

THE  
FOOD  
SCHOOL

.tsuji  
Tsuji Culinary Institute

# *Japanese Cuisine Courses*

**by Tsuji Culinary Institute**

# ABOUT TSUJI

## *Docendo Discimus - By Teaching, We Learn*

With a history of food education spanning over 60 years, Tsuji Culinary school stands as the epitome of dedication in Japanese culinary education, boasting extensive gastronomy training experiences in Osaka, Japan, and Lyon, France. Guided by a belief in life-long learning, Tsuji empowers students of all levels to pursue excellence in the culinary and patisserie arts through rigorous practice. In collaboration with *The Food School Bangkok* in Thailand, Tsuji extends its offerings, providing professional Japanese Culinary Arts Certificated Courses at Essential, Excellence, and Intensive Weekend alongside a selection of Short Courses in Japanese cuisine.



# Tsuji at The Food School Bangkok

## One Campus – Three Global Schools

The Food School Bangkok is a Progressive Learning Community that offers aspiring chefs the pinnacle of culinary training. Located at the very heart of Southeast Asia, The Food School Bangkok offers state-of-the-art culinary education, partnering with three global schools from three culinary hotspots across the globe: ALMA – the School of Italian Culinary Arts from Parma, Italy; Dusit Thani College; and, of course, Tsuji Culinary Institute from Osaka, Japan.

Tsuji's collaboration with The Food School Bangkok has brought Japanese culinary excellence down south for students to indulge in the art in the most incredulous ways, yielding a curriculum that covers the wide range of culinary techniques found in Japanese cuisine. Led by the professional chefs all the way from home base at Osaka, Japan, Tsuji's Japanese Cuisine Certificated Courses and Intensive Weekend Programmes offer a comprehensive and unparalleled educational opportunity for students to immerse themselves in Japan's rich culinary heritage and emerge with the skills and confidence to create authentic Japanese cuisine.





# OUR INSTRUCTORS

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## Chef Takuya Watanuki

### *Chef Instructor*

Through his experience as a head chef for almost 20 years at Tsuji Culinary Institute, Chef Watanuki believes that focusing on the fundamentals will help students develop their own skills, and that fundamentals provide the very building blocks that support their growth and understanding of gastronomy. Having conducted and organised events throughout Southeast Asia, Chef Watanuki aims to impart his extensive skills and experiences at The Food School Bangkok to propel students' progressive learning approach forward diligently.

#### **Instructor's Journey**

- Food product development advisor at Goshoku Co., Ltd.
- Technical Advisor at Unkai, a Japanese restaurant in Hotel Nikko, New Century Beijing
- Advocator of Japanese Cuisine, with MAFF across Southeast Asia continents
- Japanese Cuisine Professor at TSUJI Cook Vocational College, Tokyo & Osaka



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## Chef Kazuhiro Yoshida

### *Chef Instructor*

Chef Kazuhiro Yoshida, a seasoned expert in traditional Japanese cuisine, specialises in sushi catering, fish quality control, and Kaiseki meals. With a global background in prestigious culinary establishments, he serves as a chef, educator, and consulting, notably advising the Association Montréalaise de Chado Urasenke Tankokao. Trained at the Tsuji Culinary Technique Research Institute in Osaka, Chef Kazuhiro is dedicated to imparting his knowledge and passion for Japanese culinary traditions at The Food School Bangkok.

#### **Instructor's Journey**

- Food Special advisor to the Association Montréalaise de Chado Urasenke Tankokai
- Owner of Montreal Sushi Catering, Montreal
- Personal Chef of Ambassador for the Delegation of Japan to ICAO
- Owner Chef of Kaede Sushi Bar, Candiac
- Japanese Cuisine Professor at TSUJI Cook Vocational College, Tokyo & Osaka



# OUR PROGRAMMES

## Certificated Courses

Split into 2 levels, Tsuji's Certificated Courses at The Food School Bangkok promise to equip you with everything from the fundamentals to the advanced techniques and skills needed to master the art of Japanese gastronomy. Each level spans over the course of three months and more than two hundred hours of intensive hands-on training, where students gain a comprehensive deep dive into the traditional art of Japanese cuisine in the Japanese Cuisine Certificated Courses. Aspiring chefs will discover the essence of Japanese cuisine from a true Japanese Chef Instructor and gain the historical and ecosystem-based knowledge imbued within each recipe while also delving into the rich cultural and traditional significance behind each dish.

