

## Japan – Eating Out



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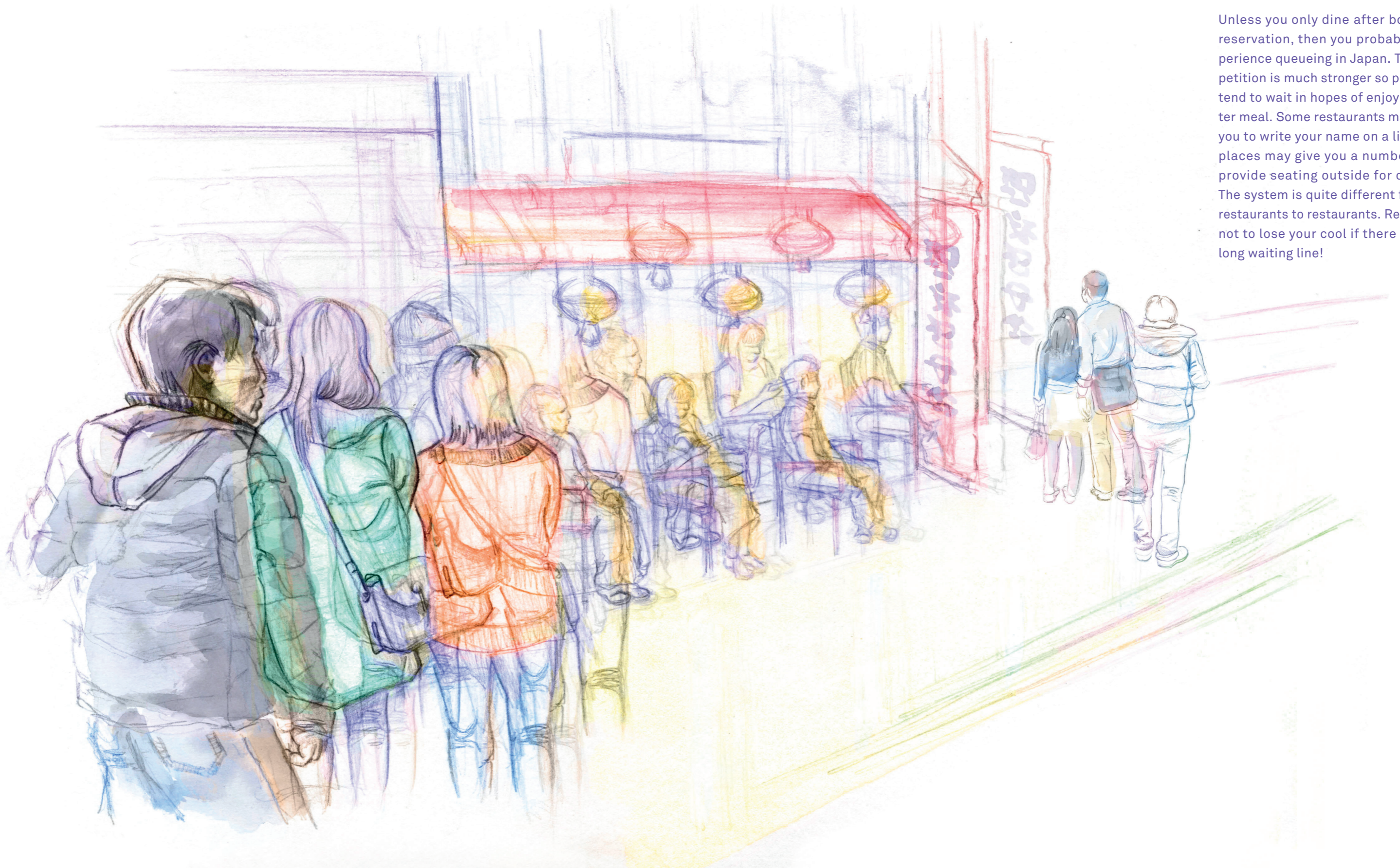
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Visitors to Japan are often excited about the variety of foods, but many people are a little nervous about eating customs in restaurants and Japanese households. It's helpful to know basic table manners before going to Japan.

## Entering

Unless you only dine after booking a reservation, then you probably experience queuing in Japan. The competition is much stronger so people tend to wait in hopes of enjoying a better meal. Some restaurants may ask you to write your name on a list, other places may give you a number or provide seating outside for comfort. The system is quite different from restaurants to restaurants. Remember not to lose your cool if there is a long waiting line!



