



# MOM Culinary Kyoto

School of Japanese Cooking, Hospitality, and  
Agriculture



# Program Highlights



**Cooking Practice:** The students practice **every day** at **our kitchen studio**, developing skills in Japanese cuisine and cultivating their palate by learning new flavors. In addition, they have the opportunity to immerse themselves in local restaurant kitchens, observing and learning directly from professional chefs.



**Etiquette and Spirit of Hospitality:** Integral to Japanese cuisine, students study proper dining etiquette and the spirit of omotenashi (hospitality). They develop skills in food presentation and plating that highlight aesthetic beauty and mindfulness.



- **Cultural Understanding:** To foster a deeper appreciation of Japanese food culture, the curriculum includes seasonal ingredients and traditional event-related dishes. Students also gain insight into regional cuisines, exploring traditional recipes from various parts of Japan.



# Summary

At our campus in Japan, we offer an immersive learning environment for students coming from overseas to study Japanese cuisine. The program is designed to help students gain a deep understanding of Japanese culture and culinary traditions, while mastering essential skills, etiquette, and the aesthetic sensibility unique to Japanese cuisine



# Learning Environment

Students receive guidance from experienced chefs and Japanese cuisine experts in small, hands-on classes to support skill development. We offer a variety of learning opportunities, both on and off campus, such as visits to Japanese markets, specialty stores, and ingredient production areas, as well as practical training at traditional Japanese restaurants.



## Learning Outcomes

Upon program completion, students will have acquired both the technical skills in authentic Japanese cuisine and an appreciation for the cultural and spiritual values unique to Japan. These skills equip students to excel internationally as chefs and culinary professionals. At our Japan campus, we invite you to explore the essence of Japanese cuisine, blending tradition with innovation, and taking these skills to the world.

# Main Teachers



## Munehiro Shimatani

Head Chef at Suiren, Miyagawa-cho, Kyoto  
Management at Suiren, Tokyo Midtown  
Producer of Japanese cuisine at Sanga, Las Vegas, USA

In charge of cuisine for Japan Night at the 2017 and 2024 Davos Conferences  
Winner of the Western Japan division at the 2009 Japanese Cuisine Academy Competition

**Lecture Teacher**



## Ai Izawa

Head Chef at "Fine Dining Restaurant Sui" Kyoto BA  
Yokohama National University Graduated Hattori Nutrition College  
Experienced at renowned Japanese restaurant in Tokyo

**Lecture Assistant**



## Maki Miyazawa

Chef and hostess at "Fine Dining Restaurant Sui" Kyoto  
Japanese sake sommelier BA  
Yokohama National University Experienced at Japanese food company  
Graduated Hattori Nutrition College Experienced at renowned Japanese restaurant in Tokyo

*Learn from experts and specialists*

# Special Teachers



Sushi



Matcha



Ikebana



Sencha



Japanese sweet  
"Wagashi"



Soba

# Special Teachers

**Japanese Culture  
& Hospitality**



## Tomoko Nakamura

- The owner of "Yoshida Sanso", along established 76-year-old culinary inn in Kyoto



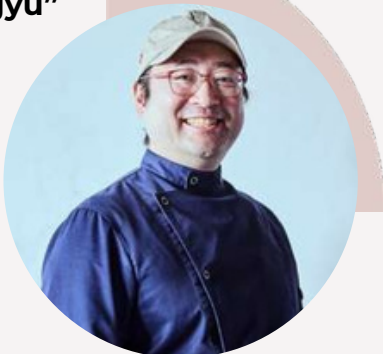
**Culinary Director  
Food × Agriculture**



## Atsushi Nakahigashi

Representative, "So Kawahigashi Representative, "Wakuuri no Gohan-ya Okudosan" Culinary Director and Representative "One Rice One Soup Inc." He started learning cooking at the age of 12 under his father, Hisao Nakahigashi, owner of "Soujiki Nakahigashi", MICHELIN restaurant in Kyoto. Sous Chef and GM at "Kajitsu" in NYC

**"Wagyu"**



**"Wild to Table"**



## Ken Kato

Japanese butcher, meat scientist, meat dry-aging leader in Japan, and an international Wagyu consultant  
A fourth-generation artisanal butcher and operates a boutique butcher shop and a restaurant in Kyoto and a meat salon in Tokyo, all featuring his specialty meats

## Toshifumi Nakahigashi

Chef and the owner of ristorante DONO in Kyoto  
Raised in a culinary household his father is the chef-owner of the renowned Michelin two-star restaurant Soujiki Nakahigashi  
In 2016, he opened erba da nakahigashi in Tokyo's Nishi-Azabu (now called Kusakakera)  
He created refined course meals centered on vegetables and wild game

# Special Teachers

**Traditional Kyoto  
home cooking**



## **Megumi Hata “Hatake Jyu-taku”**

The Hata family residence, her childhood home, is a traditional merchant house that operated a medicinal herb business from the mid-18th century until recent years. It is now a registered Tangible Cultural Property of Kyoto City.

