

WHAT'S IN

Osechi Ryori



お せ ち り ょ う り

御節料理



Osechi, or **OSECHI RYORI** is Japanese traditional foods eaten on new year's day or several days afterwards.

Osechi consists of small dishes carefully arranged in tiered lacquer boxes called **jubako**.

In a 3-tiered *jubako*, the uppermost box is filled with appetisers, the second box with grilled and vinegared dishes, the third with simmered dishes.

Each dish serves as a symbol or wish for the coming year, symbolised through homophonic wordplay, colour and shape.

Here are some of osechi's most popular dishes and their symbolic meanings! >>>>



黒豆

KUROMAME

Black beans



Made from black soybeans slow-simmered in a sweet and savoury syrup.



In Japanese, *kuro* (black) is homophonous with ‘hard work’.



Mame (beans) sounds similar to the word for ‘good health’.



KOHAKU KAMABOKO

Red & white fishcakes

Kamaboko (蒲鉾) are fishcakes made from steamed ground white fish.

The semi-cylindrical shape of kamaboko symbolises the **first sunrise** of the new year.

Kohaku (紅白) refers to the **red** (or pink) and **white** colours.

Red has many meanings in Japanese culture, including as **protection** against evil.

White signifies **purity**.



紅白蒲鉾

KURI KINTON

Mashed chestnuts & sweet potatoes

栗きんとん



Made of candied *kuri* (chestnuts) and
mashed sweet potatoes.

Kinton (gold mash or golden dumplings)
signifies treasures.

Consuming *kuri kinton* is
a wish for **wealth and prosperity**
in the new year.



えびのうま煮



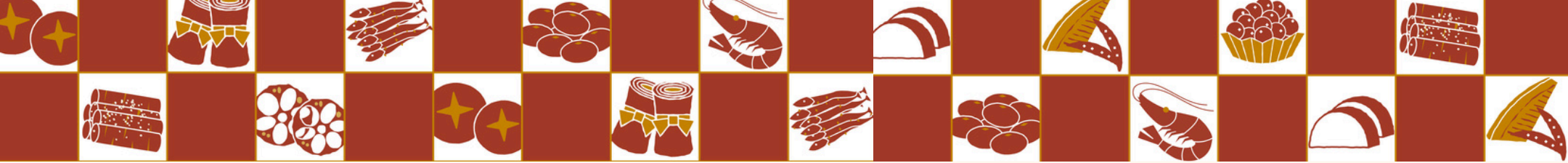
EBI NO UMANI

Simmered shrimp

Ebi (shrimp) are symbols of long life in Japanese culture.

The combination of **red** (colour of the cooked shrimp) and **white** (colour of the flesh of the shrimp) signifies **prosperity**.





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KOMBUMAKI

Kelp rolls



Rolled **kombu** (kelps) stuffed with fish such as herring or salmon.



Kombu is a play on the word *yorokobu* which means ‘to be **happy**’.



Eating *kombumaki* on new year’s day is considered to bring **good luck**.

The **maki** (rolled) shape symbolises wish for scholarship and culture.



昆布巻き



Have you tried osechi ryori?

Which dishes were your favourite?

