

Book List on Food in Japan

(Book List Updated August 2025)

Curated for:

JFT Book Club (Hybrid) – With Silent Reading Time – Food in Japan

September 25, 2025 @ 6:30 pm–8:00 pm EDT

https://tr.jpf.go.jp/event/jft-book-club-silent_food/

Japan Foundation, Toronto Library Curated Items on:

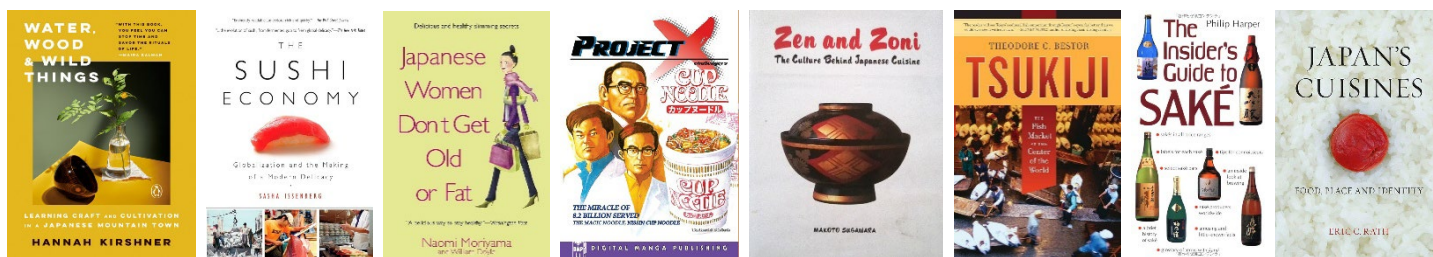
1. [Nonfiction to Learn about Food in Japan](#) (p.1)
2. [Food Themed/Featured Japan-Related Fiction](#) (p.6)

*Please note this is a selection of titles on Food in Japan. The library collection contains many more.

*Ebooks/Audiobooks on food in Japan are available from **JF Canada Digital Library**:

<https://tinyurl.com/foodinjpn>

1. Nonfiction to Learn about Food in Japan



Books in English

Title	Author	Call no.	Item no.
A beginner's guide to Japanese tea	Brekell, Per Oscar	394.15 B73 2021	00027549
A dictionary of Japanese food : ingredients & culture	Hosking, Richard	641.5 H67 1996	00005873
A guide to food buying in Japan	Krouse, Carolyn R.	641 K76 1986	00019175
An almanac of Urasenke seasonal tea sweets	Sen, Tomiko	641.8 S46 1994	00014507
A taste of Japan : food fact and fable : what the people eat : customs and etiquette	Richie, Donald	641.5952 R52	00006261
Branding Japanese food : from meibutsu to washoku	Cwiertka, Katarzyna Joanna	394.1 C84 2020	00026849
Coffee life in Japan	White, Merry I	641.3 W44 2012	00022677
Dashi and umami : the heart of Japanese cuisine	Eat-Japan/Cross Media (ed.)	641.5952 D37 2009	00020200
Eat Japan : the complete companion to Japan's cuisine and food culture	Hardy, Paula	394.1 H37 2021	00028170
Eating in Japan : illustrated	Japan Travel Bureau	641.5952 E37 1991	00000938
Eating wild Japan : tracking the culture of foraged foods, with a guide to plants and recipes	Bird, Winifred	641.303 B57 2021	00027508
Ekiben : the art of the Japanese box lunch	Kamekura, Jun'ichi	641.5 K35 1989	00003921
Golden arches east : McDonald's in East Asia	Watson, James (ed.)	338.7 G64 1997	00007291
Japanese cuisine : an illustrated guide	Ki��, Laure	641.5952 K53 2021	00027561

