

[\[Talk & Film Series\] Healthy Hakko: The Fermented Culinary Arts of Japan - Starts January 15](#)

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Dear H-Japan Members,

You're invited to three weekends of talks and film screenings about Japan's fermented foods and drinks. Along with 4 documentary films, experts will share their insights across 4 talks to provide a deeper understanding of the origins, health benefits and the special place that fermented foods hold in Japan's culinary culture and traditions. **Registration for each individual event is required, but all events are free.**

The first part from **January 15-17** will screen [Dashi, Essence of Japan & Shoyu and the Secrets of Japanese Cuisine](#), both directed by Shohei Shibata. It will be paired with a [discussion between Dr. Eric Rath \(premodern dietary culture\) and Dr. Greg de St. Maurice \(cultural heritage and food\)](#).

From **January 22-24**, we will pair the film [The Genealogy of Sake](#), directed by Kaori Ishii, with two sets of discussions, starting a [talk and discussion by Dr. Victoria Lee \(fermentation science in modern Japan\) and Dr. Stephen Lyman \(epidemiologist and shochu expert\)](#). There will also be a talk about the film - and sake - between [Mr. Michael Tremblay \(Sake Samurai, Sake sommelier\) and Kaori Ishii, director of the film The Genealogy of Sake](#).

For the last part of the series, **January 29-31**, we will be screening the film [Katsuo-Bushi](#) directed by Yu Nakashima and [Fermented](#) by Jonathan Cianfrani. For these films, [Sandor Katz, author and educator \(Wild Fermentation, Art of Fermentation\) will be joined by koji expert Shiori Kajiwara \(Koji Flowers, Hidamari\) for a discussion](#).

- The Japan Foundation, Toronto