

FLAVORS OF JAPAN

Demonstration & Tasting of



Sushi

by the **MIKADO** restaurant Chef
with
Japanese Teas
by **Ritsuko UCHIYAMA**

Saturday May 22, 2010
1 – 3 pm

MIKADO restaurant
399 Laurier West

Cost : \$ 20 a person
RSVP before May 21, 2010 at 514-523-1047

The **MIKADO** restaurant on Laurier Street opens its doors to you with an unforgettable sensory experience. With last year's success of "Flavours of Tibet", **Festival Accès Asie** invites you to discover "**Flavours of Japan**" in 2010 with a pleasant and unique excursion to a culture that values the freshness of flavours.

On this occasion, you will attend a preparation, demonstration, presentation and tasting of the delicate refined art of sushi. Accompanying these flavours, **Ritsuko Uchiyama** will offer a range of teas from her shop, **R.Uchiyama, a Collection from Japan**, such as the regular green tea "sencha" or "matcha", a green powder that is used in traditional Japanese tea ceremonies.

" When tea is made with water drawn by the bottomless depths of the mind, we have what they call the cha-no-yu. " – Tyotomi Hideyoshi, 14th century

MIKADO restaurant

Since 1987, the owner **Kimio Nguyen** has exposed the Montreal public to discover the refined art of Japanese cuisine. The philosophy of **MIKADO** restaurant is based on three fundamental elements: *creativity, simplicity* and *balance*. It is the creativity to surprise with original dishes; the simplicity to enjoy flavours in their entirety; and the balance to perfectly correlate the polarities of tastes, textures, ingredients and colors.

" Japanese cuisine is an art where we attach a lot of importance to the freshness and quality of products, the simplicity and presentation. The food must be as pleasant to look at, as to taste and thus awaken all the senses. "

www.mikadomontreal.com

Ritsuko UCHIYAMA

Ritsuko Uchiyama was raised near the Tenryu River in Japan where her father cultivated and sold tea. Her childhood work for the family business marked her to such a point that she has dedicated her life to this plant.

Today, the quality of teas from **R.Uchiyama** is recognized everywhere. Doctor Béliveau and Gingras moreover have mentioned her teas in their book, *Les Aliments contre le cancer*. In her shop **R.Uchiyama, a Collection from Japan**, **Ritsuko Uchiyama** also consecrates her time selling Japanese cultural objects such as calligraphy, teapots, kimonos, Bento boxes, Tatamis and gives Ikebana demonstration as the art of flower arranging.

www.collectiondujapon.com

Cha-no-yu, the Japanese Tea Ceremony

The **tea ceremony**, with its unchanging, infamous, spiritual character with harmony, respect, purity and the tranquility of mind is a mystic experience each and every single time.

During the 12th century, Japanese Buddhist monks first began to prepare a tea from a green powder, matcha, in which they incited a peaceful rite of meditation. This ceremony, called **Cha-no-yu**, which literally means warm water for the tea, ends up in the emperor's court where a tea master refines it.