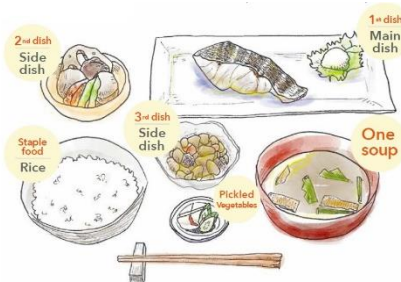


## Ichiju Sansai Week: Discover the Balance of Japanese Cuisine

This event held in Georgetown University where students can eat from a Japanese menu jointly developed by a Japanese master chef of a Michelin star restaurant and Aramark corporation.

**Washington, D.C. – February 8, 2016 – The Ministry of Agriculture, Forestry and Fisheries of Japan** and Aramark Corporation—one of the largest food service providers in the U.S.—are teaming up to present Ichiju Sansai Week, running from February 10 to 16, which will be held in the dining hall of Georgetown University. The chef at the head of the menu's creation is Isao Yamada, executive chef of the Michelin star restaurant "Brushstroke" in New York. This event will expand people's knowledge about Japanese food and Japanese dietary culture, as well providing an opportunity where one can taste Japanese cuisine.

Listed as a UNESCO Intangible Cultural Heritage item, Japanese cuisine enjoys attention around the world, and especially in the U.S where the number of Japanese restaurants is growing. In addition to authentic Japanese cuisine like sushi and *kaiseki* (tradition Japanese multi-course dinner), the event will also showcase the appeal of other Japanese foods, and students can taste the freshly made dishes based on the concept of "*Ichiju Sansai*," (3 dishes: 1 main and 2 side) which is a staple of Japanese diets due to its excellent nutritional balance and its role in the custom of healthy eating. Aramark provides dining services to various universities in the U.S. as a part of their program to promote student welfare. To that end, Aramark is actively involved in creating healthy menus. To create the menu for the event at Georgetown University, Chef Yamada shares his wisdom with Aramark's chefs in his seminar on February 5. Made possible by the joint efforts of Chef Yamada and Executive Chef Nagy at Aramark, it gives Japanese cuisine a new appeal. For more information, visit <http://allabout-japan.com/en/tag/ichijusansai/>



Event Title / Ichiju Sansai Week: Discover the Balance of Japanese Cuisine

Date / February 10, 2016 to February 16, 2016

Place / Leo O'Donovan Dining Hall at Georgetown University

Organizer / the Ministry of Agriculture, Forestry and Fisheries of Japan

**Model Menu / Rice, Soup, 2 Vegetable Dishes, for the main dishes you can select from fish or meat.**

Fish Menu: Grilled Salmon "Yuan-Yaki".

Meat Menu: Sweet-and-Sour Grilled Chicken with Apple Cider Vinegar and Black Vinegar Glaze.

### Chef Isao Yamada /

He was introduced to Chef David Bouley, who invited him to join his Japanese restaurant project. He helped Bouley to open *Bouley Evolution* before joining Upstairs at *Bouley* in New York, where he was named a 2009 StarChefs.com New York Rising Star. Since then, he has embarked on a new *Kaiseki*-themed project with Chef Bouley at Brushstroke. Here, Yamada applies his Japanese *Kaiseki* training and philosophy to a cuisine that, among Bouley's projects, is the truest yet to fundamental *Kaiseki* principles.

**Ichiju Sansai Seminar /**

20 Aramark's chefs from across the country, menu developers, and nutritionists, participated in the seminar on February 5. Chef David Bouley and Chef Isao Yamada gave a lecture explaining the concept of *Ichiju Sansai*, its nutritional benefits, creating a menu based on the concept, and the qualities of Japanese food products. Chef Yamada also went into detail about how to prepare the food for the model menu. After the seminar, Georgetown Dining will roll out *Ichiju Sansai* menu Feb 10 to 16 at LeoO'Donovan Dining Hall.



**The Ministry of Agriculture, Forestry and Fisheries of Japan**

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