

Touching the heart of KAISEKI



- From the book “Touching the heart o KAISEKI” by E. Takahashi an I. Inokuma
- Translated and summarized by Y. Unno

Y. Unno, Vertex 2005, 7-11 Nov., 2005, Nikko

Born of KAISEKI

- **KAISEKI** - "SEKI"=stone, "KAI"=bosom. A simple meal prepared before taking the (traditional powdered) **TEA** to stay your stomach as warm as having a warmed stone in your bosom
- **TEA** - the manner was established about 500 yrs ago by **SEN-no-RIKYU**
- Concept (of TEA) - “**WABI**”
- **WABI** - beauty of insufficiency. You can never fulfill all your desires. Accept the state of insufficiency and, instead, pursue the beauty of simplicity... in tools, buildings, gardens, meals, etc.
- **KAISEKI** was introduced so as to revolutionalize the gorgeous and luxurious meals of the feudal lords of those days
- **TEA**, including **KAISEKI**, was to respect the “**ICHIGO-ICHIE**”, one chance - one meet

Basics of KAISEKI

- ONE soup and THREE dishes - the basics
 - MISO soup (together with a small amount of rice)
 - MUKOH-TUKE - first side dish, e.g., marinated or raw sea food
 - NI-MONO - boiled/cooked food
 - YAKI-MONO - grilled food
- A few more dishes
 - SHII-SAKANA - another marinated food
 - AZUKE-BACHI - another cooked food
- Exchange sake with host
 - HASHI-ARAI - clear soup
 - HASSUN - delicacies from sea and land
 - SHU-TO - another delicacies
- End of meal
 - KOU-NO-MONO - seasonal pickles
 - RICE
 - YUTOU - tasty hot water



Dishes and Plates

- Explanations of the dishes
 - Please get the concepts behind the dishes
- Plates and bowls for the dishes
 - This may help you to look into the ceramics in shops

MUKOU-TUKE

- In KAISEKI, a small amount of **RICE** and the **SOUP** come first, together with a **SIDE DISH** (MUKOU-TUKE)
- The dish is, however, meant to go with the first **SAKE**
- Take the **RICE** with the **SOUP**, keep the **SIDE DISH** untouched
- When **HOST** comes and offers a **SAKE**, take the **SIDE DISH** with
- The host may offer a **refill of soup**, then you **should** take **2nd** but never 3rd
- In a party like today, the first rice may be omitted



Plates and Bowls

- MUKOU-TUKE
 - The ceramics plate or bowl of MUKOU-TUKE must be one of good collections as this is the first plate in the service
 - Keep the MUKOU-TUKE plate or bowl for a later use for a temporary plate



NI-MONO

- Warming guest's heart and body
 - so as to express host's hospitality
- Boiled or cooked food
 - Serve in warm
 - Arrange beautifully
 - Taste delicious
- Wooden bowl
 - Wood is warm when held in hand
 - Keep the inside warm



NI-MONO bowls

- Wooden
 - Good thermal insulator
 - Feels warm, e.g., compared with ceramics
- "URUSHI" lacquer (japan) painting
 - Beautiful flower patterns
 - Use of seasonal impressions



千鳥蒔絵碗

煮物はたっぷりとした量がありますから、器も大きめのものを選びます。向付と同じく、花柄や歳時を表わす碗が多く、碗の内側や蓋裏に柄があるものなど、じつに多彩です。木製の生地は熱が伝わりにくく、汁をはっても手にその熱さが伝わらないうえに、その表情や姿形もたいへん豊かです。また、向付の器が先の料理でふさがっている場合などは、蓋裏に蒔絵の図柄などがない煮物碗の蓋を取り皿代わりにすることもあります。

煮物碗

鉄線蒔絵碗



朱椿煮物碗



YAKI-MONO

- Last of the basic three dishes
 - Important
 - In a plate with status



あまりです。
 へり分けやすさにも気を配り、
 の美しさを



宝づくし青海皿
 (永楽即全作)



