

Rokusaburo MICHIBA



**The first Japanese cuisine Iron Chef
on the Fuji TV program "The Iron Chefs"
- now Honorary Iron Chef**

- 1931 He was born in Ishikawa Prefecture as the 3rd. son of a dealer in lacquerware for the Tea Ceremony.
- 1956 He moved to Tokyo where he worked as a cook at Shibaura Botan, Rokko Kadan, Kanazawa Hakuunro, and Akasaka Tokiwaya.
- 1959 He became Chief Chef of the latter restaurant, in which position he was responsible for catering to such prestigious establishments as the Prime Minister's Residence, the Diet Building, and the Meiji Memorial Hall.
- 1965 He was appointed Chief Chef of the Tonbo Restaurant.
- 1968 He became independent and opened his own restaurant call the New Tonbo.
- 1971 He opened the Ginza Rokusan Tei as Owner/Chef.
- 1997 He opened the Poisson Rokusaburo in Akasaka. He was the first chef in Asia ever to received an invitation to teach a Great Chef Seminar at the Culinary Institute of America.

At present, he is active as a top authority in the world of Japanese cuisine, serving as instructor of the Japanese Cuisine Research Society, master teacher of the Professional Japanese Cuisine Chefs Association, and as permanent adviser to the Kansai Cuisine Chefs Daikyo Society. He was also awarded 1st. Prize in the Japan Ice Sculpture Concours twice.

He has published numerous books, including
"Relishes" (Shuko published by Shibata Shoten)
"Instructions on Main Dishes"
(Okazu Shinan, published by Chuo Koron Sha)

He creates cuisine with flavors like no one else through the variety and flexibility of his concepts that allow him to go beyond the genre of cooking to create his own unique style of cooking.

Komei NAKAMURA



1947 Born in Nagasaki prefecture.

At the age of 18, he entered the world of cuisine as an employee of the Unzen Miyazaki Inn. Subsequently, he moved to Osaka to begin his training.

1980 He took employment as the Hotel New Otani branch of Nadaman, a top-class traditional Japanese restaurant with a 160-year history.

1983 After working as main chef of the Shangri-La Hotel, Singapore branch, he returned to Japan to take the post of main chef of the Hotel New Otani Branch.

1995 He was appointed cooking headquarters department head and director, and served as main chef of 9 of the 20 branches of the Nadaman restaurant both at home and abroad.

1996 He made his debut as an "Iron Chef" of the Fuji TV program titled "Ironman Cuisine" (Ryori no Tetsujin).

In addition to his duties as cooking headquarters department head and director, he was appointed head of the Cuisine Research Center.

1997 He opened the Nadaman Komei Shibuya Branch.

1999 In June, he gained his independence from Nadaman, and opened a restaurant called Komei Ariake, where he serves as owner/chef.

2001 In April, he opened the "Komei Nakamura Ginza".

2002 In May, he opened the "Delica Komei Nakamura" and the "Kitchen Komei Nakamura".

2002 In June, he opened the "Komei Nakamura Yokohama".

In recognition of his work in mastering and creating all types of cuisine, he was dubbed the "Shrewd Tactician of the World of Cuisine". Under the motto of

"A chef who ventures nothing makes no progress", Komei has gone on to blend traditions and originality with utmost skill, creating profoundly delicious original dishes.

He has published book as

"Komei Ariake -

Chef Nakamura's Sushi and Rice Cuisine Classroom" (Senshukai)

Hiroyuki SAKAI



The Western cuisine Iron Chef
on the Fuji TV program "The Iron Chefs"

1942 Born in Kagoshima Prefecture.

At the age of 17, he entered the world of French cuisine by beginning training at the Shin Osaka Hotel. At the age of 19, he traveled to Australia alone and increased his powers while working at the Hotel Oriental. After a period of one and a half years of training there, he underwent further training at Ginza Shiki for three years under the guidance of the Fujio SHIDO, a pioneer of French cuisine in Japan. Subsequently, he worked as chef at the Aoyama Coco Palms and the Roppongi John Kanaya Seiyu Zensho where he became known for his artistic presentation and flavors.