**Sushi**



## **Akira Umehara Sushi “Man”**

At Sushidokoro Mitsuru, he is always looking for ways to please his customers. He is particular about the ingredients he purchases and makes sushi that conveys the flavor of seasonal ingredients.

**Chicken  
“Yakitori”**



## **Masanao Yoshida “Hiiragi-tei”**

The eldest son of the Yoshida family, Masanao Yoshida gained experience as a yakitori restaurant manager before working at a poultry farm specializing in Oumi jidori, a local chicken breed from Shiga Prefecture, to deepen his knowledge of chicken. He now produces both the restaurant and its cuisine for the new location near Chion-in Temple "Hiiragitei".

# Special Teachers

Japanese  
sweet  
“Wagashi”



## Sayoko Sugiyama Okashimaru”

Sugiyama is fascinated with the impermanence of food, and sensed possibility within Japanese confections (wagashi). She conceives the acts of enjoying with the eyes and eating to be a single, unified experience, and imbues the memorable spirit of these moments within her treats. Whilst managing her confectionary shop Okashimaru, she creates, showcases, and sells a variety of wagashi.

Udon



## Nadai OMEN Noodle Cuisine

Since its establishment in 1967, OMEN has been making udon noodles with an extra special effort, by carefully selecting their ingredients and perfecting the production according to various conditions and the season.

Soba



## Uki Kyoshin-ryu Soba Making School “Ukiya”

Is a handmade soba cuisine restaurant founded in 1929 by its first-generation owner, Shotaro Mishima. In 1996, encouraged by those around him who wished to learn the art of handmade soba, Yoshiharu Mishima established the “Uki Kyoshin-ryu Soba Making School

# Special Teachers

**Tea  
“The Way of  
Tea and  
History”**



**Harumi Yokoyama  
“Kojitsukyo”**

Harumi Yokoyama transitioned from a career in architecture to open a tearoom. Centered around Chinese tea, she embraces a free-spirited approach to enjoying beautiful moments with tea. She hosts themed tea gatherings (chaji), formal tea events, tea classes, and operates a tearoom.

**Soil and Circulation  
(composting)  
“Table to Farm”**



**Nori Ko “Sunshine Juice”**

Founded Sunshine Juice in 2014 after living in Japan, the US, and Taiwan. He collaborates with farmers throughout Japan and operates fresh pressed Juice and raw food bar in Tokyo and Kyoto. 70% of plants are water, and 100% of the organic waste from the shop is composted at site near by and they are turned to be "vegan soil" to be used to grow the plants for next round of juicing.

**Vegetable Farm  
and Joint  
Distribution  
System**



**Kentaro Suzuki**

Kentaro Suzuki  
Owner of Yaoya 369 Store and the representative director of the General Incorporated Association Kyoto Organic Action.

# Special Teachers

**Sake**



## **Kaoru Tomoyoshi**

Since 2021 Kaoru has been a researcher/interpreter for the Sake School of America's webinar series: Brewery Spotlight. The project allows her to deepen her knowledge, love, and appreciation for sake by interviewing people from many breweries in different regions of Japan.

**Miso**



## **Yuzo Tsuchiya** **“Kurashiro Miso”**

Owner, Kurashiro Miso Yuzo Tsuchiya is the third generation head of a long established miso wholesaler that handles a wide variety of miso from across Japan.

