The Tale of Genji: The sounds of insects, wind through the pine trees, and court music instruments

Uji, Man' yoshu, two poems (1699 and 1700) composed on the Uji River: the sounds of geese and the river

Hojoji Temple, Eiga Monogatari, Vol. 17, Omugaku: Court music performances

Tango, Tango no Kuni Fudoki: Voices lamenting lost works and singing

Fukuchiyama, Oeyama Ekotoba: The sounds of thunder and ritual music

Iwashimizu Hachimangu Shrine, Noh Playwright Zeami, Yumiyawata &

Hojogawa: Mysterious music and the sounds of nighttime ritual music

Hoshoji Temple, Ben no Naishi Nikki: The sounds of sarugaku theater performances in the back of the temple and bells

Junichiro Tanizaki, Senkantei, Yume no Ukihashi: The sounds of bamboo tubes filling with water and clacking against stone

Kotohiki Beach, Kiuchi Sekitei, Unkonshi: The sounds of the sandy beach

Kagero Nikki: The sounds of carts

Rakuyo Dengakuki: The sounds of a grand ritual music performance held in the Eicho era

Composition & Arrangement: Marihiko Hara

Guitar: PolarM

Field Recording Assistance: Masumi Muranaka

Research Assistance: Rurihiko Hara

Sound Design: Raku Nakahara (KARABINERinc.)

/ Ohshiro Sound Office Inc.

Production: MHStudioInc. / TSUYURI



空間デザイン協力 Space design cooperation  
Sandwich Sandwich

京瓦タイル「キモノタイル」製作協力 Kyoto tile "Kimono tile" production cooperation  
株式会社京瓦 浅田製瓦工場 ASADA KAWARA FACTORY

テーマ映像制作 Theme video production  
株式会社 青空 AOZORA,LTD

テーマ音楽制作 Theme music production  
原 摩利彦 Marihiko Hara

大阪・関西万博きょうと推進委員会