



# What's this book all about?

## Why was this travel book series created?

When I first visited Japan, I stumbled upon several difficulties: it was difficult to find delicious places to eat at, it was hard to decipher the menu, and there was a language barrier between me and the waitresses. A travel guide, phrase book and vocabulary book soon became part of my essential travel kit whenever I travelled to Japan. Those ordeals inspired me to create a guide that would help others find great food in Japan effortlessly.

A year ago, 'Hungry in Tokyo' was published to help like-minded travellers find their way to restaurants in the convoluted city. It was an attempt to let everyone try something both commonplace and unique, to explore and discover more about Japanese food, and to go on an adventure. It is amazing to observe the passion that the Japanese have for the culinary arts. After 'Hungry in Tokyo' was published, it was natural to want to write about Kyoto; the anti-thesis of modern cosmopolitan Tokyo - a walk back into the past.

## How does it differ from other guidebooks?

Travel guides have always played a crucial role in getting one familiarised with a city. Sights, events, accommodation, shopping, culture and more. But I often found that the restaurant chapter lacking a certain spark. I would often ask myself: In such a short period of time, where should I go? What if I have time for only one meal? What would that meal be? What do I hunger for?

It is through pictures that I hope to help one make that decision. "A picture is worth a thousand words". A common adage - though trite, but true. With a short description of the background of the restaurant, supplemented with information on the cuisine, I hope that it will help one decide what their next meal would be.

## How should I use the book?

Each chapter is equipped with a map of the named area, painstakingly hand-drawn and verified, with the restaurants and their surrounding landmarks identified. The latter helps to guide one to find their restaurant of choice with ease.

Each subsequent page is dedicated to one restaurant, with a short write-up and details of the restaurant. This is supplemented with selected photos that showcase the essence of the restaurant; be it the food, the decor, or the exterior (often used to help the lost locate the place more easily, especially the more inconspicuous restaurants).

The penultimate chapter contains phrases one may need to communicate with the staff in a wide variety of scenarios. The vocabulary section helps one dissect the menu, or point out certain items on the menu.

## What's the average price range for the restaurants?

Most of the restaurants that we visited are reasonably priced for what they serve. This is the price range guide that we've employed for the book.

|      |                    |
|------|--------------------|
| ¥    | less than SGD\$20  |
| ¥¥   | SGD\$20-50         |
| ¥¥¥  | SGD\$50-100        |
| ¥¥¥¥ | more than SGD\$100 |





1

18-39

Gion 祇園



2

40-59

Kiyomizu 清水



3

60-93

Shijo 四条



4

94-113

Arashiyama 嵐山



5

114-127

Kinkakuji 金閣寺



6

128-143

Ginkakuji 銀閣寺



7

144-155

Fushimi 伏見



8

156-177

Uji 宇治

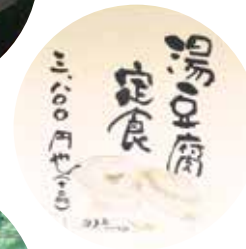


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Appendix







# Kiyomizu 清水

Tucked in its own retreat  
A temple cloaked in green, red and orange,  
Bathed in the radiance of the dawning sun  
Encaptivating the hearts of all

A sidestep  
Away from the overwhelming crowds  
Unruffled winding alleys  
A temple perched up on high  
Breathe in, breathe out  
Bask in the moment



# Kiyomizu 清水

## Kiyomizudera 清水寺

Founded in 778, Kiyomizudera 清水寺 is located on Otowa Mountain 音羽山, in the eastern part of Kyoto. It derived its name from the clear waters of the Otowa Waterfall that runs through the temple grounds. Kiyomizudera is a UNESCO World Cultural Heritage site.

The main hall enshrines the Eleven-headed Thousand-armed Kannon Bodhisattva, reputed for her power of answering prayers. The Dancing stage 舞台 projects out from the main hall, supported by 12-meter-tall pillars which were assembled such that nails were not required. From the platform, one may enjoy spectacular views of the forest, which blossoms into a symphony of red, orange and brown in autumn.

As the Otowa waterfall flows into the temple grounds, it is divided into three streams. Water from each stream is said to have a different virtue: longevity, academic success and improved love life. One may use cups attached to long poles to collect the sacred water from each stream for drinking. But drinking from all three streams is frowned upon: it embodies greed.

