
International Culinary Institute
143 Pokfulam Road, Pokfulam, Hong Kong

Culinary Demonstration by Japanese Star Chef Takashi TAMURA for ICI Students to promote Healthy Cooking

(Hong Kong, 16 August 2019) Japanese Star Chef Takashi TAMURA hosted a Master Class culinary demonstration of Japanese cuisine at the International Culinary Institute (ICI) on 14 August, enriching ICI's culinary students learning experience and promoting healthy diet.

The culinary demonstration is organized by Japan's Ministry of Agriculture, Forestry and Fisheries (MAFF), Hong Kong's Food and Health Bureau (FHB) and Committee on Reduction of Salt and Sugar in Food and the Centre for Food Safety, co-organized by the ICI. Chef Takashi TAMURA is the third generation owner of the renowned Japanese restaurant Tsukiji Tamura. Chef Tamura celebrates his passion through culinary techniques inherited from his forefathers, while looking to add his own innovative touch. The numerous culinary awards highlight the success of Chef Tamura, recipient of the Tokyo Metropolitan Governor Prize for Outstanding Chef, a Silver Medal of the Research Foundation of Food and Culture, and being recognized as "Tokyo Meister" in 2005. In 2010, he received Japan's Minister of Health, Labor and Welfare Award for Contemporary Master Artisan.

Chef Tamura shared his insights on traditional and contemporary Japanese cuisine with ICI students during the Master Class. He demonstrated the preparation of a traditional dish, Nishime (Simmered Chicken and Vegetable). He highlighted the importance of health conscious cooking. Chef Tamura said, "For chefs, we should get the best out of the original tastes as ingredients themselves have umami. Additional seasoning like salt and sugar are not always necessary." ICI values the significance of health conscious meals with training and students prepare meal options of high fiber, low salt and sugar in training restaurants to encourage a healthy diet. ICI campus training restaurants has joined the Less-salt-and-sugar Restaurants Scheme of FHB and supports by action to promote less-salt-less-sugar dietary culture.

ICI co-organised the Regional Qualifying Tournament (Asia Region 1) of Washoku World Challenge with MAFF on the same day. ICI students supported the events and had an opportunity to learn skills of Japanese cooking from contestants around Asia.

ICI aims at building up a pool of qualified talent with a vision to support the growth of the hospitality and tourism sector in Hong Kong and within the region. So Cheuk Hong, student of ICI was delighted to have the opportunity to take part in both events yesterday. He said, "I have learnt the cooking skills

for Japanese cuisine, more importantly, I was inspired by the spirit of attaining perfection from the Japanese Master Chef and the contestants at the tournament.”

International Culinary Institute

The International Culinary Institute (ICI) is one of the 13 member institutions of Vocational Training Council (VTC). It aims at training and developing talent in culinary art and hospitality industry to sustain Hong Kong’s status as Asia’s gourmet paradise. The ICI offers a wide range of quality professional culinary programmes covering cuisines of Europe, Mediterranean, Asia, the Middle East and Americas. It also provides wine, international theme park and event management programmes to groom aspiring youths for career development in related industries. Website: www.ici.edu.hk

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Captions:



(Image 1) Japanese Star Chef Takashi TAMURA demonstrates the preparation of a flavorful healthy Japanese dish.



(Image 2) Erica NG, Deputy Secretary for Food and Health, JP introduces the importance of low salt and sugar diet to ICI students.



(Image 3) Shirara SHIOKAWA, Director – General of Food Industry Affairs Bureau of MAFF thanks ICI for supporting the chef training for Japanese cuisine in Hong Kong.



(Image 4) Shirara SHIOKAWA, Director – General of Food Industry Affairs Bureau of MAFF (2nd from the left), Chef Takashi TAMURA (4th from the left), Erica NG, Deputy Secretary for Food and Health, JP (5th from the left) and Edmond YU, Principal of ICI (4th from the right) with ICI students.



(Image 5) ICI students learn Japanese cooking skills of different Asian cities through observing the Asia Region Qualifying Tournament of Washoku World Challenge.



(Image 6) The exciting contest showcases the mastery and excellence in Japanese culinary arts of professional chefs.