

14 June 2018

“Cha-kaiseki: Japanese Cuisine and Tea Ceremony”

On 9th June, His Excellency Mitsuhiro Okada, Ambassador of Japan, held a “Cha-kaiseki” at his residence to present Japanese cuisine and tea ceremony to representatives of the Ministry of Foreign and CARICOM Affairs, local educators, and members of the media. The presentation was well received by attendees, with a lively discussion on “Washoku” and its various health benefits.

Most participants had never tried “Washoku”, which is a traditional Japanese diet, and Japanese traditional tea, called “matcha”, and showed their strong interests in Japan as well as Japanese culture.



“Washoku” tasting



Participant tasting “matcha”



Tea made by Mrs. Mari Okada