



MOM Culinary Kyoto

**School of Japanese Cooking, Hospitality, and
Agriculture**



Program Highlights



- **Cooking Practice:** By tasting the dishes you make **every day** at **our kitchen studio**, students can develop your skills in Japanese cooking and cultivate a palate that can distinguish flavors. And you will also step into **local restaurant kitchens** to observe and learn actual operations.



- **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 Japan campus, 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 aesthetic sense specific to Japanese cuisine.



Learning Environment

At our campus, 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 of 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

Main Training Teacher



Munehiro Shimatani

- Head Chef at Sui ren, Miyagawa-cho, Kyoto
- Management at Sui ren, 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 Itou

- 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

Special Teachers

Japanese Culture & Hospitality



Tomoko Nakamura

- The owner of “Yoshida Sanso”, a long 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 householdhis 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.

Japanese sweet “Wagashi”



Chicken “Yakitori”



Masanao Yoshida “Hiiragi-tei”

Sayoko Sugiyama “Okashimaru”

- Sugiyama is fascinated with the impermanence of food, and sensed possibility within Japanese confections (wagashi) as a way of expressing this: leading her to study the craft in Kyoto.

- 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

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 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 juciing.

Vegetable Farm and Joint Distribution System



Japanese Philosophy



Kentaro Suzuki

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

Toryo Ito

- After undergoing training at the Kienninji sect's specialized monastic dojo, he became vice-abbot in 2007, assisting his father, the temple's 23rd abbot.
- In 2023, he was named one of Forbes JAPAN's "Next 100" and one of Newsweek's "100 Japanese People the World Respects."

Learn from expert specialists

Special Teachers



Sushi



Maccha



Ikebana



Sencha



Japanese sweet
"Wagashi"



Soba

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



Activities



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

9:00-10:30

Classroom
Lecture

11:00-14:00

Practice

15:00-18:00

Visiting

18:00-21:00

Training at
Japanese restaurants



Program week 1-6

*These details are subject to change.