## Shoes Off

irasshaimase – welcome

# いらっしゃいませ

Upon entering a restaurant, customers are greeted and the waiter or waitress will ask you how many people are in your party and then lead you to your table. Only in rare cases are customers expected to seat themselves. If you notice a higher step at the entrance or Japanese tatami flooring, then you'll probably be asked to take your shoes off upon entering.





## The Restaurant

While a majority of restaurants in Japan provide Western style tables and chairs, low traditional tables with cushions to sit on the floor are also common and referred to as „zashiki“. Some restaurants feature both styles, and you may be asked which you prefer. Most of the time the traditional tables are arranged in little private compartments.

## Seat Yourself

Traditionally men and woman sit on their knees which is called „seiza“. For a little more comfort there are two different ways to place yourself. Both positions are exclusively used by its gender. Be careful to not step on cushions of others as it refers to be rude. If you are ready to order, you can signal the restaurant staff by saying „sumimasen“, or if available, press the call button at the table.



Everyone will receive a wet towel (oshibori) to clean your hands before eating.



You might get disposable wooden chopsticks that need to be separated into two before use.



sumimasen – excuse me

すみません





## The Kitchen

If you are ever in doubt on what to order or find that you cannot read the menu, try asking for the recommendations (osusume) or the chef's choice (omakase). The latter will often get you some surprisingly good, fix style meals, but be prepared to be adventurous and do not expect it to be cheap.

omakase – chef's choice

おまかせ

osusume – recommendation

おすすめ



# Japanese Specialities

Tonkatsu – paniertes Schweinefilet mit Kohl und brauner Sauce.



とんかつ

焼き魚

Yakizakana – gegrillter Fisch.



和食

Washoku – traditionelle Küche und Menu von Reis mit Misosuppe und drei Beilagen.



やき鳥

Yakitori – gegrillte Hühnerhaut am Spieß.



なべもの

Nabemono – Hotpot Gericht, Suppe mit verschiedenen Beilagen, wird auf dem Tisch gekocht.

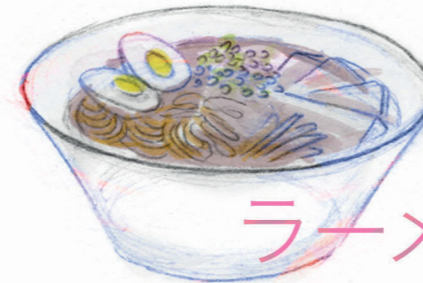
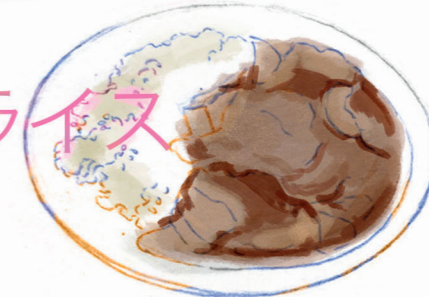
からあげ

Kara-age – frittiertes Huhn.



カレー ライス

Kare – japanisches Curry.



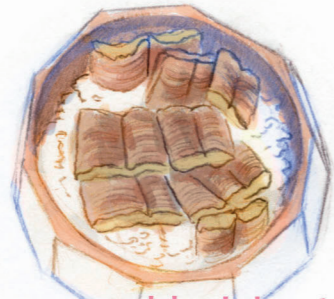
ラーメン

Ramen – ursprünglich aus China, Weizennudeln in heisser Brüher.



天ぷら

Tempura – panierte oder frittierte Häppchen.



蒲焼き

Kabayaki – gegrillter Aal auf Reis.

お好み焼き

Okonomiyaki – japanischer Eiferpfannkuchen mit verschiedenen Beilagen.



しゃぶしゃぶ

Shabu-Shabu – Hotpot Gericht, Seetang-Suppe, in der unter ständigem Rühren Beilagen gekocht wird.



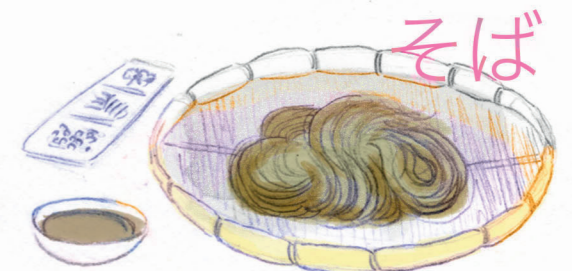
さしみ

Sashimi – roher Fisch.