Books in English (continued)			
Title	Author	Call no.	Item no.
Japanese whisky	Ashcraft, Brian	641.2 A83 2018	00027745
Japanese women don't get old or fat : secrets of my mother's Tokyo kitchen	Moriyama, Naomi	641.5 M67 2007	00019777
Japan's cuisines : food, place and identity	Rath, Eric C.	641.3 R37 2016	00025976
Just enough : vegan recipes and stories from Japan's Buddhist temples	Greenwood, Gesshin Claire	641.5952 G73 2019	00027509
Kado : new art of Wagashi : Junichi Mitsubori	Okimura, Kanami	641.8 O34 2018	00025940
Kaiseki : the exquisite cuisine of Kyoto's Kikunoi Restaurant	Murata, Yoshihiro	641.5952 M87 2006	00015243
Kitcho : Japan's ultimate dining experience	Tokuoka, Kunio	641.5952 T64 2010	00019774
Koji alchemy : rediscovering the magic of mold-based fermentation	Shih, Rich	664.024 S54 2020	00027034
Project X : challengers : cup noodle	Katoh, Tadashi et al.	MANGA_E PRO 200-	00017240
Rice, noodle, fish : deep travels through Japan's food culture	Goulding, Matt	641.5952 G68 2015	00024901
Sake : a modern guide	Timken, Beau	641.2 T55 2006	00015393
Sakepedia : a non-traditional guide to Japan's traditional beverage	Cioletti, Jeff	641.2 C56 2019	00026188
Saké, pure + simple : facts, tips, lore, libation	Frost, Griffith	641.2 F76 1999	00011636
Slurp! : a social and culinary history of Ramen - Japan's favourite noodle soup	Kushner, Barak	641.952 K87 2012	00022762
Super sushi ramen express : one family's journey through the belly of Japan	Booth, Michael	394.1 B66 2016	00025204
Sushi and beyond : what the Japanese know about cooking	Booth, Michael	641.952 B66 2010	00024198
Sushi : food for the eye, the body & the soul	Mouritsen, Ole G.	641.5952 M68 2009	00020182
The book of sake	Kondo, Hiroshi	641.2 K66 1996	00011430
The book of sake : a connoisseur's guide	Harper, Philip	641.2 H37 2007	00015242
The book of tea	Okakura, Kakuzo	394.12 O32 B66 2000	00018091
The connoisseur's guide to sushi	Lowry, Dave	641.6 L68 2005	00015387
The fine art of Japanese food arrangement	Tsuchiya, Yoshio	641.5952 T78 2002	00015889
The history and culture of Japanese food	Ishige, Naomichi	394.1 I83 2001	00011931
The insider's guide to sake	Harper, Philip	641.2 H37 1998	00007193
The Japanese way of tea : from its origins in China to Sen Rikyu	Sen, Soshitsu	641.3 S46 1998	00008340
The ramen king and I : how the inventor of instant noodles fixed my love life	Raskin, Andy	813.54 R37 2009	00018917
The sake handbook	Gauntner, John	641.2 G38 2002	00012477
The story of sushi : an unlikely saga of raw fish and rice	Corson, Trevor	641.0952 C67 2008	00018916
The sushi economy : globalization and the making of a modern delicacy	Issenberg, Sasha	641.0952 I77 2008	00018976

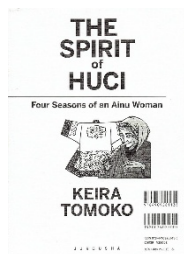
Books in English (continued)			
Title	Author	Call no.	Item no.
The untold history of Ramen : how political crisis in Japan spawned a global food craze	Solt, George	641.5952 S64 2014	00024903
Tsukiji : the fish market at the center of the world	Bestor, Theodore C.	381.43 T53 2004	00018977
Water, Wood, and Wild Things	Kirshner, Hannah	394.12 K57 2021	00028156
World food Japan	Ashburne, John Frederick	641.3 W67 2002	00012418
Zen and zoni : the culture behind Japanese cuisine	Sugawara, Makoto	641.5 S93 1993	00011783