**Katsuobushi**



## **Masayuki Anno** **“Kyoto Katsuobushi”**

From 2003 to 2014, he worked at Tamanoi Vinegar Co., Ltd., a vinegar manufacturer, where he was engaged in domestic and international sales as well as factory reform initiatives. Since 2014, he has been serving as a Director at Kyoto Katsuobushi Co., Ltd., where he oversees overall sales operations

# Special Teachers

**Japanese  
food History**



## **Miguel Ángel Pelayo Prieto**

Native of Zamora (Spain), he is a third-year PHD student in the Graduate School of Agriculture, Kyoto University. Miguel's research uses recipe analysis to understand the historical evolution of disappearing wild ingredients in Japanese cuisine from the Edo period (1600-1868) to the present

**Kaiseki**



## **Ryuta Sakamoto "SAKAMOTO"**

He started his cooking career at SAKAMOTO in 2002. In 2005-2008, Ryuta acts as executive chef and trains the opening staff at Medicine, a Zen shojin restaurant in San Francisco. Ryuta's passion for cooking began at a very early age, often sitting on the countertop, overlooking his father's miraculous works

**HANAIKE /  
Ikebana**



**Tea**



## **Yuji Ueno**

Flower Artist / Contemporary Artist. Since 2005, he has been performing live ikebana performances titled "Hanaike" at Gallery. Reading the memory of the land and the energy of a place, he carefully selects flowers and found objects to create distinctive arrangements. His highly improvisational style—characterized by cycles of creation and destruction—has gained wide recognition across disciplines.

## **Toru Ota "Yuuhisai Koudoukan"**

Toru Ota is the Representative Director of Yuuhsai Koudoukan and the proprietor of Oimatsu, one of Kyoto's long-established traditional Japanese confectionery houses. Rather than simply preserving traditions such as the tea ceremony and wagashi culture, he works to redefine them for contemporary society based on academic insight.

Visit specialty shops and workshops to observe and learn firsthand

# Extracurricular Lesson

To visit and get to know specialty stores and artisans who handle the ingredients, utensils, and tools necessary for Japanese cuisine.

This will give you an appreciation and respect for Japanese cuisine, broaden your horizons, and deepen your culinary knowledge that cannot be obtained through classroom learning alone.



**Soy Sauce**



**Miso**



**Dashi**



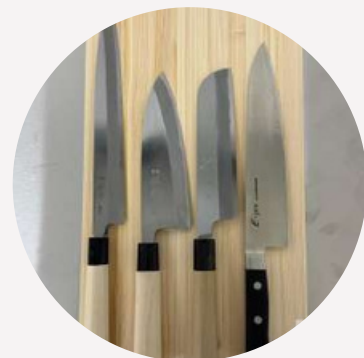
**Wagyu**



**Tea**



**Fish Market**



**Cookware**



**Ceramic**

# Activities

\*These details are subject to change.



# Activities

\*These details are subject to change.



# Traveling in Japan

This optional tour is a hands-on program for culinary students, allowing them to experience restaurants closely connected to agriculture and local chefs' activities in Japan's rural areas. Through learning about regional ingredients, agriculture, and culinary techniques, students gain a deeper understanding of Japan's sustainable food culture.

## Traveling plan example

### Awajishima (Hyogo) / Obama (Fukui)

A rich treasure trove of food known as "MIKETSUKUNI".

"MIKETSUKUNI" is a country that paid tribute to the imperial family and the Imperial Court from ancient times to the Heian period with food mainly from seawater. Along with Wakasa and Shima, Awaji Island, which is blessed with many ingredients, has also supplied the Imperial Court with numerous foodstuffs since ancient times.



## Learning Outcomes and Benefits

- Understanding Japanese Ingredients: Learn about the unique qualities of local ingredients and the appeal of regional cuisine.
- Sustainable Agriculture and Food Culture: Engage with farmers and chefs to understand environmentally friendly approaches to food production.
- Cultural Exchange and Application: Apply the knowledge gained in Japan to enhance the use of local ingredients in students' home countries.

This tour provides culinary students with a valuable opportunity to learn about respect for ingredients, simple cooking techniques, and sustainable food culture in Japan.



