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Gastronomique Omura Lab!

Cooking in the lab

The Ohmura lab holds a dining party two to three times a month. We do not use ready-made food, but cook food ourselves by buying ingredients, such as ham, cheese, and sausage. This photo shows dishes we cooked to celebrate our colleague's article printed in an academic journal. Dishes on the menu were penne salad and ham and tomato French bread sandwiches.



"Food makes a man!" . . . We, Ohmura lab members, are partial to "eating." In the following, students report on our delightful lab dining party!



This photo shows completed dishes neatly arranged on the table. Tidbits, such as cheese and crackers, can be seen along with bottles of wine brought by Dr. Ohmura. All lab members joined forces to prepare the dishes, which made them all the more delicious. We enjoyed the dishes while drinking wine and beer.

The dish shown here is calzone which we enjoyed at an Italian restaurant. The same base as that of pizza is folded into the shape of a crescent moon with ingredients in it, and then both sides are baked. It was very delicious. I recommend calzone to everyone. We are ready to visit any restaurant if it has a good reputation for its food. We also visit Oktoberfest and other beer festivals where German-style sausages and beer can be enjoyed.



My Favorite Wines and Beers

I (Ohmura) was influenced by French and other European cultures, especially by their dietary cultures. From day to day, I'm in pursuit of wines from various regions of France while also striving to appreciate the deep taste of Belgian beers.

Following the acquisition of my doctor's degree in March 2000, I studied in France for approximately nine months. Many Keio teachers advised me to go to the United States or England in expectation of good research achievement, but I didn't accept their advice (sorry!). I chose to study in France because of my admiration for its great culture, staying for five months in Toulouse and four months in Saint Étienne.

Gaillac, the wine on the right, is the most popular wine in the suburbs of Toulouse and is praised for its taste (the best among wines from southwestern France) and attractive color. The wine in the center is Saint-Joseph, one of the wines from the Rhone River basin. I got this information from Prof. Herri and Assistant Prof. Bonnefoy of Ecole Nationale Supérieure des Mines de Saint Étienne. Learning about high-quality wines like a sommelier may be one way, but commoner-like style of wining as suggested by my French friends suits me.

As for beers, Prof. Herri also suggested that I try Belgian beers. Belgian beers have their own deep world which is different from those of Germany and Czech, the two great beer countries. The bottle with a blue label, Blanche de Bruges, is a white beer from Brugge, and a glass next to it is one exclusively for Blanche de Bruges. Brugge is a beautiful town. If you have an opportunity to visit this town as a tourist, don't miss this white beer.

