

This bento invites you to journey through the history of Japanese food culture—from the Edo period to the Reiwa era—in a single meal. By tasting dishes from each era, you can trace the evolution of Japan's culinary traditions.

### 1603 [Edo] The Flourishing of Commoners' Food Culture through Cookbooks

#### Theater-Viewing Tawara Musubi – Hinomaru Style

The Makunouchi bento takes its name from being eaten during the intermission (maku-uchi) of kabuki plays. The "tawara" (rice-bale) shape, easy to eat and fitting beautifully in a bento box, is a crystal of the clever ingenuity of the Edo people.

#### Fragrant Tofu Dengaku with Edo Sweet Miso – Re-grilled

Also featured in the Edo-period bestseller cookbook "Tofu Hyakuchin," this dish reflects the common people's love for tofu. Fragrant grilled tofu is generously topped with traditional Edo sweet miso, recreating the rich flavors of the time.

#### Traditional Edo Thick Rolled Omelet – Tamagoyaki

During the Edo period, eggs—still a precious commodity—began to be eaten more widely. The tamagoyaki, using these eggs generously, was the ultimate feast for the common people. The rich, sweet flavor enhanced with dashi is a traditional Edo taste.

### 1868 [Meiji] Toward Modern Nationhood: The Lifting of the Meat Ban

#### Feast of Civilization and Enlightenment: Gyunabe — Meiji Miso Style

As Japan sought to become a modern nation on par with Western powers, the ban on meat was lifted in the 4th year of Meiji (1871). The "Gyunabe" (beef pot), a symbol of this, was initially loved for its rich miso flavor, inheriting the food culture of deer and boar pots.

### 1912 [Taisho] "High-Collar" Western Cuisine of the Taisho Roman Era

#### Freshly Fried "Big Three Western Dishes" Potato Croquette

Alongside curry rice and tonkatsu, this was one of the "Big Three Western Dishes" that spread among the common people in the Taisho era. This dish, where the Western croquette fused with Japanese home cooking, carries the scent of Taisho Roman.

### 1926 [Showa] Wartime Food Control and Postwar School Lunches

#### Wartime Wisdom: Sweet Potato Rice

A dish created to stretch precious rice during wartime shortages. This humble meal, once a lifeline for survival, reflects the wisdom and resilience of people in those difficult times.

#### School Lunch Memory: Crispy Soy-marinated Fried Whale

In the midst of post-war food shortages, school lunches were restarted to support the nutrition of children. The low-calorie, high-protein whale menu was popular. It is a memorable taste that supported the hearts and bodies of the generation that ran through the Showa era.

### 1989 [Heisei] The Age of Gourmet Culture and Washoku's Global Recognition

#### Texture Revolution: The Mysterious Dessert Nata de Coco

A dessert of Philippine origin that became wildly popular in Japan in 1993. Made by fermenting coconut water, its unique texture sparked a "texture revolution" in Japan's gourmet boom of the early Heisei era.

#### Globally Recognized "Washoku": Gindara Saikyo-yaki (Miso-marinated Sablefish)

In the 25th year of Heisei (2013), Japanese food culture, "Washoku," was registered as a UNESCO Intangible Cultural Heritage. This traditional Saikyo-yaki expresses that glory.

### 2019 [Reiwa] A New Food Culture Connecting Health and the Environment

#### Fermented Pickles of Traditional Komatsuna

Health consciousness grew during the COVID-19 pandemic. With the power of fermentation linked to "gut health" that supports immunity, plus a hint of several herbs, please enjoy the new appeal of traditional Komatsuna, a vegetable passed down since the Edo period.

#### Sea Vegetables (Hijiki) and Soy Meat Tsukudani with Ginger

Hijiki, often called a "sea vegetable," gaining attention overseas, and soy meat born from food tech. These two ingredients symbolizing the future are prepared as a sharp ginger tsukudani (simmered dish with soy sauce).