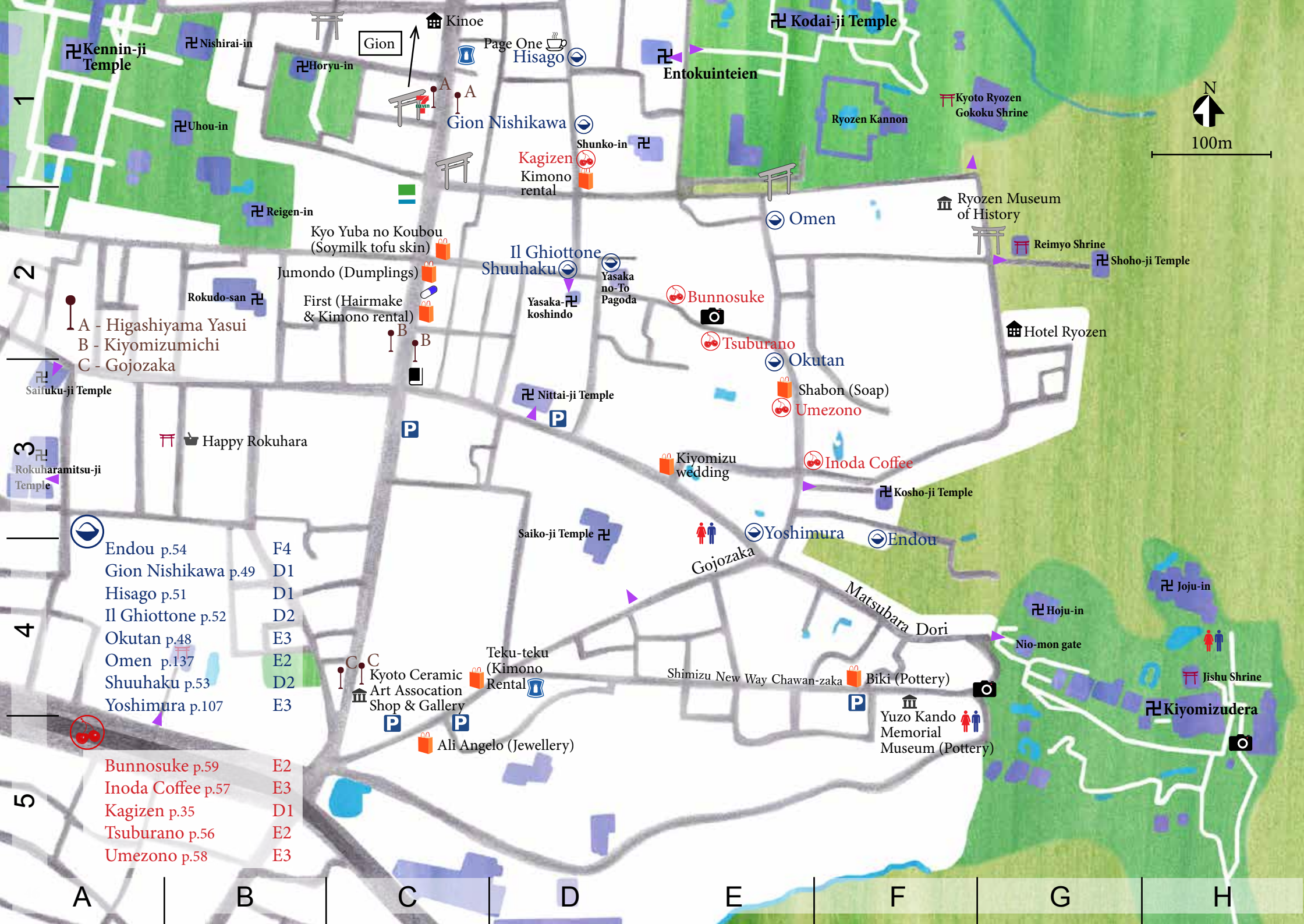
The three-storied Koyasu Pagoda 子安の塔 at the southern part of the temple grounds is said to bring about easy and safe childbirth to those who visit it.

### TRAVEL TIPS

A picture of Kiyomizudera is best taken minutes before it closes: the ever-so-crowded temple will then be empty, and the rays of the setting sun charmingly illuminates the temple. During certain times of the year, the temple grounds are opened till late, which makes great photo moments.

A number of buildings within the temple grounds, including the main hall, will be renovated in phases over the next few years. Do check prior to your visit to avoid disappointment.