九谷花鳥絵皿



手付織部角違ひ



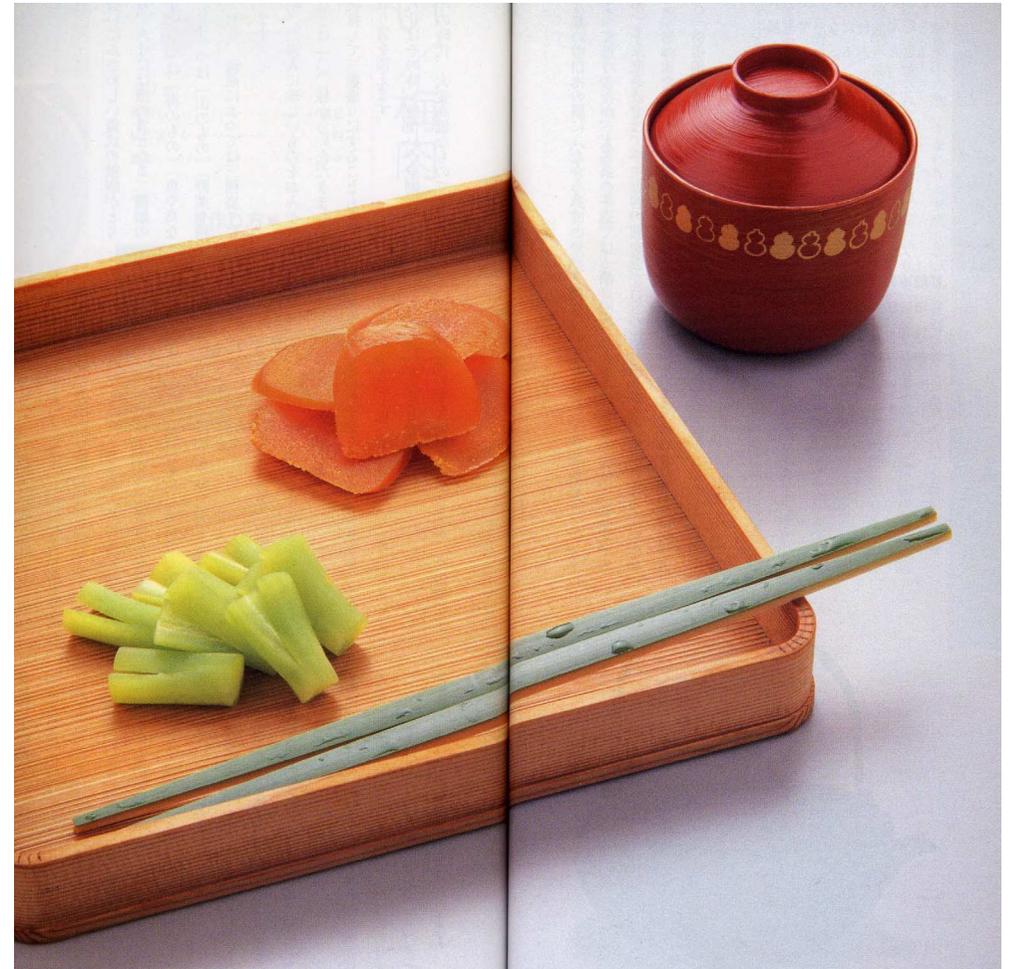
南蛮焼締鉢
 (中里太郎右衛門作)

焼き物皿

焼き物は、はじめて一鉢盛りにして出てくる料理ですから、客人にとってもインパクトがあります。そこで亭主は、見せ所の一つとして自慢の器を使います。器に油じみなどができないように、どっぴりと湯につけ、焼締や備前などはきれいに拭き取らず、盛り付け場所だけを拭き、周囲は水に濡れた風情を楽しみます。また、手付きの器をよく使いますが、この持ち手は、あくまでも飾りです。決してぶら下げたりせず、普通の皿と同様の扱いをします。

Exchange SAKE with Host

- Ready to drink sake with host
- HASHI-ARAI
 - Refreshing light-taste soup
- HASSUN
 - Square 8-ssun size
 - Two delicacies,
 - one from sea and one from land
- SHU-TOU
 - Another delicacy



End of Meal

- KOU-NO-MONO
 - Seasonal pickles
 - To eat with a bowl of RICE
- YU-TOU
 - Tasty hot water
 - Poured over the RICE
 - This is the origin of “OCHA-ZUKE”



は終わりを迎えるのです。
取り合わせの妙もありますから、
じれませ。

Ready for TEA



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