## Intensive Weekend Programme

Our 88-hour, 11-day programme (conducted on consecutive weekends) is designed for students to master the art of crafting classic and popular Japanese dishes through this enriching yet intensive learning experience. Participants of the course will get to embark on a culinary journey through the fundamentals of Japanese cuisine, allowing them to immerse themselves in the genuine and authentic flavours of Japanese gastronomy and acquire a diverse array of skills and insights under the tutelage of an expert Japanese Chef Instructor from Tsuji Culinary Institute.



## Short Courses

For those looking to master a certain special skill or dish, we invite you to dive into our selection of short courses in Japanese Cuisine. Each course is meticulously tailored to provide a comprehensive array of tips, techniques, and insider knowledge aimed at perfecting the recipes of your choosing. Beyond mere instructions, each session immerses you in a vivid glimpse into the rich tapestry of Japanese cuisine, offering an engaging exploration into the diverse and tantalising world of Japanese foods, from traditional donburi and agemono to the beloved Japanese curry, sushi, and sake. Whether you're a novice or an experienced cook, our Short Courses cater to individuals from all culinary backgrounds, providing a welcoming and enriching environment for anyone eager to refine their culinary skills and embark on a flavourful and historical journey of Japanese culinary discovery.

# Professional Culinary Arts in JAPANESE CUISINE

by Tsuji Culinary Institute



Tsuji Culinary Institute offers a comprehensive programme in Japanese cuisine, blending tradition with innovation. Guiding students through a journey from classic to modern techniques in Japanese gastronomy, our Certificated Courses, comprised of two levels of competence, provide a deep dive into the artistry of Japanese culinary arts and the business acumen required to thrive in the commercial sphere of the industry. This programme is certified by The Office of The Private Education Commission (OPEC) under the supervision of the Ministry of Education, Thailand.

By completing all levels under any programme in our Certificated Courses, you will get a certificate of **“Elite Qualification”** for advanced cuisine management and organisation in culinary arts.

## Level 1 - Essential Level 200+ hours



In this level, experience Tsuji Culinary Institute the way you would at their home base in Japan, right in the heart of Bangkok. The Essential Level of this course covers the fundamentals of Japanese cuisine, the delicate food culture and history, along with necessary cooking techniques found in traditional Japanese gastronomy in theoretical and practical approaches. Students will be able to familiarise themselves with authentic Japanese flavours, with an emphasis on seasonal ingredients. Master a wide range of skills and knowledge, from sourcing, preparing, cutting and seasoning to developing varieties of classic and popular Japanese dishes, taught by expert Japanese chef instructors from Tsuji.



### Study Track

Weekday | 4 days/week  
*1 full day and 3 half days*

### Opening Intake

January | April | July | October

### Delivery Language

Japanese with translation

### You Will Learn

- Knowledge of Japanese cuisine, including its food culture, history, and regional dishes and ingredients
- Techniques for preparing ingredients in Japanese cuisine
- Familiarity with essential kitchen equipment and tools for preparing Japanese cuisine
- Proficiency in preparing Japanese ingredients and cutting them safely and hygienically
- Fundamental Japanese cooking techniques, such as making dashi stock, preparing rice dishes, making side dishes, and traditional Japanese methods of stewing, boiling, and steaming
- Familiarity with popular Japanese dishes, including sushi, tempura, and Japanese hot pot
- Knowledge of traditional Japanese dessert recipes
- Fundamental understanding of Japanese course menu development
- Adherence to international standards of food safety, sanitation, and nutritional practices

### Special Activities

- Post-curriculum Chat & Dine session with chef instructor and classmates

### Course Outcome

- Gain a solid understanding of Japanese food culture, history and characteristics
- Acquire essential Japanese cooking techniques and skills
- Be able to source, select, and use Japanese food ingredients properly and effectively

### Achievements

- Certificate of Achievement in Japanese Cuisine by Tsuji in collaboration with The Food School Bangkok
- Certificate recognized by The Office of The Private Education Commission (OPEC) under the supervision of the Ministry of Education, Thailand



# Level 2 - Excellence Level 290+ hours



The Excellence Level of Tsuji's Japanese Cuisine curriculum is the perfect combination of culinary education and food entrepreneurialism in one comprehensive programme that transforms Essential Level students into chefs of Culinary Excellence through the intricacies of Japanese cuisine. Key topics include food sanitation, nutrition, kitchen design, and menu creation, with a focus on specialties such as udon, soba, and tempura. Students will dive deep into the art of Kaiseki and master its advanced techniques while also learning to create adaptive dishes that cater to the tastes of people outside Japan. Through hands-on experiences in restaurant simulations, they will perfect iconic dishes like sushi and ramen, explore sake pairing, and prepare for successful careers in the culinary world or entrepreneurship.



