
Analysis for Records of Ryukyuan Cuisine Pre and Post the Reversion of Okinawa to Japan in 1972: Intake of Animal Protein as Dietary Culture

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Okinawa's dietary culture had collapsed due to the ground war during World War II. After the war, life and culture were restored through high economic growth under US rule, and tourism after the reversion of Okinawa to Japan. It was the result of redefining the Ryukyuan food culture and Ryukyuan cuisine in order to preserve and develop it for the next generation.

For understanding the food life, intake of animal protein as dietary culture is very important. Okinawa's dietary culture is often imagined with rich ingredients such as pork, seafoods. But when we read the reports of a survey conducted by the Ryukyu government in 1967, and memoirs of people who survived the war and lived after the war, we can notice that not much mention of animal protein intake. Although we can see that pork was certainly an important ingredient in Okinawan food culture, both for ritual and nutritional reasons, it was not an abundance of everyday food. In fact, Okinawan people only had the opportunity to eat it a few times a year during events. Advanced fishing was also underdeveloped. Even in the villages along the coast, people fished with their bare hands, either as a helper in household chores or as a leisure activity. The fish dishes were equally immature.

As research resources for understanding Okinawa's dietary culture, we also analyze cookbooks published in the 1960s and 1970s. These cookbooks are the result of the efforts of Ryukyuan the culinary researchers who survived the war and lived through the postwar period to revive Ryukyuan cuisine. These were written in the period Pre and Post the reversion of Okinawa to Japan when the collapsed culture and lifestyle were being restored by ground war. At that time, it was also essential to attempt to translate Ryukyuan cuisine, including "Okinawan style", into standard Japanese. However, dishes that appeared in the post-war period and have become commonplace today do not appear in these cookbooks.

The food culture discussed in this paper is the diet of the generation that made Okinawa a prefecture of longevity. Today's Okinawan cuisine continues to change and expand, incorporating new things.

Key words: Ryukyuan Cuisine, post-war reconstruction, cookbook, animal protein, urgent survey of folk sources