うどん

Udon – dicke Nudeln, warm oder kalt.



そば

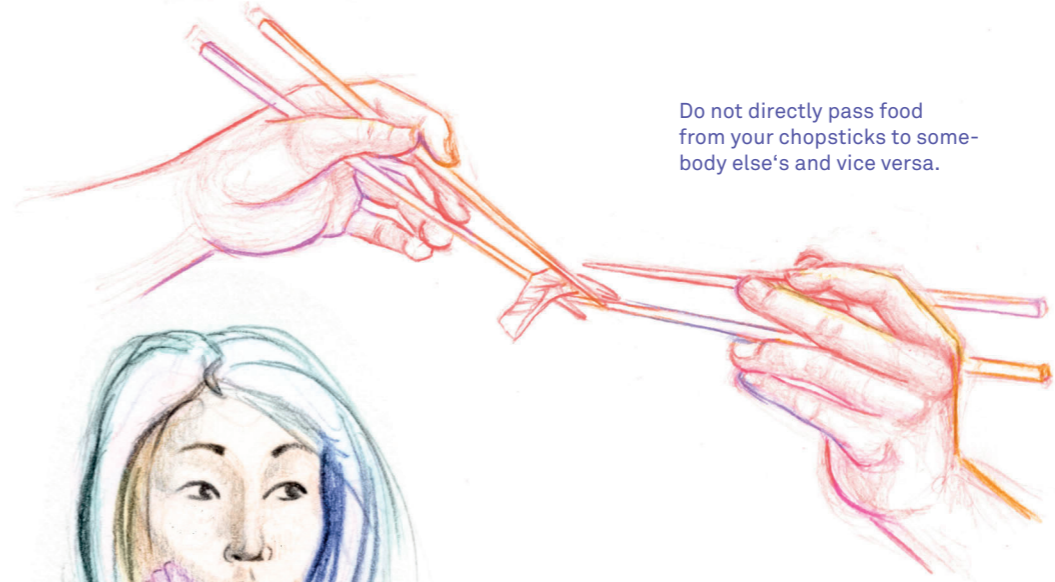
Soba – Buchweizennudeln auf Zaru, kalt.

## Table Manners

Blowing your nose at the table, burping and audible munching are considered bad manners in Japan. On the other hand, it is considered good style to empty your dishes to the last grain of rice.



Do not point or wave



Do not directly pass food from your chopsticks to somebody else's and vice versa.

itadakimasu – I shall partake

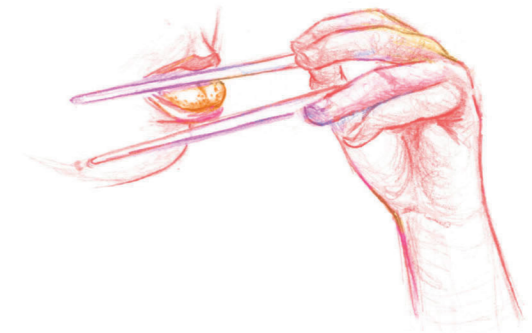
いただきます



Do not pierce your food.



Do not lick your chopsticks.



Do not move tableware with your chopsticks.

gochisousama deshite – Gratitude

ごちそうさまでした



Do not stick chopsticks vertically into a rice bowl.

## At the Table

At some restaurants, such as izakaya, it is common for everyone in the party to order dishes together and share them. At other establishments, however, each diner is expected to order separately.



Hold the bottom chopstick between the thumb and the ring finger.

Hold the top chopstick between the thumb and the middle and index fingers as if you're holding a pen.

To pick up food, move only the top chopstick.

kanpai - cheers

カンパイ

## Leaving

# お会計をおねがいします

okaikei wo onegaishimasu – please bring the bill

After finishing your meal, it is generally good manner to return all your dishes to how they were at the start of the meal. This includes replacing the lids on dishes and putting your chopsticks back on the chopstick rest or in its paper holder.

The bill will be presented face down either as you receive the meal or after you have finished eating. In most restaurants you are supposed to bring your bill to the cashier near the exit when leaving, as it is not common to pay at the table.

It is not customary to tip in Japan, and if you do, you will probably find the restaurant staff chasing you down in order to give back any money left behind. Instead, it is polite to say „gochisosama deshita“ (thank you) when leaving.

# ありがとうございました

arigato gozaimashita – thank you