Books in Japanese			
Title	Author	Call no.	Item no.
Bishu no sekkei : gokujō no junmaishu o kamosu tōji Takahashi Tōichi no shigoto 美酒の設計 : 極上の純米酒を醸す杜氏・高橋藤一の仕事	Fujita, Chieko 藤田 千恵子	641.2 F84 2009	00019382
Dagashi taizen 駄菓子大全	Tsunoda, Takeshi et al. 角田 武 他	641.5952 D37 2009	00009604
Eikoku ikka, Nihon o taberu 英国一家、日本を食べる	Booth, Michael マイケル・ブース	641.952 B66 2013	00024470
Himanashi yamagurashi ひまなし山暮らし	Fuse, Tomoko et al. 布施 知子 他	895.644 F87 1996	00013588
Jimoto gashi 地元菓子	Wakana, Akiko 若菜 晃子	641.8 W35 2013	00023830
Jiten wagashi no sekai 事典 和菓子の世界	Nakayama, Keiko 中山 圭子	641.8 N34 2006	00015263
Kakizukushi : kakishibu hoshigaki kakis kakijamu kōyō hozon 柿づくし : 柿渋、干し柿、柿酢、柿ジャム、紅葉保存	Hamasaki, Sadahiro 濱崎 貞弘	630.7 H35 2016	00027854
Kanpai no bunkashi 乾杯の文化史	Kanzaki, Noritake (ed.) 神崎 宣武 (編)	641.2 K36 2007	00017568
Karē raisu no tanjō カレーライスの誕生	Kosuge, Keiko 小菅 桂子	641.3 K67 2002	00014065
Kawaru kazoku kawaru shokutaku 変わる家族変わる食卓	Iwamura, Nobuko 岩村 暢子	394.1 I92 2003	00022930
Kazoku no katte desho! : shashin 274-mai de miru shokutaku no kigeki 家族の勝手にしょ！ 写真 274 枚で見る食卓の喜劇	Iwamura, Nobuko 岩村 暢子	394.1 I92 2010	00022221
Kikigaki Ainu no shokuji 聞き書 アイヌの食事	Haginaka, Mie 萩中 美枝	641.5946 H33 1992	00028285
Kobayashi Katsuyo to Kurihara Harumi : ryōri kenkyūka to sono jidai 小林カツ代と栗原はるみ : 料理研究家とその時代	Ako, Mari 阿古 真理	BUN 641.5 A34 2015	00024747

Books in Japanese (continued)			
Title	Author	Call no.	Item no.
Kome no jiten : inasaku kara genomu made 米の事典：稲作からゲノムまで	Ishitani, Takasuke (ed.) 石谷 孝佑 (編)	641.3 K65 2002	00013242
Kome no Nihonshi 米の日本史	Dohi, Noritaka 土肥 鑑高	338.1 D63 2001	00013290
Kuiiji : tabemono rensai : ge くいいじ：食べ物連載：下	Anno, Moyoko 安野 モヨコ	895.636 A55 2009	00023617
Kuiiji : tabemono rensai : jō くいいじ：食べ物連載：上	Anno, Moyoko 安野 モヨコ	895.636 A55 2009	00023616
Kyōyō to shite no rāmen : janru omise no keifu shinka bijinesu gojū no menron 教養としてのラーメン：ジャンル、お店の系譜、進化、ビジネス-50 の麺論	Aoki, Ken 青木 健	664.755 A54 2022	00027804
Mainichi tte iina 毎日っていいな	Yoshimoto, Banana 吉本 ばなな	895.635 Y67 M34 2017	00025469
Matsuri no shokubunka 「まつり」の食文化	Kanzaki, Noritake 神崎 宣武	394.1 K36 2005	00016230
Mazā wōtā : sake to mizu no hanashi マザーウォーター：酒と水の話	Sakebunka Kenkyūjo (ed.) 酒文化研究所 (編)	641.2 M67 2003	00013270
Meisaku kara tsukuru furansu ryōri 名作から創る フランス料理	Ogura, Kazuo 小倉 和夫	895.6 O38 2010	00019552
Mochi to Nihonjin : "mochi shōgatsu" to "mochi nashi shōgatsu" no minzoku bunkaron 餅と日本人：「餅正月」と「餅なし正月」の民俗文化論	Yasumuro, Satoru 安室 知	394.1 Y37 1999	00013173
Nihoncha no zukan 日本茶の図鑑	Nihon Chagyō Chūōkai 日本茶業中央会	394.12 N53 2017	00025991
Nihon no aji tankyū jiten 日本の味探究事典	Okada, Tetsu 岡田 哲	641.5 O42 1996	00014022
Nihon ryōri bunkashi : kaiseki o chūshin ni 日本料理文化史：懐石を中心に	Kumakura, Isao 熊倉 功夫	394.1 K85 2002	00012575
Nihon shoku no daikenkyū : tsukutte taberu shirabe gakushū 日本食の大研究：作って食べる調べ学習	PHP Institute (ed.) PHP 研究所 (編)	YP 641.3 N53 2006	00015578
Ocha no chikara : kurashi no naka no ocha to kenkō お茶の力：暮らしの中のお茶と健康	Hakamata, Katsuhiro 袴田 勝弘	641.3 H34 2003	00013223
Okinawa no chōju 沖縄の長寿	Shō, Hiroko et al. (ed.) 尚 弘子 他 (編)	613.2 S56 1999	00012385
Omiyage to tetsudō : meibutsu de kataru Nihon kindaiishi おみやげと鉄道：名物で語る日本近代史	Suzuki, Yūichirō 鈴木 勇一郎	952 S98 2013	00024035
Rāmen to aikoku ラーメンと愛国	Hayamizu, Kenrō 速水 健朗	394.1 H39 2011	00022138
Sagasō! : Ishikawa no oishī mono 探そう！石川のおいしいもの	Ishikawa-ken Nihongo Kōshikai 石川県日本語講師会	495.686 I85 2022	00028410
Shigeyama Sengorō-ke no omawari 茂山千五郎家のおまわり	Shigeyama, Sengorō (ed.) 茂山 千五郎 (監修)	641.3 S54 2003	00012867
Shoku no Shōwa bunkashi 食の昭和 cultural 史	Tanaka, Sen'ichi 田中 宣一	394.1 T36 1995	00012815
Shokuryō shokuminchi Nippon 食料植民地ニッポン	Aonuma, Yōichiro 青沼 陽一郎	338.1 A56 2008	00019602

