



Check List

- ☐ Passport
- ☐ Mobile Phone
- ☐ Charger
- ☐ Medications
- ☐
- ☐
- ☐
- ☐

Itinerary

Emergency Contact



Japanese Culinary Training Program



JCTP in Kochi, Japan

I am thrilled to extend a personal welcome to the incredible opportunity!

Thank you for joining us for a Two Week Intensive Culinary Workshop and Cultural Exchange Program, a once in a lifetime experience!



This program, organized by the non-profit organization, **CULINARY CULTURE CONNECTIONS (CCC-NPO)** promises to be enriching and unforgettable.



Providing opportunities for professional and aspiring chefs around the world to learn **AUTHENTIC** Japanese cuisine.





Program Itinerary (week 1)

July 7, 2024 (Sun)

Hotel check-in:

KOCHI SUNRISE HOTEL tel: +81 88822 1281
2 Chôme-2-31 Honmachi, Kochi, 780 -0870

18:00 Orientation / Welcome Dinner

IZAKAYA KATSUKI
2 chôme-6 2 Hanmayachō Kochi, 780-0822

July 8, 2024 (Mon)

9:00 @RKC: WASHOKU (Japanese Cuisine) Basics
"DASHI" broth

- KATSUO BUSHI (bonito broth)
- KONBU-DASHI (konbu seaweed)

Recipes

- OYAKO DON (chicken & egg rice bowl)
- MISO SOUP

12:00 LUNCH @ RKC

OYAKO DON (chicken & egg rice bowl) & MISO SOUP

13:00 @RKC: WASHOKU (Japanese Cuisine) Basics
CHOMIRYO (Japanese seasoning / condiments)

- SHOYU (soy sauce)
- SU (vinegar)
- MISO (bean paste)
- PONZU (a tart, citrus based sauce)
- TOSA SHOYU (refined soy sauce)
- TAMA MISO (egg-miso sauce)

Recipes

- DASHI MAKI TAMAGO (Japanese Omelet)
- SUNOMONO (vinegar based dishes)
- SUMISO AE (dishes with miso & vinegar dressing)



July 9, 2024 (Tue)

9:00 Field Trip: **HAMAYA**, 6598 9 Nagahama, Kochi
KATSUO (Bonito) straw-grill experience!

11:00 @RKC: KATSUO-TATAKI workshop

12:00 LUNCH @RKC

KATSUO - TATAKI DON (Grilled Bonito Sashimi over Rice)

13:00 @RKC: Workshop

Recipes

- TOSA-MAKI (Grilled Bonito Sashimi roll)

July 10, 2024 (Wed)

9:00 Field Trip: **TANI MYOGA (Japanese Ginger) FARM**
551 Ōtsu Kochi, 781 5103

Field Trip: **MAJIMA FARM (cattle & vegetable)**

2513 Naichichō Higashino Kanon, Kochi 781-5213

12:00 LUNCH @ SOGA restaurant

389 1 Naichichō Nakanomura Kanon, Kochi 781 5211

13:00 Field Trip: **OTAKA JOZO (Soy Sauce Factory)**

21-8 Umenotsuji, Kochi, 780 8011

Field Trip: **TAKEUCHI SHOTEN (Dried Bonito Factory)**

2824 3, Tosa, Kochi 781 1161

July 11, 2024 (Thu)

9:00 @RKC: INAKA SUSHI & SABA SUSHI workshop

12:00 LUNCH @RKC bento from local supermarket

13:00 @RKC: NIGIRI SUSHI workshop

July 12, 2024 (Fri)

9:00 @RKC: INAKA-SUSHI & SABA SUSHI workshop

12:00 LUNCH @RKC: INAKA SUSHI & SABA SUSHI

13:00 @RKC: TAI IKEZUKURI (Sea Bream Sashimi) workshop



Weekend Optional Field Trips

July 13, 2024 (Sat)

- 9:00** Field Trip: **TOYONAGA HAMONO** : Tosa Knife Factory visit
883-5 Izuma, Tosa, Kochi 781-1142
- 11:30** Field Trip: **KATSURA-HAMABeach**
- 12:00** LUNCH
- 14:00** **MAKINO Botanical Garden**
4200-6 Godaisan, Kochi, 781-8125

July 14, 2024 (Sun)

- 9:00** Field Trip: **KOCHISunday Market**
- 12:00** LUNCH: **HIROME Market**
- 13:00** Field Trip: **KENDO** martial arts experience
- 14:30** Field Trip: **KOCHI** castle

Program Itinerary (week 2)

July 15, 2024 (Mon)

- 9:00** @RKC: **UTSUBO (Moray Eel) Workshop**
- Tempura
 - Sashimi
 - Totaki
 - Karaoke
- 12:00** LUNCH @ RKC
- UTSUBO dish
- 13:00** @RKC: **Local Specialty Workshop**
- Recipes
 - ARADAKI (simmered fish)
 - RYUKYU (vegetable "giant elephant ear" & SHIRASU (whitebait) dish
 - AONA SHIRAAE (green vegetable mashed tofu salad)



July 16, 2024 (Tue)

- 9:00** Field Trip: **SUSAKI CITY**
- 10:00** SUSAKI FISH MARKET
- 11:00** "Iron Chef" Challenge @SAKANA HONPO
- 12:00** LUNCH @SAKANA HONPO
- Taste dishes from the "IRON CHEF" challenge
- 14:00** TBD

July 17, 2024 (Wed)

- 9:00** Field Trip: **SHIMANTO VEGETABLE MARKET**
- 12:00** LUNCH @KUROSHIO ICHIBAN-KAN
374-9 Saga, Kuroshio, Hata District, Kochi 789-1720
- 13:00** Field Trip: **KUROSHIO FISHMARKET**
KANEICHO SUISAN
303-10 Iino Kuroshio, Hata District, Kochi 789-1931

July 18, 2024 (Thu)

- 9:00** @RKC: "IRON CHEF" challenge SHIKOMI (prep)
Luncheon for Local Guest* on Friday 7/19
- 12:00** LUNCH @RKC - TBD
- 13:00** @RKC: "IRON CHEF" challenge SHIKOMI (prep)

July 19, 2024 (Fri)

- 9:00** @RKC: "IRON CHEF" challenge - SHAGE (finishing)
- 12:00** Luncheon with Guest
- 14:00** @RKC: Clean up



July 20, 2024 (Sat)

18:00 Farewell BBQ

July 21, 2024 (Sun)

11:00 Hotel Check Out

Important Contact Information

Program Director: Yuke [REDACTED]
[REDACTED] [REDACTED]

Program Director (Japan): Tatsunori [REDACTED]
[REDACTED]

Instructor: Hiroyuki [REDACTED]
[REDACTED]

Instructor: David [REDACTED]
[REDACTED]

Assistant: Satoshi [REDACTED]
[REDACTED]

Medical Ryotaro "Allen" [REDACTED]
[REDACTED]

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