

MEALS IN JAPAN

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Living in Japan has been an eye-opening experience, especially when it comes to meals. Every meal feels like a celebration of flavors and aesthetics, from the way dishes are arranged to the variety of ingredients used.

One of my favorite foods in Japan is sushi. There's something magical about the simplicity of sushi – fresh fish paired with vinegared rice. It amazes me how much care goes into crafting each piece. Whether it's tuna, salmon, or even uni (sea urchin), every bite is a burst of flavor. I love trips to my closest conveyor belt sushi chain - HAMAZUSHI. I am proud to admit that I once ate there for 10 days in a row.



Another favorite of mine is sukiyaki, a delicious hot pot dish often shared with friends or family. The combination of thinly sliced beef, fresh vegetables, tofu, and shirataki noodles simmered in a sweet and savory broth is simply irresistible. Dipping the cooked beef into raw egg before eating it might have sounded strange at first, but now I find it enhances the dish's flavor and richness in a way I've grown to love. Suki-yaki also holds a special place in my heart because it brings people together, reminding me of how meals in Japan often have a social element to them.



What I admire most about Japanese meals is how they prioritize balance and seasonality. Each dish highlights natural flavors and incorporates ingredients that reflect the time of year. Meals are beautifully portioned and thoughtfully prepared, leaving me feeling satisfied rather than stuffed. For me, meals in Japan have become more than just a way to eat. Sushi and sukiyaki might be my personal favorites, but every meal here feels like an adventure waiting to