MOM Culinary Institute Kyoto



One Day

# Schedule



# Program week 1-6

	Date	Day	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00																	
	3/2	Mon.	Check In																																										
	3/3	Tue.																																											
	3/4	Wed.	Opening ceremony						Welcome Lunch			Break			Knife sharpening																														
W eek1	3/5	Thu.	Practical Training: Dashi, Gohan, Seasoning Preparation												Lunch & Clean up			Break			Lecture1			Independent Practice																					
	3/6	Fri.	Practical Training												Lunch & Clean up			Break			Travel			the essence of Japanese culture and foods- in a traditional villa @Yoshidasansou						Travel															
	3/7	Sat.	Travel												Japanese Cuisine Lunch & Lecture @Sakamoto			Travel			Break			Lecture2			Independent Practice																		
	3/8	Sun.	Free																																										
	3/9	Mon.	Free																																										
W eek2	3/10	Tue.	Practical Training												Lunch & Clean up			Break			Special Lecture "Japanese Agriculture"			Independent Practice																					
	3/11	Wed.	Travel			Tea Ceremony & Cleaning Workshop @Yuuhsai Koudoukan						Travel			Break			Lecture3			Independent Practice																								
	3/12	Thu.	Practical Training												Lunch & Clean up			Break			Lecture4			Independent Practice																					
	3/13	Fri.	Practical Training												Lunch & Clean up			Break			Specia Lecture "KEBANAI" & Demonstration																								
	3/14	Sat.	Practical Training												Lunch & Clean up			Break			Lecture5			Independent Practice																					
	3/15	Sun.	Free																																										
	3/16	Mon.	Free																																										
W eek3	3/17	Tue.	Practical Training												Lunch & Clean up			Break			Lecture6			Independent Practice																					
	3/18	Wed.	Practical Training												Lunch & Clean up			Break			Special Lecture / Wagyu1 "Meat Science 101 Meat aging and its palatability."																								
	3/19	Thu.	Practical Training												Lunch & Clean up			Break			Travel			Special Workshop "Soil & Compost 1" @Sunshine Juice Lab.						Travel															
	3/20	Fri.	Practical Training												Lunch & Clean up			Break			Lecture7			Independent Practice																					
	3/21	Sat.																																											
	3/22	Sun.	Travel			Knife Sharpening Workshop @FOOD UTENSILS TAKEGAMI						Travel			Break			Special Lecture / Wagyu 2 "Wagyu history and grading, Cattle breeding and feeding."						Cooking& Dinner "Sukiyaki" @2nd floor																					
	3/23	Mon.	Free																																										
	3/24	Tue.	Free																																										
W eek4	3/25	Wed.	Visiting Tour 1 / Wagyu																																										
	3/26	Thu.	Practical Training												Lunch & Clean up			Break						Independent Practice																					
	3/27	Fri.	Travel			Special Workshop "Sushi" @ Man						Travel			Break			Lecture8			Independent Practice																								
	3/28	Sat.	Market visit						Travel			Break			Travel			Special Workshop "Soba" @ Ukiya						Travel			Independent Practice																		
	3/29	Sun.	Practical Training												Lunch & Clean up			Break			Lecture9			Independent Practice																					
	3/30	Mon.	Free																																										
	3/31	Tue.	Free																																										
W eek5	4/1	Wed.	Visiting Tour 2 / Obama																																										
	4/2	Thu.																																											
	4/3	Fri.																																											
	4/4	Sat.	Practical Training												Lunch & Clean up			Break			Lecture10			Independent Practice																					
	4/5	Sun.	Practical Training												Lunch & Clean up			Break			Travel			Special Lecture & Workshop "Tea" @ Kojitsukyo						Travel															
	4/6	Mon.	Free																																										
	4/7	Tue.	Free																																										
W eek6	4/8	Wed.	Visiting Tour 3 / Wild glass																																										
	4/9	Thu.	Practical Training												Lunch & Clean up			Break			Travel			Special Workshop "Yakitori" @ Hiragitei						Travel															
	4/10	Fri.	Travel			"Katsubushi" Factory visit						"Kombu" Warehouse visit			Travel			Break			Special Lecture "Soil & Compost 2"																								
	4/11	Sat.	Practical Training												Lunch & Clean up			Break						Independent Practice																					
	4/12	Sun.	Travel			Special Workshop "Japanese traditional home cooking" @Hatake						Travel			Break			Independent Practice																											
			Practical Training												Lunch & Clean up			Break			Special Lecture "Sake"																								
			11:00 - 15:00 Restaurant Training@Suiren												17:00 - 21:00 Restaurant Training@Suiren																														
			11:00 - 15:00 Restaurant Training@Suiren																																										

