Miso (soy bean paste) has its origins in China as far back as the 4th century, BC, and with its abundant health benefits derived from soy beans and fermentation, had quickly spread to the entire East Asia to become a staple food for the people in the region. One amazing thing about Miso is its variety – each country in East Asia, or sometimes each prefecture in the same country, has its own Miso with unique taste.

In this program, two renowned chefs from East Asia (Japan & Korea) will introduce the history and health benefits of Miso, along with culinary suggestions of how to incorporate this healthy product in your daily cooking. Toward the end of the program, the audience will have a chance to try out selection of Miso from Japan and Korea and enjoy the difference in taste. Don’t miss(o) it!
The program is presented in collaboration with the Korea Foundation, Los Angeles.

**DATE & TIME:**
Thursday, March 9 @7pm

*Miso tasting after the lecture. Light refreshments will be served.

**VENUE:**
The Japan Foundation, Los Angeles
(5700 Wilshire Blvd., #100 Los Angeles, CA 90036)

Street parking is available near JFLA. Click here for parking info.

**ADMISSION:**
FREE
Reservation Required

**Guest Chefs:**

**Yoko Issasi** is the founder of Foodstory, a company that’s committed to presenting educational and entertaining experiences for food lovers, home cooks, and travelers through the Japanese culinary arts. Her first production, “Traveling with Sushi” class, offered participants the chance to sample different types of sushi tastings while learning about Sushi’s thousand year history. This production ignited her profound interest in food history and regional food varieties throughout the Japanese islands, which eventually led her to opportunities to serve as a guest lecturer and panelist including at the “American Sushi History” event held at The National American Museum in Washington DC.

She started teaching Japanese home cooking workshops in Los Angeles in 2012 and she has taught over 100 people every month. For the past few years, her passion for Japanese food has also been channeled into creating and curating seasonal culinary tours in Japan. She is currently developing 12 regional and season-based culinary tours throughout the different areas of Japan.

**Ri-Hye Park** is a trained chef who grew up in Japan, and she is a 3rd generation Korean-Japanese. She has studied 2 years at the Culinary Institute of America in New York and is proficient in classic French and Italian techniques.
Ms. Park completed her internship at a Michelin-starred restaurant Pierre Orsi in France and at Alice Waters' renowned Chez Panisse in Berkeley. She has also taught at a culinary school in Japan and hosted a cooking show in Korea. She published *Ri-Hye's Kitchen*, a cook book with 160 recipes introducing healthy dishes that she often made for her husband.

She married Chan Ho Park, the first South Korean-born player in major league history (LA Dodgers, NY Yankees and etc) in 2005 and now has three daughters.
Lights, Camera, Japanese! Become a Voice Over Star

Japanese Workshop: Samurai Acting

Workshop: Create Your Own Kanji & Calligraphy

Butoh Workshop by Dance Maestro Mushimaru Fujieda

An Evening with Kabuki Actor Kyozo Nakamura

Lecture & Demonstration: Samurai Spirit Alive

Words Can’t Go There: John Kaizan Neptune Shakuhachi Live in Los Angeles

Workshop: Action in Japanese

Evening Time Wellness Wednesday (Yoga & Meditation)

Change the World with Onigiri 2018

Lecture & Demonstration: Noh Masks

Ask Marty

TATAKE TAKE: Let’s Play Bamboo Beat!

Hands on with Japanese Handmade Paper

Bamboo Music

Japan Korea Miso

Rakugo Sankyo

Takahashi Hiroko

New Year’s Cuisine

One Piece Kabuki

Time After Time
Takeo Kawaguchi - SLOW BODY

Street-style Kendama

Perspectives on Risque Cinema

Cinema Kabuki

Cinema Kabuki

R&R Library Lounge

Java and Jazz Library Lounge

Change the World With Onigiri

Japanese Design Today

Kyogen Performance/Workshop

Daidengaku Dance Workshop

Mashi Murakami Meet & Greet

Daughters of the Samurai

One-Man Kabuki Storyteller

Zen Calligraphy Workshop

Rakugo

The Great Passage

Ai Kuwabara Trio Project

Japanese Kites

Hachi - A Dog's Tale

Japan Film Festival