## Study Track

Weekday | 3 days/week

## Opening Intake

January | April | July | October

## Delivery Language

Japanese with translation

## You Will Learn

- Ingredient preparation and advanced cooking techniques in Japanese cuisine
- Learn to make various Japanese dishes, including udon, soba, tempura, and Kaiseki cuisine
- The art of sake pairing to enhance dining experiences
- Extensive practice in restaurant simulations to apply culinary skills in a real-world environment, totaling 30 hours of practical experience
- Insights into sustainable kitchen design and operations, ensuring an eco-friendly approach to managing modern kitchens
- Food entrepreneur essentials, including restaurant operations, kitchen design, business management, and cost control
- Detailed exploration of business management principles through modules like Business Canvas, covering aspects such as food cost, inventory management, and overall business operations
- Engagement with experts to learn about menu creation and design
- Usage of food media and how to implement food media in business plans
- Adherence to international standards of food safety, sanitation, and nutritional practices

## Special Activities

- Explore cross-cuisine courses through Advanced Residential Chef Mastery, focusing on modern culinary techniques and trends across various topics
- Gain practical experience in a one-week restaurant simulation, with awards for achievements such as Best Restaurant
- Gain invaluable insights on Japanese cuisine with professional guest chef instructors
- Take part in field trips to omakase or tempura restaurants, depending on seasonal offerings
- Participate and manage your own Kaiseki simulation, gaining a comprehensive understanding of the history and cultural significance behind each dish
- Engage in exciting activities like running a sushi mock-up kiosk
- Participate in kitchen design workshops led by top experts, in collaboration with Allied Metals, the masterminds behind our cutting-edge facilities

## Course Outcome

- Proficiency in advanced Japanese cooking techniques and menu design
- Ability to create traditional dishes that meet consumer demands
- Capability to implement sustainability practices in culinary creations
- Readiness to excel in a professional kitchen or successfully launch a Japanese restaurant
- Expertise in managing restaurant operations and business strategy
- Proficiency in food cost control, kitchen safety, and sanitation practices
- Enhanced creativity in Japanese culinary techniques

## Achievements

- Certificate of Achievement in Japanese Cuisine by Tsuji in collaboration with The Food School Bangkok
- Certificate recognized by The Office of The Private Education Commission (OPEC) under the supervision of the Ministry of Education, Thailand

# Japanese Cuisine INTENSIVE COURSE

88 hours

Within this 88-hour course, participants will master the art of crafting classic, contemporary, and popular Japanese dishes through this intensive learning experience. Students will immerse themselves in genuine Japanese flavours and acquire skills and insights all under the guidance of an expert Japanese Chef Instructor from Tsuji Culinary Institute.

## Course Duration

88 hours: 8 hours per day every Saturday for 11 weeks

## You Will Learn

- Fundamental knowledge of Japanese cuisine
- Basic knowledge of Japanese plating and seasoning
- Basic skills of Japanese knifing
- How to craft primary Dashi stocks and soups (Wanmono)
- Japanese rice washing, preparation, and cooking.
- How to make Gohanmono (rice dishes), Tamago Ryori (egg dishes), and Yakimono (grilled dishes)
- How to make Japanese specialty dishes such as noodles, sushi, and tempura

## Course Outcome

- Gain a brief overview of Japanese food culture, history and characteristics
- Basics building blocks of Japanese cuisine as rice, soups, and fish filleting
- Understanding of the preparation philosophy of specialty dishes such as udon, sushi, and tempura etc.

## Achievements

- Certificate of Completion by Tsuji Culinary Institute in collaboration with The Food School Bangkok



**Study Track**  
Weekend  
1 day/week

**Opening Intake**  
January  
April  
July  
October

**Delivery Language**  
Japanese with translation





# STUDENT SERVICES

*At The Food School Bangkok, we prioritise every student's well-being with dedicated support in academics, career planning, and personal development, because we care.*



## **Online Teaching Platform**

Study our curriculum, review course materials, and learn further about your in-class studies with an exclusive online platform established by our dedicated team of academic professionals.