1980 He became independent at the age of 38 and opened the Aoyama La Rochelle as owner/chef.

1989 He moved his restaurant to Shibuya in October in order to make it possible for a greater number of people to savor his French cuisine.

1996 He opened the La Rochelle Kamiohoka Restaurant in the Kamiohoka Keikyu Department Store.

1999 Opening of La Rochelle Minami Aoyama, a restaurant with a church attached, in Omote Sando.

At present, he is appearing on the Fuji TV "The Iron Chefs" program.

He has published such books as
"Iron Chef Sandwich Reader" (Chuko Bunko)
"Iron Chef Hiroyuki SAKAI's French Cuisine" (Kosaido Shuppan)
"The World of Hiroyuki SAKAI" (Asuka Shuppan)

His cuisine is typified by his utilization of Japanese Kaiseki Ryori display techniques, resulting in beautifully colorful dishes that have made him known as the Delacroix of the world of cooking.

Yutaka ISHINABE



**The first Western cuisine Iron Chef
on the Fuji TV program "The Iron Chefs"
- now Honorary Iron Chef**

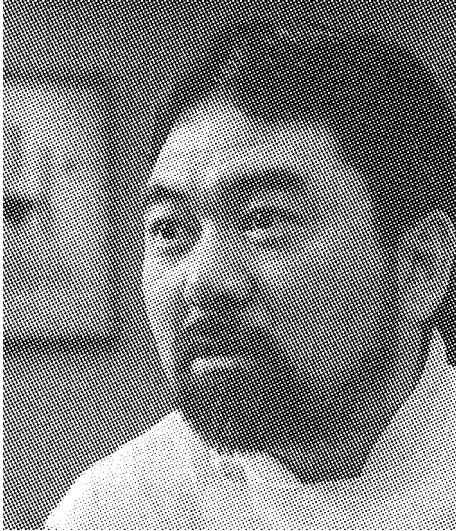
- 1948 He was born in Kanagawa Prefecture.
- 1971 At the age of 19, he decided to become a chef.
After working as cook and pastry chef at a number of
restaurants in Tokyo and Yokohama,
he went to France to study.
- 1976 After training at Maxim's, Le Vivarois and Le Moulin de Mougins,
he returned to Japan.
- 1982 After working for six years as chef at the Roppongi Bistro Lotus,
he opened Queen Alice in Nishi Azabu as Owner/Chef.
- 1991 He opened his 2nd. restaurant Queen Alice Ginza
in the Ginza Printemps Department Store.
- 1992 He opened the Queen Alice Geihinkan in Nishi Azabu
that he made a success as a custom bridal house as well.
- 1997 He served as producer for the eating and drinking
establishments in the Yokohama Pan - Pacific Hotel.

His skill of arranging food produces such beautiful dishes for which he has a high reputation even among chefs from France itself that he has come to be known as the "Magician of the Chopping Block". While guarding the classical rules with care, he has created his own ISHINABE Style of food arrangement that keeps the world wondering how he will evolve in the future and the hopes of all those around him high in anticipation of his next masterpiece.

He has published such books as
"French Home Cooking as Seen by Yutaka ISHINABE
(ISHINABE Yutaka no Kangaeru France Katei Ryori,
published by Chuo Koron Sha)
"Yutaka ISHINABE's Elegant Flavors"
(Yutaka ISHINABE no yuhbi na Aji,
published by Chuo Koron Sha)
"Yutaka ISHINABE Specialities"
(ISHINABE Yutaka no Supesharite,
published by Shibata Shoten)

He is also deeply knowledgeable in the arts of architecture and painting.

Kiyomi MIKUNI



1954 He was born at Mashike in Hokkaido.

At the age of 15, he decided to become a chef and began training at the Sapporo Grand Hotel. Subsequently, he moved to the Imperial Hotel where he continued training.