## Hisago ひさご

CHICKEN OR EGG, WHICH WAS COOKED FIRST?

A steaming bowl of fluffy white rice, bathed in a runny almost-creamy omelette, topped with generous chunks of tender juicy chicken, and accented with Sansho 山椒 (powdered leaves of the prickly ash tree which has a sharp citrus taste and numbs your tongue). That is what Hisago delivers with every bowl of Oyakodon 親子丼. And that is what throngs of people flock to Hisago each day for.

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Kyōto-fu, Kyōto-shi, Higashiyama-ku,  
Shimokawarachō, 484  
京都府京都市東山区下河原通八坂鳥居前  
下ル下河原町484  
Tel: 075-561-2109  
11:30am-7:30pm. Closes on Mon







## Il Ghiottone イル・ギオットーネ

ITALY SHAKES HANDS WITH JAPAN IN A CULINARY MEET

Il Ghiottone head chef, Chef Sasajima Yasuhiro, has a wealth of Italian culinary experience under his belt. He is always willing to go the extra mile to do things right, which makes every dining experience memorable. The creative Italian dishes at Il Ghiottone tantalises your five senses with a Kyoto twist.

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Kyōto-fu, Kyōto-shi, Higashiyama-ku, Kawara-cho, Yasakakami 388-1  
京都府京都市東山区下河原通塔の前下ル八坂上町388-1  
Tel: 075-532-2550 (Reservations recommended)  
12noon-2:30pm, 6pm-9:30pm. Closes on Tue  
<http://www.ilghiottone.com>



## Shuuhaku 修伯

COLORFUL AND PROUD LIKE A PEACOCK

Having been a pupil of the French culinary arts, Chef Yoshida Nobuhisa decided to return to his Japanese roots when he started Shuuhaku in 2002. Shuuhaku has a proud spot on the Foodie Top 100 restaurant list, and is famed for its unique Kaiseki: Yoshida-san's polychromatic starter consists of more than 20 kinds of curiously unfamiliar vegetables, the use of specially sourced ingredients from near and far, and ending off with a variety of french-styled desserts.

¥¥ - ¥¥¥¥

Kyōto-fu, Kyōto-shi, Higashiyama-ku, Kinenchō, 392  
京都府京都市東山区金園町392  
Tel: 075-551-2711 (Reservation required)  
12noon-2pm, 5pm-8pm. Closed on Mon, and every 3rd Sun







## Pâtisserie S パティスリー・エス

### A HIDEAWAY

A short walk southwards from Shijo Street, Patisserie S is like an English rose amongst the thorns hidden within a dull grey building. The eponymous 'S' エス is a mousse-based cake with a delightful raspberry jam center. The Carre Fraise キャレ フレーズ is a relative of the strawberry shortcake sans all that fattening cream – fresh sweet strawberries sandwiched between layers of alcohol-flavoured sponge cake. The Montelimar モンテリマル is made of layers of almond cream, apricot jam, and sponge cake. Take a bite of the silky smooth Chocolate Terrine ショコラ テリース. Simply delectable.

¥

Kyōto-fu, Kyōto-shi, Shimogyō-ku, Hanjōchō, 300-1 Canon Muromachi Shijo 1F

京都府京都市下京区高辻通室町西入繁昌町300-1 カノン室町四条1 階

Tel: 075-361-5521

11am-7pm. Closed on Wed & Thu

<http://patisserie-s.com>



## Petit Japonais プチジャポネ

### PETIT IN SIZE, GIANT IN TASTE

Petit Japonais is a pint-sized patisserie within the business district with a minimalistic Norwegian-designed cafe sitting on the floor above. The stars on the menu are the tarts. The Chocolate Caramel Salt ショコラ・キャラメル・サレ is an exquisite combination of thick chocolate mousse, salty caramel center, and crispy shortcake base. The Framboisier フランボワジエ is like summer on a plate – alternating layers of refreshing raspberry buttercream and sponge cake.

