



## Chef Sean Higashida

### Japanese Culture and Cuisine



Japanese cuisine, Kaiseki, is known for its emphasis on quality ingredients transformed into clean flavors and artful presentations. Our Cultural Cuisines cooking series Buford Highway Farmers Market is delighted to introduce Kaiseki; presented by Chef Sean Higashida.

Chef Higashida comes to our cooking classes boasting a vast culinary resume. He lived in France for five years, expanding his culinary skills and blending his native Japanese training with French culinary techniques. Southeast Asian cuisine often found its way onto the menu in his former restaurant Emiko's in Norcross. New Orleans also inspires many original dishes in which Sean incorporates Eastern and Western flavors. In true Japanese style, his nimble skill and precise techniques will inspire you.



Perhaps with time we can experience some of the Chef's fusion but for his first classes Sean will emphasize Japanese cooking. And while the prospect of high cuisine from Japan, a country where there are more Michelin Five Star restaurants than any other, may seem daunting he promises his cuisine does not have to be complicated.

Lessons will emphasize cultural insights in the way Japanese enjoy eating and how history has influenced present day offerings. Nutrition is a major force in the diet of this super healthy nation and Sean will tutor classes in the philosophy deeply imbedded in their everyday life.



**We invite you to come join us, and discover a beautiful cuisine and explore Japan's rich culture with Chef Higashida as our guide.**

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