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Japanese Food on *Setsubun*

I will show you the food that Japanese people eat during *Setsubun*. In Japan, February 2 or 3 is called *Setsubun*. It means “a division of the seasons”. It is the day before the beginning of a new season. When we used an old lunar calendar, *Setsubun* was treated as the end of year. *Setsubun* is called the “Bean Throwing Festival” in English. Japanese people eat various foods during *Setsubun*, and I’ll introduce two main foods, *Fukumame* and *Ehomaki*.

Fukumame. *Fukumame* is roasted soybeans. We throw beans at bad spirits in our house to welcome good luck, then gather them all up, and eat them. We believe that by eating our age plus one soybeans we can keep ourselves from sickness and stay healthy for the whole year.

Eho-maki. This is a special kind of sushi roll. We see many *Ehomaki* in Japanese supermarkets during *Setsubun*. It consists of seven ingredients: *Kanpyo* (dried gourd), boiled *shiitake* mushrooms, sweet rolled omelet (*Datemaki*), eel, mashed and seasoned fish, shrimp, cucumber. Recently there are a lot of Japanese snacks and cakes that replicate *Ehomaki*. People eat it while facing to the year’s “lucky direction” in the evening of *Setsubun* (“*Eho*” means lucky direction.). South-southeast is the year’s lucky direction in 2021. You need to eat *Ehomaki* in silence with closed eyes while making a wish when eating a whole sushi roll.

If you are interested in *Setsubun* dishes, please try eating them in the way we have described. That’s all for our presentation. Thank you.