Books in Japanese (continued)			
Title	Author	Call no.	Item no.
Sushiya no karakuri 寿司屋のカラクリ	Ōkubo, Kazuhiko 大久保 一彦	641.0952 O58 2008	00019507
Taberu Nihongo 食べる日本語	Shioda, Maruo 塩田 丸男	BUN 495.681 S54 2006	00016247
Tōfu michi 豆腐道	Morii, Gen'ichi 森井 源一	664 M67 2004	00014568
Tōfuya no shiki : aru seishun no kiroku 豆腐屋の四季 : ある青春の記録	Matsushita, Ryūichi 松下 竜一	BUN 895.645 M37 2009	00028399
Tōji to iu shigoto 杜氏という仕事	Fujita, Chieko 藤田 千恵子	641.2 F84 2004	00019406
Tsumamigui bungaku shokudō つまみぐい文学食堂	Shibata, Motoyuki 柴田 元幸	BUN 820 S54 2010	00024015
Washoku to Nihon bunka : Nihon ryōri no shakaishi 和食と日本文化 : 日本料理の社会史	Harada, Nobuo 原田 信男	394.1 H37 2005	00016205
Zusetsu Edo ryōri jiten 図説江戸料理事典	Matsushita, Sachiko 松下 幸子	641.3 M37 1996	00013047



Bilingual Books in English and Japanese			
Title	Author	Call no.	Item no.
Jikifu 喰譜	Ogata, Shin'ichirō 緒方 慎一郎	FOL 641.5 O32 2016	00026236
The Spirit of Huci : four seasons of an Ainu woman フチの伝えるころ : アイヌの女の四季	Keira, Tomoko 計良 智子	305.89 K44 2018	00028286
Wagashi : the graphics of Japanese confection 和の菓子: the art of Japanese confectionary	Takaoka, Kazuya 高岡 一弥	641.8 T34 2003	00026339



Books in French			
Title	Author	Call no.	Item no.
L'art culinaire au Japon	Ishige, Naomichi	394.1 I83 2012	00022601

