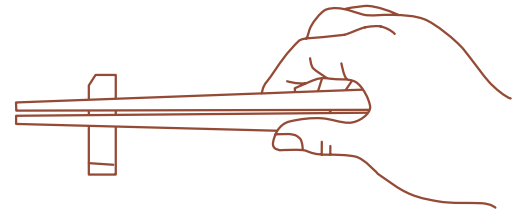


和の美味は、お箸で。

Enjoying Japanese Delicacies with Chopsticks.

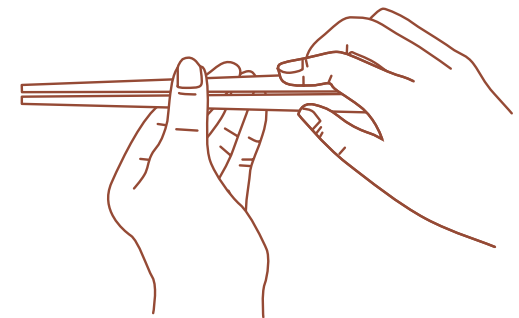


お箸の取り方 How to hold chopsticks



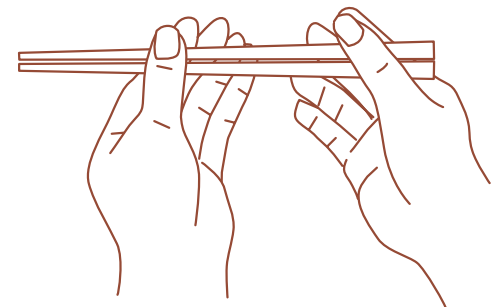
まず、箸置きに置かれたお箸を右手で取り上げます。箸袋に入っている場合は袋をはずします。

First, pick up the chopsticks placed on a chopstick rest (*hashi-okī*) with your right hand. If the chopsticks are wrapped in a paper sheath (*hashi-bukuro*), remove them from the sheath.



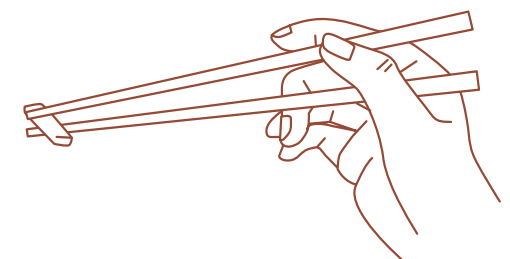
左手を添えてお箸を受けます。割り箸の場合はここで割って2本にします。

Use your left hand to support the chopsticks. In case of disposable wooden chopsticks (*wari-bashi*), you split them into two at this stage.



左手で支えながら、右手の親指と人差し指の間に挟んでお箸を正しく持ちます。

With the support of your left hand, hold the chopsticks correctly by placing them between your right thumb and forefinger.



下の箸を中指の先端と親指と人差し指の間において固定し、親指で2本を押さえます。

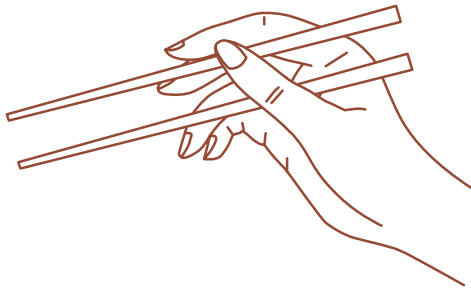
Fix the lower chopstick between the tip of your middle finger and your ring finger. Place the upper chopstick between your index and middle fingers. Press both chopsticks with your thumb.

和食は、ぜひ、お箸でお召し上がりください。一見、難しそうですが、少し使ってみると次第に慣れてきます。上手に使いなくてもかまいません。お箸で味わってこそ、日本料理の繊細さがわかりいただけます。

We recommend you to try eating washoku (traditional Japanese food) with *ohashi*, in other words, chopsticks. It might seem difficult at first, but with a little practice, you will gradually get used to eating with chopsticks. You don't have to be good at chopsticks. It's just that, by using chopsticks, you will be able to appreciate the delicacy of Japanese cuisine all the more.

お箸の使い方

How to Use 'hashi'



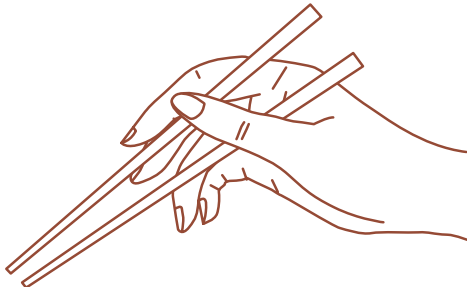
上の箸を親指と人差し指と中指で動かし、食べ物を挟んで摘み、口へ運びます。

By moving the upper chopstick with your thumb, forefinger, and middle finger, pick up the food between the pointed ends of your chopsticks, and carry it to your mouth.