Upon the recommendation of Imperial Hotel Chief Chef MURAKAMI, he was appointed to the post of Chief Chef of the Japanese embassy in Switzerland at the young age of twenty.

During his four years in the post, he trained under the genius chef of the present world of french cuisine Freddie GIRARLDE, and continued training under him for two years subsequent to being relieved of his post at the embassy. He went on to complete his training at such threestar restaurants as Trois Gros, Auberge de L'ill, and Alain CHAPEL before he returned home to Japan in 1983. After serving as chef at Bistro Sakanaza, he opened the Hotel de MIKUNI in Yotsuya, Tokyo in 1985.

1990 February. Held a MIKUNI Festival at the Oriental Bangkok Hotel in Thailand, one of the world's greatest hotels.

1991 March. Participated in an event at the Hotel de Paris in Monaco as one of the chefs from 7 countries of the world, along with Alain DUKAS.

1993 January. Served as chief judge representing Japan for the Bocuse d'Or Cooking Concours in Lyon.

1993 March. Held a MIKUNI Festival at the Hotel Barclay in London, England.

1996 June. Received the Best Chef Award as representative of Japan in the Bonrak Great Chefs of Asia Contest, the competition that decides the 12 best chefs of 12 countries of Asia and is sponsored by the Australian Embassy.

1997 May. Held a MIKUNI Festival at the Raffles Hotel in Singapore.

At present, he is working toward cultural development in the world of cooking, and he has plans underway for the establishment of a school for the training of professional chefs by professional chefs.

He has published such books as
"I am on the Plate"

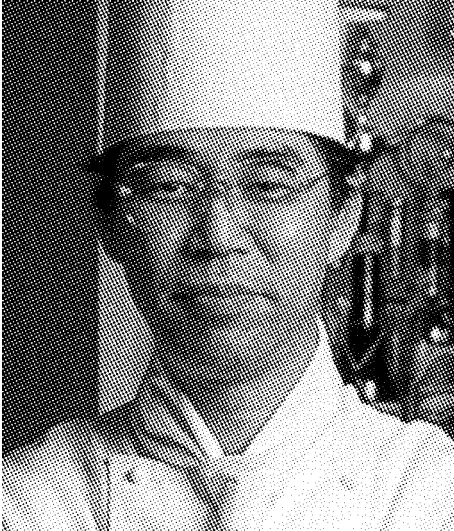
(Sara no Ue ni Boku ga Aru,
published by Shibata Shoten)

"My Search for New Delicacies"

(Boku no Bimi Kyushin,
published by Ryori Tsushin Sha)

Operator of such restaurants as Hotel de MIKUNI, Lyon, Az Cafe, Côte d'Azur MIKUNI's, and Cafe Terrace MIKUNI's.

Mamoru KATAOKA



1948 Born in Tokyo prefecture.

He set out to become an industrial designer, but at one point he got the idea that cooking is a kind of design activity

After undergoing three months of training at "Tsukiji Tamura", he was appointed to the position of chef for the Japanese Consulate in Milan and was dispatched to Italy.

During his time in Italy, he visited restaurants and the homes of acquaintances throughout Italy to undergo full-fledged training in traditional regional cuisine and original cooking methods.

1973 He returned to Japan where he continued his training at the "Ogawaken" in Daikanyama, Tokyo.

1976 He was appointed chef of the "Marie" in Minami Azabu, a restaurant owned by opera singer Kiyoshi IGARASHI.

1983 He opened his own restaurant "Al Porto" in Nishi Azabu.

1999 In November, he opened the "Trattoria Al Porto" in the Ariake Park Building.

His cuisine is a 'Nuova Cucina' that caters to the tastes and sensitivities of the Japanese palate.