2. Food Themed/Featured Japan-Related Fiction

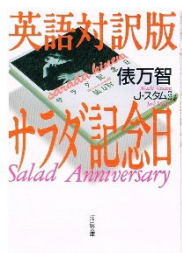


Books in English			
Title	Author	Call no.	Item no.
After the rain manga series	Mayuzuki, Jun	MANGA_E MAY AFT 2018	00027904
Antique bakery manga series	Yoshinaga, Fumi	MANGA_E YOS ANT 2005	00016843
Before the coffee gets cold series	Kawaguchi, Toshikazu	895.636 K38 B43 2019	00026454
Butter : a novel of food and murder	Yuzuki, Asako	895.636 Y89 2024	00028378
Convenience store woman	Murata, Sayaka	895.636 M87 C66 2018	00026006
Dead-end memories	Yoshimoto, Banana	895.635 Y67 D42 2022	00028657
Gente manga series	Ono, Natsume	MANGA_E ONO GEN 2010	00020390
Hardboiled & Hard luck	Yoshimoto, Banana	895.635 Y67 H37 2005	00014232
In clothes called fat	Anno, Moyoko	MANGA_E ANN INC 2014	00024197
In the miso soup	Murakami, Ryū	895.635 M87 I57 2003	00014247
Kitchen	Yoshimoto, Banana	895.635 Y67 K57 1993	00025190
Kitchen princess manga series	Andō, Natsumi	MANGA_E AND KIT 2007	00017924
Life ceremony : stories	Murata, Sayaka	895.636 M87 L53 2022	00027830
Mixed vegetable manga series	Komura, Ayumi	MANGA_E KOM MIX 2008	00017925
Moshi moshi	Yoshimoto, Banana	895.635 Y67 M67 2016	00025176
Ms Ice Sandwich	Kawakami, Mieko	895.636 K38 M74 2017	00025877
Oishinbo manga series	Hanasaki, Akira	MANGA_E HAN OIS 2009	00018395
Reading food in modern Japanese literature	Aoyama, Tomoko	808.8 A69 2008	00020243
Ristorante Paradiso	Ono, Natsume	MANGA_E ONO RIS 2010	00020293
Some prefer nettles	Tanizaki, Jun'ichirō	895.634 T36 1995	00005188
Strange weather in Tokyo	Kawakami, Hiromi	895.635 K38 S77 2014	00025941
The briefcase	Kawakami, Hiromi	895.635 K38 B74 2012	00022420
The drops of god manga series	Agi, Tadashi	MANGA_E AGI DRO 2011	00021277
The gourmet club : a sextet	Tanizaki, Jun'ichirō	895.634 T36 G68 2001	00011010
The housekeeper and the professor	Ogawa, Yōko	895.635 O32 H68 2009	00026145
The Kamogawa food detectives	Kashiwai, Hisashi	895.636 K37 2024	00028655
What did you eat yesterday? manga series	Yoshinaga, Fumi	MANGA_E YOS WHA 2014	00024303
Yakitate!! Japan manga series	Hashiguchi, Takashi	MANGA_E HAS YAK 2006	00024607

