

January 23, 2024

Tofu Cooking Class Created from Soybeans

~ Learn about the ancient wisdom and eating habits of Japanese people ~

A Journey Supervised by Marc Matsumoto,
Food Culture Expert



Born in Miyazaki, Japan, Marc moved to the U.S. with his family when he was 6 months old. He became interested in cooking watching his mother teach in Japanese cooking classes and became a cooking expert while living in New York. He has appeared on a famous American food program, and moved to Japan about 10 years ago. He has worked as a chef, food writer, and culinary consultant in the United States. As a TV personality, he is the host of NHK World's "Bento Expo" program. President of Global Food Pro, Inc.

Overview

In Japan, soybeans have long been successfully used as a protein source in place of meat and fish. As the English word "soy" is derived from the Japanese word "shoyu" (soy sauce), soybeans are an essential part of Japanese food culture and are attracting attention overseas as well.

In this tour, you will experience Japanese food culture through various soy dishes such as tofu and thick fried tofu, which can be enjoyed even by vegans.

First, you will experience making tofu by hand from soybeans with a tofu meister. After enjoying the aromatic flavor of soybeans and the fun of making tofu, you can enjoy a special lunch made with tofu under the guidance of the teacher. A health-conscious vegan menu will be served.

After the cooking class, you will have a shopping experience at a local supermarket with the cooking class instructor. After the instructor explains about ingredients and seasonings used in Japanese cuisine, you will be free to enjoy shopping at your leisure. You will have the opportunity to pick up fresh local ingredients and fashionable seasonings, and recreate the tastes of the tour at home. You are sure to make some delicious discoveries.

📍 10:00 Meet at the cooking class (classroom near Monzennakcho Station)

Cooking Class (Tokyo)

Tofu making



Through making tofu from soybeans, discover the power of soybeans.

Tofu lunch



Soybeans are great beans that can be used in all kinds of dishes. You will enjoy a healthy vegan dish.

Souvenir included



The tour includes a souvenir. Put what you learned in the classroom into practice at home.

Supermarket Guide Shopping (Tokyo, Japan)

Tours & Shopping



The tour wraps up with a visit to the supermarket frequented by locals. Learn about the ingredients and seasonings from the cooking instructor.

📍 14:30 Dismissal at supermarket (near Monzennakacho Station)

Points to note

Vegans and vegetarians are welcome to participate, but please note that some of the seasonings will contain animal products, such as dried bonito flakes. People with soy allergies are not allowed to participate.

This is a monitoring tour sponsored by the Tokyo Convention & Visitors Bureau. We would like to hear your impressions of the tour after your participation, so please complete a 10-question questionnaire after your participation.

The tour will be accompanied by the tour supervisor, Mr. Marc, and an English-speaking interpreter/guide. In addition, two staff members from the Tokyo Convention & Visitors Bureau and Oricom, the organizer of the tour, will accompany the tour.

If you are unable to participate in the tour due to unavoidable circumstances, please contact us as soon as possible.