

VOICES From
THE NEW YORKERS

Chef David Bouley
and the Benefits of
Kombu
by Susan McCormac

If you’ve ever dabbled in Japanese cooking, you know that *kombu*, a type of seaweed, is an essential ingredient of *dashi*, or stock. But did you know that this edible sea vegetable from Japan has a host of health benefits?

Chef David Bouley knows very well, and it’s his goal to make everyone aware and to get this ancient cuisine into everyone’s home. The restaurateur encountered *kombu* 22 years ago while learning to make *dashi* under the tutelage of Yoshiki Tsuji of the Tsuji Culinary Institute. A proponent of healthy eating, Chef Bouley discovered that *kombu* is rich in dietary fibers and minerals; is high in calcium, iron, Vitamin A and Vitamin B1; and has zero calories. He’s been using the



The Japan News
by The Yomiuri Shimban
https://www.yomiuri-info.jp/daily_yomiuri/nys/

ingredient in his cooking ever since.

He recently held lunch and dinner seminars at his test kitchen. With Takashi Okui, a *kombu* master from a traditional *kombu* purveyor outside of Kyoto, Chef Bouley discussed *kombu*’s health benefits and presented different types of seaweed in a divine, multi-course meal. The tasting included a type of *kombu* that’s been aged for 31 years.

Chef David Bouley may serve French cuisine, but he knows a thing or two about the benefits of Japanese ingredients.
(Susan is the writer/editor of JapanCultureNYC, an English-language website for all things Japanese in New York.)

THE JAPAN VOICE

COOL JAPAN from New Yorkers’ Viewpoints



Japan Coast Guard Training Vessel Kojima in New York: Mariners with Smiles on Their Faces

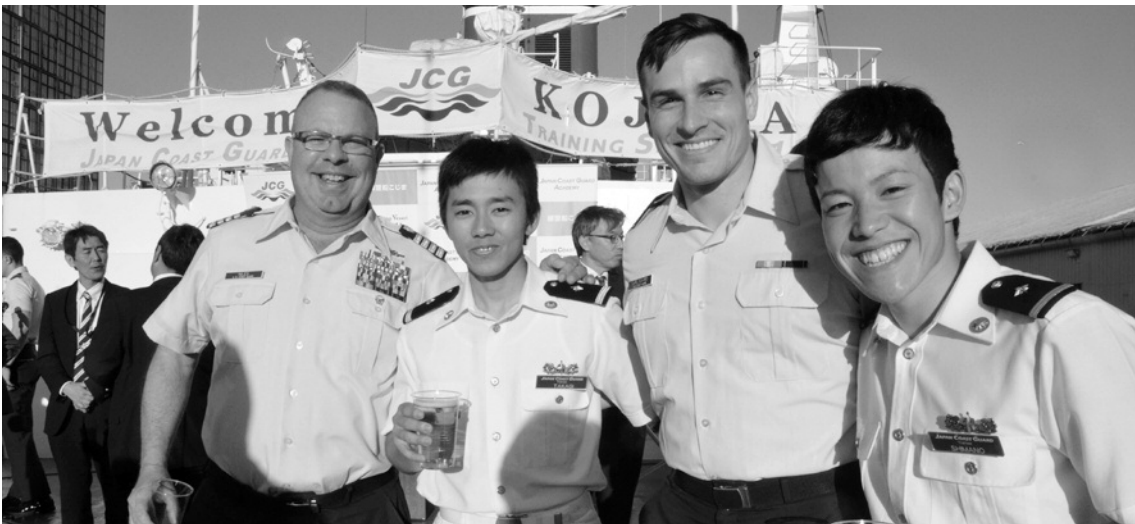
The Japan Coast Guard Training Vessel Kojima (weighing 2950 tons, with 87 crews on board led by Captain Tonozaki, Kojima’s commanding officer) is visiting five countries which is part of its around-the-world cruise. The ship arrived at the harbor in New York City, its second destination, on June 2.

There are 43 apprentices who graduated from the Japan Coast Guard Academy this spring and they will continue their training cruise until August 4 for a total of 101 days. These tanned apprentices invited the executives of the United States Coast Guard and hosted a reception. They demonstrated the Japanese art of fencing, Japanese tea ceremony, Japanese calligraphy and their cheering squad. More than 190 people participated from Japan and the United States, and they enjoyed giant-sized sushi which were made by the apprentices with big smiles on their faces. One of the apprentices, Shimano, 22, said, “It’s been 19 days since we left San

Francisco and the food is really nice here in New York, too. It’s such a gorgeous city.” Shogo Takagi, 24, said with a smiling face, “Can’t wait

for a day off tomorrow. I want to explore Manhattan.”

Visitors to the vessel included Deputy Sector Commander Captain



Takagi (second from left) and Shimano (far right) with the United States Coast Guard of New York

Linked in

THE JAPAN VOICE is the English Edition of SHUKAN NY SEIKATSU
NEW YORK SEIKATSU PRESS, INC., 71 W 47 St, Suite 307 New York, NY 10036 USA
Editor in Chief: Ryoichi Miura, Associate Editor: Ashley Matarama, Editor: Kaoru Komi
Advertise Here! Contact 212-213-6069 info@nyseikatsu.com

NY Seikatsu's Selection

Now is the time to spread
Japanese traditional craftsman's skill

Art apron since Edo period

Maekake

Maekake aprons have been used since
19th century for the purposes of advertisement and guarding hips.
It is made of 100% cotton, thick fabric.
You can enjoy traditional craftsman's handmade aprons.
前掛けは 19 世紀から、広告宣伝と腰を守る目的で使われてきました。
綿 100% の厚手の生地が特徴です。ハンドメイドで作られる伝統の技をお楽しみください。

MAEKAKE
'YUME'
\$59.00-

MAEKAKE
'Kotobuki'
\$59.00-

MAEKAKE
'Daruma'
\$49.00-

MAEKAKE
'Kokorozashi'
\$59.00-

MAEKAKE Tote Bag
'MAKOTO'
\$85.00-

Directly shipped
from Japan!

Website for overseas mail order only

URL <http://www.anything.ne.jp/newyork/>

- Payment: Paypal or credit card
- Shipping fee: From \$18.75 (varies depending on numbers of ordered products)
- Shipping method: EMS (you can track the packages)

- Manufacturer: Anything (Tokyo, Japan)
- E-mail: web@anything.ne.jp
- TEL: (212)213-6069 (New York Seikatsu Press)

Charity for East Japan Earthquake Disaster

5% of profit through your purchase will be donated for recovery from Earthquake disaster in Tohoku (directly donated to Ishinomaki City in Miyagi Prefecture).

Anything

北米伊藤園
新俳句
グランプリ
2019

ITO EN (North America)
NEW
HAIKU
Grand Prix
2019

Apply for
HAIKU Contest!

Haiku is a poem following the syllabic pattern of 5-7-5.

●Haiku in English may consider
the following as a model:

Across the still lake
through upcurls of morning mist
The cry of a loon

- O. Mabson Southard

■HOW to APPLY
Website: <http://www.artofhaiku.org>
E-mail : HaikuGrandPrix@gmail.com
7 Japanese, 7 English and 7 "Under 18 Div."
haiku will be selected each month.
For more detail, go to <http://www.artofhaiku.org>
■PROMOTER: New York Seikatsu Press INC.
■SPONSOR: ITO EN (North America) INC.

You can read the whole layout of the newspaper
on the website!

www.nyseikatsu.com

And the back numbers, too!!

New York Seikatsu Press, Inc.