¥

Kyōto-fu, Kyōto-shi, Shimogyō-ku, Takahashichō, 605-2

京都市下京区高橋町605-2

Tel: 075-352-5326

Boutique: 12:30pm-8pm. Café: 12:30pm-7pm (except for Fri when 2pm-7pm)

Do check the website for their opening days: <http://petitjaponais.com>







## Oimatsu 老松

### DECONSTRUCTED WARABIMOCHI

Through Oimatsu's sweets, Kyoto's history and culture has been preserved and passed down from generation to generation. Oimatsu believes that sweets are a means of communication between people. Their unique Warabi mochi 本わらび餅 is served chilled with ice in a tiered lacquerware, which is to be coated with the accompanying Kinako (soybean powder) on a separate tier. This, in our opinion, is the best Warabi mochi we've tried. They also have seasonal specials like Natsu-kantou 夏柑 in summer; which is a slice of Mikan みかん (Japanese citrus fruit similar to orange) with its center replaced with a mildly bitter citrus flavoured Kanten 寒天 (agar).

¥

Kyōto-fu, Kyōto-shi, Ukyō-ku, Sagatenryūji Susukinobabachō 20  
京都府京都市右京区嵯峨天龍寺芒ノ馬場町20  
Tel: 075-881-9033  
9am-5pm. Opens everyday  
<http://www.oimatsu.co.jp>



## Obuu おぶう

### IMPRESSIONABLE CREAMY GREEN-TEA ICE-CREAM

Not only does Obuu offer patrons a million dollar view of Mount Arashi, their green tea desserts are one of the best in Arashiyama. Their secret lies in using high grade Koicha 濃茶 (thick blend of powdered tea) and Matcha 抹茶 (powdered tea) for their ice creams. It is no wonder that their parfait パフェ is a decadent collection of ice cream, pound cake, jelly, shiratama 白玉 (white gelatinous ball), and biscuits, served in a tall glass. The pound cake tasted so good we asked if they sold them separately. Alas, you have to order the parfait in order to get your hands on these tasty morsels.

¥

Kyōto-fu, Kyōto-shi, Ukyō-ku, Sagatenryūji Tsukurimichichō 37-17 2F  
京都府京都市右京区嵯峨天龍寺造路町37-17 2F  
Tel: 075-872-9022

11am-7pm. Opens everyday







## Types of Green Tea

### Sencha 煎茶



Sencha 煎茶 is the most commonly consumed tea, representing about 80% of the tea consumed in Japan. The flavours that distinguish Sencha are the delicate sweetness and mild astringency. Tea leaves taken from the first harvest of the year is known as Shincha 新茶, a subset of Sencha. Shincha is usually available only from late April to May, and is valued for its high vitamin content and sweetness.

### Matcha 抹茶



Matcha 抹茶 is the finely ground powder of specially grown tea leaves called Tencha てん茶. Tencha leaves are shaded from sunlight for 20 days prior to harvesting. This encourages the leaves to produce more chlorophyll, which gives matcha its dark green colour; and more L-theanine, which intensifies its taste. Tencha is painstakingly ground by stone to produce Matcha, taking up to 1hr of grinding to produce 30g-40g of Matcha.

When brewed, Tencha is pale green with a mellow taste, with an aroma that lingers in your mouth long after the tea has been drunk.

Matcha, on the other hand, has a deep green colour and a slightly bitter taste, followed by a lingering sweetness. A well whisked Matcha has a layer of froth, with no remaining clumps of powder.

## TIPS

When presented with a bowl of Matcha at a tea ceremony, you should gaze at the bowl, pick it up with your right hand and place it on the palm of your left hand. Rotate the bowl twice clockwise, finish its contents in three to four gulps, then rotate the bowl twice counter-clockwise before placing it back where you picked it up from.

You can attend classes on tea ceremony in Kyoto. There are several schools that conduct such classes in English, and they usually last a couple of hours. Some even provide participants with a kimono to wear during the class.

Gyokuro 玉露 is one of the most expensive, and high grade teas you can lay your hands on. Their harvesting process is similar to that of Tencha where leaves are sheltered from sunlight about 3 weeks prior to harvesting, and hence requires a lot of labour to care for the leaves. When brewed, it is slightly sweet with a refreshing aroma.

### Gyokuro 玉露



On the other end of the spectrum, Bancha 番茶 is the lowest quality of green tea, although there are 22 different grades of Bancha. Bancha is harvested from the same tree as Sencha 煎茶, but they are plucked later. Coarser shoots in the lower parts of the tree are chosen. The resulting tea has a different chemical makeup compared to Sencha - less L-theanine, and coarser polyphenols. When brewed, Bancha has a grassier, less sweet, and lighter taste. Bancha is often used to make Hojicha and Genmaicha.