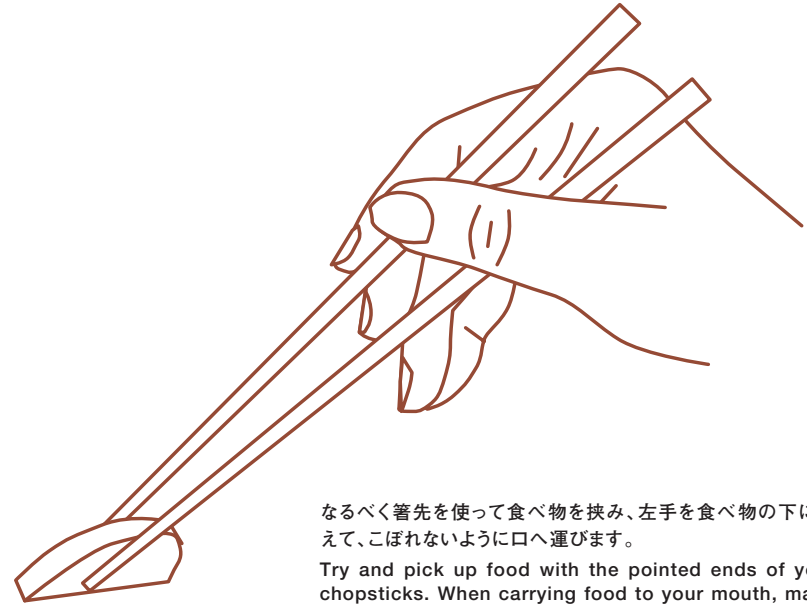
下の箸は固定し、上の箸だけを動かして、食べ物を挟むことがポイントです。

Remember to keep the lower chopstick stationary, and make sure that you only move the upper chopstick when picking food between your chopsticks.



お箸の先を合わせた時に、先端が揃っていると、小さな豆でも容易く摘めます。

If you can make your chopsticks meet nicely at the tips, then you will be able to pick up even tiny beans ever so easily



なるべく箸先を使って食べ物を挟み、左手を食べ物の下に添えて、こぼれないように口へ運びます。

Try and pick up food with the pointed ends of your chopsticks. When carrying food to your mouth, make sure to keep your left hand beneath the food so as not to drop it.

お箸の作法

■ お箸で食す際に、マナーとして、やってはいけないことがあります。

Manners for chopsticks

■ When eating with chopsticks, please avoid the following bad manners

■ 迷い箸

どの器の料理を食べるか迷い、料理の上をあちこちと箸を動かすこと

■ 移り箸

いったん取りかけてから、他の料理に箸を移すこと

■ こじ箸

盛られた料理を上から順に取らず、食べたい物を探り出して食べること

■ 探り箸

汁物をかき回し、中身の具を探ること

■ ねぶり箸

お箸についたものを口でなめ取ること、お箸をなめること。

■ 刺し箸

食べ物を箸で突き刺して食べること

■ 涙箸

食べ物の汁を箸の先から垂らしながら口に運ぶこと

■ 寄せ箸

お箸で食器を引き寄せて動かすこと

■ 拾い箸

お箸からお箸へ二人の間で料理を受け渡すこと

■ くわえ箸

箸を下に置かず、口にくわえたまま、食器を持つこと

■ せせり箸

箸を楊枝(ようじ)替わりに使うこと

■ 突立て箸

ご飯にお箸を突き立てること

■ かみ箸

箸先を噛むこと

■ たたき箸

食器やテーブルを箸で叩くこと

■ 指し箸

食事中に箸で人を指すこと

■ *mayoi-bashi* (indecisive chopsticks)

Making your chopsticks loiter over the choice of dishes spread out before you, unable to decide which dish to eat.

■ *utsuri-bashi* (capricious chopsticks)

Picking up food with your chopsticks, only to change your mind to pick up another food.

■ *koji-bashi* (groping chopsticks)

Groping for your favorite food and pulling it out, instead of eating the food in order from the very top.

■ *saguri-bashi* (stirring chopsticks)

Stirring your soup (shirumono) and searching for ingredients.

■ *neburi-bashi* (licking chopsticks)

Licking food remaining on your chopsticks, or even just licking your chopsticks.

■ *sashi-bashi* (stabbing chopsticks)

Eating food by stabbing your chopsticks into it.

■ *namida-bashi* (dripping chopsticks)

Dripping liquid from the tips of your chopsticks while carrying food to your mouth.

■ *yose-bashi* (drawing chopsticks)

Moving or pulling plates or bowls towards you with your chopsticks.

■ *hiro-i-bashi* (passing chopsticks)

Passing food from your chopsticks to somebody else's chopsticks.

■ *kuwae-bashi* (chopsticks between your lips)

Holding your chopsticks between your lips instead of placing them down on the table or on the chopstick rest when taking a bowl into your hands.

■ *seseri-bashi* (tooth-picking chopsticks)

Using your chopsticks for picking your teeth.

■ *tsukitate-bashi* (vertical chopsticks)

Sticking your chopsticks vertically into a bowl of rice.

■ *kami-bashi* (chewing chopsticks)

Chewing the tips of your chopsticks.

■ *tataki-bashi* (drumming chopsticks)

Tapping the plates or the table with your chopsticks.

■ *sashi-bashi* (pointing chopsticks)

Pointing at a person with your chopsticks during a meal.