

# [There sprinkled with some sesame. the dish](https://assignbuster.com/there-sprinkled-with-some-sesame-the-dish/)

there are many traditional ritualsin Japan that includes soybeans. “ Osechi” is a set of dishes that is eaten inthe new years in japan. The dishes are served in the square boxes piled withtwo or three of them, in hope of the New Years bringing many blessings “ piledup” in their lives. each dish has its own meaning, and boiled sweet black beansis one of the many.

The word “ mame” means beans. But the sound “ mame” itselfalso means “ healthy” or “ diligently.” So people eat sweet black beans so thatwe may be healthy and able to work diligently throughout the year. There areother dishes such as Tazukuri. It is made from dried sardine roasted with soysauce, sugar, and sweet cooking wine, sprinkled with some sesame.

The dish namemeans “ making good rice fields.” This comes from how farmers used to sprinklefertilizer mixed with minced dried sardine when they planted rice in the springwishing they would have a good harvest in the fall. Herring eggs are servedbecause it bears lots of eggs, so people eat salt-preserved herrings, wishingfor the prosperity of the family. There are deserts as well. Kinton is madefrom sweet potatoes and chestnuts, colored with natural yellow coloringextracted from “ kuchinashi”(gardenia). It looks like mashed potatoes but has abeautiful gold color and tastes very sweet. Chinese characters for “ Kinton” meangold or treasures, so we wish for the great blessings for next year. one of the biggest traditionalevents that has soy beans as its main symbol is “ setsubun”.

This is a daybefore the beginning of spring in Japan, which is 3rd of Feburary. the ritual thatincludes roasted soy beans is called “ mamemaki”, which literally means” scattering beans”. the beans are thrown at a person wearing a mask with a oni(a demon) on it, while others shout “ oni wa soto fuku wa uchi”(demons/badspirits go out, luck come inside).

The beans are thought to have the power todestroy evil spirits such as diseases and bad luck. After purifying the home bydriving away bad spirits, it is also customary to eat the same number as yourage of soybeans.