Date	Day	NO.	Lesson	Lecture content	Teacher	Practice 9:00-13:00 (2.5H)		13:00-14:00 (1H)	14:00-15:00 (1H)	15:00-16:00 (1H)	16:00-17:30 (1.5H)
						Practice	Teacher				
2025/6/2	Mon.	Day1	Lesson 1		Shimatani / Takako / Laura						
2025/6/3	Tue.	Day2	Lesson 2		Shimatani / Laura	Welcome Speech & Orientation		Welcome Lunch @ MOM by Suren			
2025/6/4	Wed.	Day3	Lesson 3		Shimatani	Practical Training		Lunch	Break		
2025/6/5	Thu.	Day4	Lesson 4		AI	Japanese Agriculture		Lunch	Break		
2025/6/6	Fri.	Day5	Lesson 5		AI	Japanese Agriculture		Lunch	Break		
2025/6/7	Sat.	Day6	Lesson 6		AI	Japanese Agriculture		Lunch	Break		
2025/6/8	Sun.	Day7	Lesson 7		AI	Japanese Agriculture		Lunch	Break		
2025/6/9	Mon.	Day8	Lesson 8		AI	Japanese Agriculture		Lunch	Break		
2025/6/10	Tue.	Day9	Lesson 9		AI	Japanese Agriculture		Lunch	Break		
2025/6/11	Wed.	Day10	Lesson 10		Toryo Ito	8:00-10:30 Zazen & Asagaya "Finding Possibilities in the Blurring of Boundaries" @ Ryosokokuin Temple		Lunch	Break		
2025/6/12	Thu.	Day11	Lesson 11		AI	Japanese seasoning 1 (sake, mirin, vinegar, sugar)		Lunch	Break		
2025/6/13	Fri.	Day12	Lesson 12		AI	Japanese seasoning 2 (sake, mirin, vinegar, sugar)		Lunch	Break		
2025/6/14	Sat.	Day13	Lesson 13		AI	Japanese seasoning 3 (sake, mirin, vinegar, sugar)		Lunch	Break		
2025/6/15	Sun.	Day14	Lesson 14		AI	Japanese seasoning 4 (sake, mirin, vinegar, sugar)		Lunch	Break		
2025/6/16	Mon.	Day15	Lesson 15		AI	Japanese seasoning 5 (sake, mirin, vinegar, sugar)		Lunch	Break		
2025/6/17	Tue.	Day16	Lesson 16		AI	Japanese seasoning 6 (sake, mirin, vinegar, sugar)		Lunch	Break		
2025/6/18	Wed.	Day17	Lesson 17		AI	Japanese Spices & Herbs		Lunch	Break		
2025/6/19	Thu.	Day18	Lesson 18		AI	Japanese Knives & Cooking Tools		Lunch	Break		
2025/6/20	Fri.	Day19	Lesson 19		AI	Japanese Castles & Temples		Lunch	Break		
2025/6/21	Sat.	Day20	Lesson 20		AI	Japanese Castles & Temples		Lunch	Break		
2025/6/22	Sun.	Day21	Lesson 21		AI	Japanese Castles & Temples		Lunch	Break		
2025/6/23	Mon.	Day22	Lesson 22		AI	Japanese Castles & Temples		Lunch	Break		
2025/6/24	Tue.	Day23	Lesson 23		AI	Rice & Noodles		Lunch	Break		
2025/6/25	Wed.	Day24	Lesson 24		AI	Vegetables		Lunch	Break		
2025/6/26	Thu.	Day25	Lesson 25		AI	Vegetables		Lunch	Break		
2025/6/27	Fri.	Day26	Lesson 26		9:00-10:30 Fruits / AI	6:30-8:00 Poultry Farm in Shiga with Masanao Yoshida		Lunch	Break		
2025/6/28	Sat.	Day27	Lesson 27		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/6/29	Sun.	Day28	Lesson 28		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/6/30	Mon.	Day29	Lesson 29		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/1	Tue.	Day30	Lesson 30		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/2	Wed.	Day31	Lesson 31		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/3	Thu.	Day32	Lesson 32		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/4	Fri.	Day33	Lesson 33		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/5	Sat.	Day34	Lesson 34		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/6	Sun.	Day35	Lesson 35		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/7	Mon.	Day36	Lesson 36		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/8	Tue.	Day37	Lesson 37		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/9	Wed.	Day38	Lesson 38		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/10	Thu.	Day39	Lesson 39		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/11	Fri.	Day40	Lesson 40		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/12	Sat.	Day41	Lesson 41		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		
2025/7/13	Sun.	Day42	Lesson 42		AI	9:00-16:00 Wagashi @ Okashimaru Studio		Lunch	Break		

*These details are subject to change.

Program week 7-12

*These details are subject to change.

