

Food Culture in Japan

Balance, Flavor, & Seasonality

Japanese food is all about balance, seasonality, and repetition done perfectly. Dishes change subtly by region, timing, and technique.

The Foundation of Japanese Meals

Rice

The anchor of most meals, from convenience stores to fine dining.



Dashi

The backbone made from kombu and bonito.



Seasonality

Menus change constantly. What's best in spring won't be the same in fall.



Iconic Dishes You'll Encounter Everywhere

Ramen

Regional styles vary wildly. No two cities do it the same.



Sushi & Sashimi

From conveyor belts to high-end omakase counters.



Tempura

Light, crisp, and meant to highlight ingredients, not batter.



Japanese Drinks, Explained Simply

Green Tea

Served automatically. Free refills are common.



Sake (Nihonshu)

Not a single drink, but a massive category with regional styles.



Highballs

Light, food-friendly, and everywhere.