**\*These details are subject to change.**

# Program week 7-11

Date	Day	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00						
4/13	Mon.	Visiting Tour 4 / Awajishima																															
4/14	Tue.	Visiting Tour 4 / Awajishima																															
4/15	Wed.	Practical Training								Lunch & Clean up				Break				Lecture11				Independent Practice											
4/16	Thu.	Travel				Special Workshop "Udon" @ OMEN												Travel				Break				Independent Practice							
4/17	Fri.	Practical Training								Lunch & Clean up				Break				Special Lecture "Diverse kinds of seeds apart from rice"				Independent Practice											
4/18	Sat.	11:00 - 15:00 Restaurant Training@Suiren																															
4/19	Sun.	11:00 - 15:00 Restaurant Training@Suiren																															
4/20	Mon.	"Miso"Shop @ Kurashiromiso								Break				Special Lecture "Miso"				Making "Miso"				Break				Independent Practice							
4/21	Tue.	Practical Training								Lunch & Clean up				Break				Lecture12				Independent Practice											
4/22	Wed.	Visiting Tour 5 / Tea Farm																															
4/23	Thu.	Practical Training								Lunch & Clean up				Break				Special Lecture "Brief Lecture on Japanese Agriculture"				Independent Practice											
4/24	Fri.	Practical Training								Lunch & Clean up				Break				Special Lecture "Brief Lecture on Japanese Agriculture"				Independent Practice											
4/25	Sat.	11:00 - 15:00 Restaurant Training@Suiren																															
4/26	Sun.	11:00 - 15:00 Restaurant Training@Suiren																															
4/27	Mon.	Visiting Tour 6 / Vegetable Farm																															
4/28	Tue.	Travel				Special Workshop "Wagashi" @ Okashimaru Studio																Travel				Independent Practice							
4/29	Wed.	Practical Training								Lunch & Clean up				Break				Special Lecture "Dashi"				Independent Practice											
4/30	Thu.	Practical Training								Lunch & Clean up				Break				Lecture13				Independent Practice											
5/1	Fri.	Practical Training								Lunch & Clean up				Break				Lecture14				Independent Practice											
5/2	Sat.	Free																															
5/3	Sun.	Free																															
5/4	Mon.	Free																															
5/5	Tue.	Visiting Tour 7 / Sake / Utsuwa																															
5/6	Wed.	Practical Exam: Decorative Vegetable Cutting								Lunch & Clean up				Break				Lecture15				Independent Practice											
5/7	Thu.	Practical Exam: Fish Filleting Techniques (Sanmai Oroshi, etc.)								Lunch & Clean up				Break				Special Lecture "Japan's Food Distribution System"				Independent Practice											
5/8	Fri.	Practical Training								Lunch & Clean up				Break				Practical Training for "Culinary Showcase"															
5/9	Sat.	Practical Training								Lunch & Clean up				Break				Practical Training for "Culinary Showcase"															
5/10	Sun.	Free																															
5/11	Mon.	Free																															
5/12	Tue.	Free																															
5/13	Wed.	Practical Training for "Culinary Showcase"																															
5/14	Thu.	Practical Training for "Culinary Showcase"																															
5/15	Fri.	Culinary Showcase@MOM																															
5/16	Sat.	Culinary Showcase@MOM																															
		Completion Ceremony																															
		Check Out																															

**\*These details are subject to change.**

# Information

## Address

- 436 Shirakabe-cho  
Nakagyo-ku, Kyoto 604-8075

## Website

- [www.momculinary.com](http://www.momculinary.com)

## Phone

- +34 699 03 99 01

## Dates

- June 15<sup>th</sup> - August 29<sup>th</sup> 2026
- September 28<sup>th</sup>-December 12<sup>th</sup> 2026

**MOM** Culinary  
Institute  
Kyoto

# Information of Interest

## **Flight to Osaka (Kansai KIX):**

### **Flight options**

There will always be a layover, but there are connections that can make the total travel time approximately 17 hours and 40 minutes. If a layover is required, this airport is the preferred option. From Kansai Airport, a direct train to Kyoto takes about 45 minutes, with a fare of €15 (Haruka Express).

## **Direct Flight to Tokyo:**

Alternatively, you may choose to fly directly to Tokyo or spend a few days in the city. If traveling directly to Tokyo and planning to take the bullet train to Kyoto, be mindful of the two airports. The Shinkansen station is located within the city. Haneda Airport is the closest to the city center, while Narita Airport is situated further away, about 1.5 hours from the Shinkansen station.

(Flight not included in price)

# Price

€9,900 (excluding 10% tax)

## Includes:

- Master's program
- Accommodation in own student residence
- Lunch
- Extracurricular lessons
- Visits to locations
- Training at Japanese restaurants

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