### Bancha 番茶



Hojicha ほじちゃ is roasted Bancha, which has a unique toasted and earthy fragrance. Traditionally, the tea leaves are roasted in a porcelain pot over charcoal. Though nowadays, they are roasted in a spinning drum. Roasting give the leaves a brown hue and the high heat breaks down the caffeine and tannin, making Hojicha suitable for consumption in evening.

### Hojicha ほじちゃ





# Japanese Phrases for Restaurants

Food and water is the very basis of human sustenance. In a foreign land, many are lost in translation. The frustration in trying to express one's need can be hair-tearing for many. This can be especially so at restaurants, cafes and bars when the menu is indecipherable, the waitress is unable to understand a word you're saying, and nobody speaks a splatter of your language. Through the many years of struggles I've had in restaurants in Japan, I have picked up a handful of Japanese phrases and vocabulary that might be of some help to you someday, somewhere.

## Making a Reservation

予約をしたいのです。  
Yo-ya-ku oh shi-tai no des.

I would like to make a reservation.

六時に四人の予約をお願いします。  
Ro-ku-ji ni yoh-nin no yo-ya-ku oh o-ne-gai-shi-mas.

I would like to make a reservation for 4 people at 6 o'clock please.

私はエカです。  
Wa-ta-shi wa E-ka des.

My name is Eka.

ドレスコードはありますか？  
Do-re-su kooh-do wa a-ri-mas-ka?

Is there a dress code?

## At the Restaurant's Entrance

すみません。あいていますか？  
Su-mi-ma-sen. Ay-ee-tey ee-mas-ka?

Excuse me. Are you still open?

何時まであいていますか？  
Nan-ji ma-dey ay-ee-tey ee-mas ka?

What time do you open til?

席はありますか？  
Se-ki wa a-ri-mas ka?

Do you have a table available?

二人  
Fu-ta-ri

For two people.

禁煙席をお願いします。  
Kin-en se-ki oh o-ne-gai-shi-mas.

Non-smoking seat please.

窓のテーブルをお願いします。  
Ma-do no tey-bu-ru oh o-ne-gai-shi-mas.

We would like a table by the window please.

こんにちわ。予約したエカです。  
Kon-ni-chi-wa. Yo-ya-ku-shi-ta E-ka des.

Hi. I have a reservation under Eka.

## After being seated

メニューを見せてください。  
Meh-nyuu oh mi-sey-teh ku-da-sai.

May I see the Menu?

えいごのメニューがありますか。  
Ei-go no meh-nyuu ga a-ri-mas ka?

Do you have an English menu?

セットメニューがありますか？  
Sett-to meh-nyuu ga a-ri-mas ka?

Do you have a set menu?

## Ordering

注文をお願いします。  
Chuu-mon oh o-ne-gai-shi-mas.

I would like place my order.

何がおすすめですか。  
Na-ni ga o-su-su-meh des ka?

What would you recommend?

名物料理はありますか。  
Mei-bu-tzu wa a-ri-mas ka?

Are there any well-known/famous dishes?

うどんと天ぷらえびをお願いします。  
U-don to ten-pu-ra-e-bi oh o-ne-gai-shi-mas.

I would like to have [a bowl of] Udon and [a plate of] tempura prawns please.

わたしも同じものをください。  
Wah-tah-shi moh o-na-ji mo-no oh ku-da-sai.

I'll have the same thing, please.

生ビールを三つをお願いします。  
Na-ma bee-ru oh mit-tzu o-ne-gai-shi-mas.

We would like to have 3 [glasses of] draft beer.

ごはんを半分をお願いします。  
Go-han oh han-bhun o-ne-gai-shi-mas.

I would like to have half-portion of rice instead please.

この料理を分けて食べます。  
Ko-no ryou-ri oh wa-ke-te ta-be-mas.

We'll be sharing this dish/our meal.

ナッツでアレルギー反応を起こします。  
Nattsu de a-re-ru-gii han-noo oh o-ko-shi-mas.

I have a nut allergy.

ベジタリアンです。  
Be-ji-ta-ri-an des.

I am a vegetarian.

以上です。  
I-joyoh des.

That'll be all.

注文をキャンセルできますか。  
Chuu-mon oh kyan-se-ru de-ki-mas ka

May I cancel my order?