Date	Day	Lesson No.	Lesson Week#	Lecture 9:00-10:30 (1.5H)		Teacher	Practice 10:30-13:00 (2.5H)		13:00-14:00 (1H)	14:00-15:00 (1H)	15:00-16:00 (1H)	16:00-17:30 (1.5H)
				Lecture content	Teacher		Practices	Teacher				
2025/7/14	Mon.	Day43	Lesson 25	Sake & Japanese Tea		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/15	Tue.	Day44	Lesson 26	Japanese Wine, Whiskey & Shochu		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/16	Wed.	Day45	Lesson 27	"unami" (fifth category of taste, corresponds to umami)		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/17	Thu.	Day46	Lesson 28	Shojin Ryori (Buddhist Vegetarian Cuisine)		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/18	Fri.	Day47	Lesson 28	Practical Training (fermentation, salt pickling, uses of tree leaves and ashes)		Miguel	Practical Training		Shimatani&S eki	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/19	Sat.	Day48	Lesson 28	Restaurant Training								
2025/7/20	Sun.	Day49	Lesson 28	Free								
2025/7/21	Mon.	Day50	Lesson 29	"Vegetable Farm" Tour @ Sonobok&Kameoka by Kentrou Suzuki								
2025/7/22	Tue.	Day51	Lesson 30	7:30-Sushi Rice		Unohara /Man	10:00-14:00 Sushi1		Unohara/Man	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/23	Wed.	Day52	Lesson 31	Sashimi/ Sushi		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/24	Thu.	Day53	Lesson 31	7:30- Market		Unohara /Man	10:00-14:00 Sushi2		Unohara/Man	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/25	Fri.	Day54	Lesson 32	-		-	10:00-14:00 Sushi3		Unohara/Man	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/26	Sat.	Day55	Lesson 32	Free								
2025/7/27	Sun.	Day56	Lesson 32	Free								
2025/7/28	Mon.	Day57	Lesson 33	Wamono (Soup Dishes)		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/29	Tue.	Day58	Lesson 34	Nimono (Simmered Dishes)		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/30	Wed.	Day59	Lesson 35	Yakimono (Grilled Dishes)		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/7/31	Thu.	Day60	Lesson 36	Mushimono (Steamed Dishes)		AI	11:00-15:00 Japanese traditional home cooking2 @Hatake / Megumi Hata		Shimatani	Lunch	Restaurant Training (17:00-21:00)	Teacher
2025/8/1	Fri.	Day61	Lesson 36	Restaurant Training								
2025/8/2	Sat.	Day62	Lesson 36	Restaurant Training								
2025/8/3	Sun.	Day63	Lesson 36	Ceramics Studio, Sea Salt, "Cooking Local" Tour @ Awaji Island								
2025/8/4	Mon.	Day64	Lesson 37	"Tempura" and fried foods		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/5	Tue.	Day65	Lesson 38	Pickles and Fermented Foods		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/6	Wed.	Day66	Lesson 39	Aemono & Ninimono (Dressed Dishes & Fish Paste Dishes)		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/7	Thu.	Day67	Lesson 40	Japan's Food Distribution System		Akashi Nakahigashi	11:30- Manners&Tableware @ Yosidasansou / Tomoko Nakamura		Shimatani	Lunch	Restaurant Training (17:00-21:00)	Teacher
2025/8/8	Fri.	Day68	Lesson 40	Restaurant Training								
2025/8/9	Sat.	Day69	Lesson 40	Free								
2025/8/10	Sun.	Day70	Lesson 40	Free								
2025/8/11	Mon.	Day71	Lesson 41	"Wild Mushroom" Tour @ Shirazoka by Toshitomi Nakahigashi								
2025/8/12	Tue.	Day72	Lesson 42	Wagashi (Traditional Japanese Sweets)		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/13	Wed.	Day73	Lesson 42	Bento (The Art of Japanese Boxed Meals)		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/14	Thu.	Day74	Lesson 43	Practical Training "Kaiseki"		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/15	Fri.	Day75	Lesson 44	Practical Training "Kaiseki"		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/16	Sat.	Day76	Lesson 44	Free								
2025/8/17	Sun.	Day77	Lesson 44	Free								
2025/8/18	Mon.	Day78	Lesson 45	Practical Training "Kaiseki"		AI	Practical Training		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/19	Tue.	Day79	Lesson 46	Culinary Showcase@MOM		AI	Culinary Showcase@MOM		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/20	Wed.	Day80	Lesson 47	Culinary Showcase@MOM		AI	Culinary Showcase@MOM		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/21	Thu.	Day81	Lesson 48	Culinary Showcase@MOM		AI	Culinary Showcase@MOM		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/22	Fri.	Day82	Lesson 48	Completion Ceremony		AI	Completion Ceremony		Shimatani	Break	Restaurant Training (17:00-21:00)	Teacher
2025/8/23	Sat.	Day83	Lesson 48	Free								
2025/8/24	Sun.	Day84	Lesson 48	Free								

After the Chefs' table at the Ritz-Carlton on June 11, each student is scheduled to undergo training at the Ritz-Carlton restaurant for a few days. Details will be provided as soon as they are finalized.

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

Information



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Website

- www.momculinary.com

Phone

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Dates

- October 1st to December 19th

Information of Interest

Flight options

Flight to Osaka (Kansai KIX):

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

MOM Culinary
Institute
Kyoto