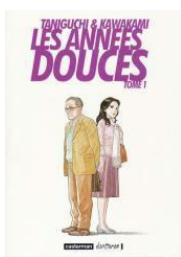


Books in Japanese			
Title	Author	Call no.	Item no.
Banbino! manga series バンビ〜ノ!	Sekiya, Tetsuji せきや てつじ	MANGA_J SEK BAN 2005	00017273
Chūmon no ōi ryōriten (*Picture book) 注文の多い料理店 : 宮沢賢治童話集 (*絵本)	Miyazawa, Kenji 宮沢 賢治	YP 895.634 M59 C48 1993	00024566
Chūmon no ōi ryōriten (*Children's literature) 注文の多い料理店 (*児童書)	Miyazawa, Kenji 宮沢 賢治	JLJL 895.634 M59 C48 2005	00024825
Chūmon no ōi ryōriten (*Graded reader) 注文の多い料理店 (*多読教材)	Miyazawa, Kenji 宮沢 賢治	495.686 N53 2004	00014184
Fūmi zekka 風味絶佳	Yamada, Eimi 山田 詠美	895.635 Y35 F85 2005	00015256
Gente : risutorante no hitobito manga series リストランテの人々	Ono, Natsume オノ ナツメ	MANGA_J ONO GEN 2007	00020392
Gin no saji manga series 銀の匙	Arakawa, Hiromu 荒川 弘	MANGA_J ARA GIN 2011	00026416
Gōruden kamui manga series ゴールデンカムイ	Noda, Satoru 野田 サトル	MANGA_J NOD GOR 2015	00027793
Hakase no aishita sūshiki 博士の愛した数式	Ogawa, Yōko 小川 洋子	BUN 895.635 O32 H34 2005	00019044
Kami no shizuku manga series 神の雫	Agi, Tadashi 亜樹 直	MANGA_J AGI KAM 2007	00017673
Kamome shokudō かもめ食堂	Mure, Yōko 群 ようこ	BUN 895.635 M87 2008	00026821
Kitchin キッチン	Yoshimoto, Banana 吉本 ばなな	BUN 895.635 Y67 K57 2002	00026824
Kodoku no gurume 孤独のグルメ	Taniguchi, Jirō 谷口 ジロー	MANGA_J TAN KOD 2000	00021368
Kōhī ga samenai uchi ni コーヒーが冷めないうちに	Kawaguchi, Toshikazu 川口 俊和	895.636 K38 K63 2015	00028326
Koi wa ameagari no yōni manga series 恋は雨上がりのように	Mayuzuki, Jun 眉月 じゅん	MANGA_J MAY KOI 2015	00027891
Konbini ningen コンビニ人間	Murata, Sayaka 村田 沙耶香	895.636 M87 K66 2016	00025649
Oishii gohan ga taberaremasu yōni おいしいごはんが食べられますように	Takase, Junko 高瀬 隼子	895.636 T34 2022	00027803
Oishinbo manga series 美味しんぼ	Hanasaki, Akira 花咲 アキラ	MANGA_J HAN OIS 2000	00016861
Pasuta mashīn no yūrei パスタマシンの幽霊	Kawakami, Hiromi 川上 弘美	895.635 K38 P37 2010	00020430
Sarada kinenbi サラダ記念日	Tawara, Machi 俵 万智	895.6125 T38 1987	00023841
Sensei no kaban センセイの鞆	Kawakami, Hiromi 川上 弘美	895.635 K38 S46 2004	00020759
Sensei no kaban manga series センセイの鞆	Taniguchi, Jirō 谷口 ジロー	MANGA_J NOD GOR 2015	00020765

Books in Japanese (continued)			
Title	Author	Call no.	Item no.
Shōta no sushi manga series 将太の寿司	Terasawa, Daisuke 寺沢 大介	MANGA_J TER SHO 2002	00017156
Sukiyaki すき・やき	Yang, Yi 楊 逸	BUN 895.636 Y36 2009	00025262
Supaishī kafe gāru スパイシー・カフェガール	Fukaya, Akira 深谷 陽	MANGA_J FUK SUP 2005	00017237
Tsuchi o kurau jūnikagetsu 土を喰らう十二カ月	Nakae, Yūji 中江 裕司	BUN 895.636 N34 2022	00028309
Tsukiji Uogashi sandaime manga series 築地魚河岸三代目	Hashimoto, Mitsuo はしもと みつお	MANGA_J HASH TSU 2001	00018322
Tsuma ga shiitake datta koro 妻が椎茸だったころ	Nakajima, Kyōko 中島 京子	BUN 895.636 N34 T78 2016	00026313



Bilingual Books in English and Japanese			
Title	Author	Call no.	Item no.
Salad anniversary, English bilingual version 英語対訳版 サラダ記念日	Tawara, Machi 俵 万智	895.6125 T38 1988	00005352
The tales of Miyazawa Kenji ベスト・オブ 宮沢賢治短編集	Miyazawa, Kenji 宮沢 賢治	895.634 M59 B47 1996	00003900



Books in French			
Title	Author	Call no.	Item no.
Les années douces	Taniguchi, Jirō	MANGA_F TAN LES 2010	00020844
Miso soup : roman	Murakami, Ryū	895.635 M87 M57 2003	00012971

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