

Let's Learn Daily Japanese Part④

“The Chinese Characters (*Kanji*) for Ingredients including Seasonings”

<sup>まいにち</sup>毎日の日本語④ <sup>ちょうみりょう</sup>調味料の漢字を覚えましょう

When buying certain seasonings/ingredients, have you been confused or bought a wrong one such as “salt/sugar”, “wheat flour/potato starch/bread flour” which really looked alike? If the labels of the packages are written in readable characters, it is easy to tell the difference. But, as they are often written in Chinese characters (*kanji*), there are times when we find it hard to understand the meanings and guess what they are.

So, let's be familiar with the characters for seasonings/ingredients not to buy them by mistake!



Japanese	How to Read English	Seasonings/Ingredients	Japanese	How to Read English	Seasonings/Ingredients
砂糖	<i>Satou</i> Sugar		油	<i>Abura</i> Oil	
塩	<i>Shio</i> Salt		みりん	<i>Mirin</i> Sweet Sake(wine)	
小麦粉	<i>Komugi-ko</i> Flour		料理酒	<i>Ryouri-shu</i> Cooking Sake(wine)	
片栗粉	<i>Katakuri-ko</i> Potato starch		酢	<i>Su</i> Vinegar	
天ぷら粉	<i>Tempura-ko</i> Tempura flour		醤油	<i>Shoyu</i> Soy Sauce	

◆Seasoning Trivia

Types of Sugar (*Satou*)

上白糖 (じょうはくとう)  
*Jyohaku-tou*

Refined White Sugar



グラニュー糖 (グラニューとう)  
*Granyu-tou*

Granulated Sugar



三温糖 (さんおんとう)  
*San'on-tou*

Soft Brown Sugar



In the stores, you will find refined white sugar, granulated sugar and soft brown sugar etc.  
A brief description for these types of sugar:

“*Jyohaku-tou*” ➡ Most commonly used sugar in Japan with a moist and soft flavor.

“*Granyu-tou*” ➡ Ideal for use in coffee and tea, where its aroma can be enjoyed for its mild sweetness.

“*San'on-tou*” ➡ Caramel-colored, with a stronger sweetness and richness than white one when used for cooking.

Types of Soy Sauce (*Shoyu*)

うすくち醤油  
*Usukuchi shoyu*

Light Soy Sauce

More salty and lighter in color than regular soy sauce



減塩醤油  
*Gen'en shoyu*

Reduced-Salt Soy Sauce

Lower salt content than regular soy sauce



たまり醤油  
*Tamari shoyu*

Thick Soy Sauce

Thick and rich flavor, often used for sashimi



Also, let's check out the “Connect and Enhance Your Life in Japanese” (つながるひろがるにほんごでのくらし)

Level 1) Scene: “Shopping for Daily Items” (レベル1 : シーン「身近なものを買ってみよう」)

from the Agency of Cultural Affairs (文化庁) website through the right QR code!