## **WiFi Connection**

At The Food School, we're all about making connections-literally. Stay connected at every corner of our institute with access to our WiFi connection, free for all students of the craft.



## **Test Kitchen**

Test Kitchen, a division of The Food School, is a comprehensive culinary incubator for chefs and food entrepreneurs. From concept ideation to launch, Test Kitchen provides fully equipped commercial kitchens for recipe tastings, food concept developments, and dining spaces to test launch creations for market validation.



## **Career Services**

Explore culinary career paths with The Food School's career counselling, internships, and employment services in collaboration with trusted educational partners, and build your future in cooking and hospitality.



## **Lunch Allowance**

When you're not enjoying the flavours of your own creations, we offer a Test Kitchen voucher valued at 3,000THB for certificated course students and a complimentary lunch voucher for students applying for short courses of 6 hours or above.



## **Personal Locker, Changing Rooms and Sanitary Services**

At The Food School Bangkok, never worry about losing your belongings-we've got personal lockers for you to store your cherished items for when you're in class or after you've changed or showered at our quality shower rooms.



## **Student Visa Assistance**

Want to study at The Food School but worried about your stay in Thailand? Worry not-we offer full assistance with your non-immigrant student visa for the whole duration of your academic semester.



## **Student Affairs and Support Services**

Got a problem you need to solve? Need a burning question answered? Our student affairs and support services are open for any type of support from 8.30AM to 5.30AM.

# CONTACT US

## Book Your Personalised School Tour

Our gates are always open—contact us and meet up with our Sales Team for a one-on-one consultation and tour around our school for a glimpse at our state-of-the-art facilities.

## Need Further Information?

Our Admission Team is always at your service for any queries about our school facilities and other services.

## Contact us at

☎ 02 150 8786 | 093 578 3992

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📷 @thefoodschoolbkk

📞 @thefoodschool

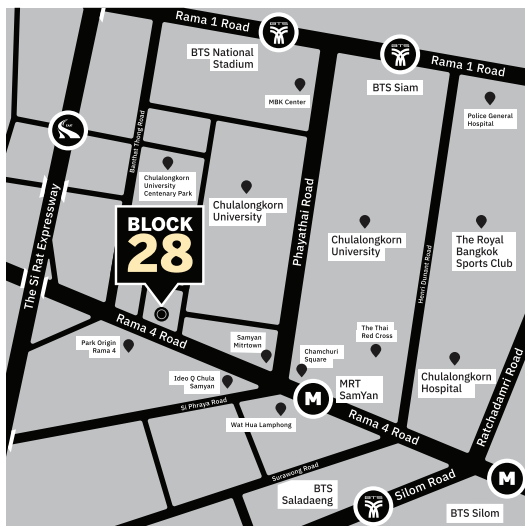
🌐 thefoodschool.com

✉ info@thefoodschool.com



## How to Reach Us

**BLOCK 28** - Building E  
936 Soi Chula 7, Wang Mai,  
Pathumwan, Bangkok,  
10330 THAILAND



**BLOCK 28**



**The Food School Bangkok (Building E)**

### By MRT

Get off at **Samyan Station** (Exit 2) and follow directions to Block 28 (approximately 10-minute walk)

### By BTS

Get off at **National Stadium Station** and take a motorcycle service to Block 28 (approximately 5 minutes), or get off at **Saladaeng Station**, interchange with MRT to get off at **Samyan Station** (Exit 2) and follow directions to Block 28 (approximately 10-minute walk)

# STUDENT TESTIMONIALS



I'm impressed with the atmosphere of learning Japanese cuisine in the Tsuji culinary programme. The Sensei was able to effectively convey the techniques of Japanese cuisine, and I will apply this knowledge in preparing Japanese cuisine at my own restaurant.

**Prach Punnasuparom**

*Japanese Cuisine Programme by Tsuji*



“The Senseis’ attention to detail is what impressed me the most. They begin by teaching us the history of each dish, making it easy for beginners to follow. Plus, they’re always available to answer our questions, and I can tell that they genuinely care about our success.”

**Ashima Wongthongkham**

*Japanese Cuisine Programme by Tsuji  
Owner of 'Deploy Space Café'*



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