# Vocabulary

| Japanese Character | Pronunciation | Meaning |
|--------------------|---------------|---------|
|--------------------|---------------|---------|

## Vegetables

|            |                      |                             |
|------------|----------------------|-----------------------------|
| アスパラガス     | Ah-su-pa-ra-ga-su    | Asparagus                   |
| もやし        | Moh-ya-shi           | Beansprouts                 |
| くろまめ (黒豆)  | Ku-roh-ma-me         | Black bean                  |
| ひじき        | Hih-ji-ki            | Brown crunchy sea vegetable |
| ごぼ         | Goh-boh              | Burdock root                |
| にんじん (人参)  | Nin-jin              | Carrot                      |
| はくさい (白菜)  | Ha-ku-sai            | Chinese Cabbage             |
| とうもろこし     | Tou-mo-ro-koh-shi    | Corn                        |
| きゅうり       | Kyuu-ri              | Cucumber                    |
| なす (茄子)    | Na-su                | Eggplant                    |
| にんにく       | Nin-ni-ku            | Garlic                      |
| しょうが (生姜)  | Shou-ga              | Ginger                      |
| えだまめ (枝豆)  | Eh-da-ma-meh         | Immature soy-bean           |
| ピーマン       | Pii-man              | Japanese pepper             |
| オクラ        | O-ku-ra              | Lady's finger               |
| 長ねぎ        | Na-ga-ne-gi          | Leek                        |
| れんこん       | Ren-kon              | Lotus Root                  |
| ながいも (長芋)  | Na-ga-ee-mo          | Mountain yam (often grated) |
| 玉ねぎ        | Ta-ma-ne-gi          | Onion                       |
| しそ         | Shi-so               | Perilla leaf                |
| ポテト/ ジャガイモ | Po-teh-to/Ja-gaee-mo | Potato                      |
| かぼちゃ       | Ka-bo-cha            | Pumpkin                     |
| ごま (胡麻)    | Go-ma                | Sesame seeds                |
| ほうれん草      | Hou-ren-soo          | Spinach                     |
| わかめ        | Wah-ka-meh           | Subtly sweet soft seaweed   |
| さつまいも      | Sa-tsu-ma-ee-mo      | Sweet potato                |
| トマト        | To-ma-to             | Tomato                      |
| だいこん (大根)  | Dai-kon              | White Radish                |

| Japanese Character | Pronunciation | Meaning |
|--------------------|---------------|---------|
|--------------------|---------------|---------|

## Mushrooms

|           |                |                        |
|-----------|----------------|------------------------|
| えのき       | Eh-no-ki       | Golden needle mushroom |
| しいたけ (椎茸) | Sheee-tah-keh  | Oakroom mushroom       |
| しめじ       | She-mey-ji     | Shimeji mushroom       |
| エリンギ      | Eh-rin-gi      | King trumpet mushroom  |
| まいたけ (舞茸) | Mai-tah-keh    | Hen-of-the-woods       |
| まつたけ (松茸) | Ma-tsu-tah-keh | Pine mushroom          |

## Fruits

|          |                    |                               |
|----------|--------------------|-------------------------------|
| あんず (杏)  | An-zu              | Apricot                       |
| 夕張メロン    | Yu-ba-ri-meh-ron   | Cantaloupe                    |
| さくらんぼ    | Sa-ku-ran-bou      | Cherry                        |
| くり (栗)   | Ku-ri              | Chestnut                      |
| すだち      | Su-da-chi          | Citrus fruit, similar to lime |
| デラウェアぶどう | De-ra-wear-bu-doo  | Small Delaware grapes         |
| いちじく     | I-chi-ji-ku        | Fig                           |
| 巨峰ぶどう    | Kyo-hou-bu-doo     | Giant mountain grapes         |
| ぶどう      | Bu-doo             | Grape                         |
| きんかん     | Kin-kan            | Kumquat                       |
| マスクメロン   | Mask-meh-ron       | Musk melon                    |
| みかん      | Mi-kan             | Orange                        |
| もも       | Mo-mo              | Peach                         |
| なし (梨)   | Na-shi             | Pear                          |
| かき (柿)   | Ka-ki              | Persimmon                     |
| ピオーネぶどう  | Pi-oh-ne-bu-doo    | Pione grapes                  |
| うめ (梅)   | U-meh              | Plum                          |
| 赤肉メロン    | A-ka-ni-ku-meh-ron | Red-flesh melon               |
| ゆず       | Yu-zu              | Lemon-like citrus fruit       |
| いちご      | Ichi-go            | Strawberry                    |
| すいか      | Sui-ka             | Watermelon                    |