

# Japan in 11 dishes by National Geographic Traveller Food

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LONDON (Thursday, 8 August 2019): National Geographic Traveller Food has picked out the 11 dishes that define Japanese cuisine. In the latest issue, distributed free with September's National Geographic Traveller (UK), we put the spotlight on a culinary culture that's both familiar and mysterious, filling in the gaps with a cover story featuring author Tim Anderson's impassioned ode to ramen, and chef Rei Masuda's considered thoughts on sushi.

Glen Mutel, editor of National Geographic Traveller Food, said: "With the Rugby World Cup starting in September, and the eyes of the world on Japan, it seems the ideal time to celebrate one of the world's most distinct culinary cultures.

"No one who's been to Japan will ever forget its food. I still vividly remember the first meal I ever had there — a steak, cooked in front of me teppanyaki-style on a hot metal plate by a silent chef. In our latest cover story, we've tried to get to the heart of this memorable and unusual cuisine, from lesser-known dishes such as takoyaki and tonkatsu to global favourites sushi, tempura and ramen."

Also in this issue, we examine the rebirth of Ecuadorian chocolate, sample the best of the gourmet Greek island Sifnos and journey to Nabeul on the Tunisian coast for a colourful family meal. All this, plus guides to the food hotspots of San Francisco, Tel Aviv and the Camargue, France.

In addition, expect the usual mix of thought-provoking features and easy-to-follow recipes from world-renowned contributors.

Don't miss:

- Deconstruction: Goulash — revealing the secrets of the iconic Hungarian dish
- In Pictures: The hazelnut harvest of Piedmont, Italy
- My Life in Food: Comedian Aisling Bea on dining out in Los Angeles and why we should all be doing more to reduce food waste
- Five ways with: Chef Judy Joo offers up five great ways to use kimchi
- Make Perfect: Tips for making poutine
- The Pioneer: Chef Ricky Saward on shaking up the German restaurant scene

Fast facts

On sale date: 1 August 2019

Price: Free with the September edition of National Geographic Traveller (UK), which costs £4.60

Website: Competitions, subscriptions, blogs, features and more. [nationalgeographic.co.uk/food-travel](https://www.nationalgeographic.co.uk/food-travel) (<https://www.nationalgeographic.co.uk/food-travel>)

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## Notes

The quarterly, 132-page magazine is available free of charge with the December, March, June and September issues of National Geographic Traveller (UK). It's brought to you by APL Media Limited, publisher of the award-winning National Geographic Traveller.

National Geographic Traveller (UK) is published under licence by APL Media Limited, from National Geographic Partners LLC in Washington, D.C. The 180-page travel and lifestyle magazine was launched in December 2010, and is packed full of you-are-there photography, authentic travel experiences and inspiring narratives. [nationalgeographic.co.uk/food-travel](https://www.nationalgeographic.co.uk/food-travel) (<https://www.nationalgeographic.co.uk/food-travel>)

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