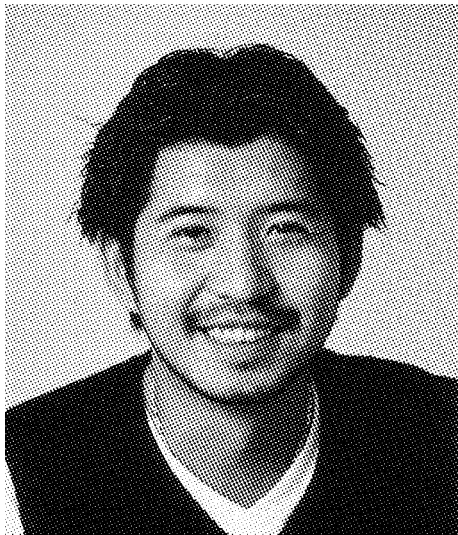
It was not long ago that he ignited the Italian cuisine boom in Japan.

His cuisine constantly demonstrates a consciousness of the present and his Italian cuisine refinements entrance the taste buds of all who visit his restaurants.

He often appears in magazines and on television.

He has written such publications as
"Mamoru KATAOKA's small Italian dishes" (Shibata Shoten)
"The light and stylish flavours of Mamoru KATAOKA"
(Chuo Koron Sha)

Masashi NAGASAKA



1971 Born in Gifu.

He was raised as the inheritor of a Japanese restaurant with a seventy year history, to follow in the footsteps of his father and grandfather, but he chose to proceed into the very different genre of French cuisine at the age of seventeen.

1988 He began to create a foundation for his life as a chef during four and a half years at the famed Chez Ino in Ginza, Tokyo.

1992 He lost confidence in ever being able to exceed Chef Ino, the main chef of Chez Ino in all areas of cooking, including French cuisine, so he went to the United States on his own, where he trained for four years with one of America's three most famous chefs Wolfgang Pack at his California restaurant, receiving inspiration from the free ideology of that chef.

1997 After returning to Japan, he opened the Fumi's Grill with Fumihiko Nakamura. Subsequently, he worked at "Cardenas," "Cardenas Chinoir," and "Cardenas Charcoal Grill."

2001 In June, he began working at the "Cardenas Ocean Club" in Daikanyama.

2001 In August, he began working at "Cardenas Ginza."

The type of California cuisine that Nagasaka seeks to achieve consists of a dynamic utilization of seafood and vegetables, bringing out their natural flavors with essences from all over the world, a truly melting pot style. He is known as one of the pioneer fusion gourmets of Tokyo. He goes by the nickname of Masa. He arranges his cuisine with fresh ideas, carving out further new possibilities for the world of cuisine.

Shinya TASAKI



- 1958 Born in Tokyo.
- 1977 Went to France to study.
- 1980 Returning home to Japan in 1980.
- 1983 Grand Prix in the 3rd All-Japan, Sommelier Top Technique Award Concours.
- 1989 Entered the 6th World Top Sommelier Concours.
- 1990 Took 2nd place in the International Sommelier Concours.
- 1995 Grand Prix in the 8th World Top Sommelier Concours, Chosen as "Top World Sommelier".
- 1996 Awarded the Tokyo Citizens Culture Honor Prize 1995.
- 1999 Received the "Chevalier" decoration from the French ministry of agriculture and labor.
Received a medal from the city of Bourdeaux, France.

As the World's top sommelier, he has given such lectures as "The Nature of Professional Service from the Standpoint of the Customer" and "The Joys of Wine"; participated in such events "Gourmet Report" and "Wine Evenings" : and he is kept busy as councilor for hotels and restaurants. He is head of the "Shinya Tasaki Wine Salon", a wine and cheese school that was established under the concept of "Wine should not be learned and then enjoyed, but enjoyed and then learned". He also serves as the overall supervisor of the "Shinya Tasaki Wine Hall", through which he provides wine selection advice and hints on how to enjoy the flavor of wine on his own homepage as well as on the i-Mode of NTT DoCoMo.

He has also appeared on cooking programs both on NHK and the private sector TV channels, as well as on specials about himself and commercials, bringing him broad exposure that has resulted in his name becoming a household word throughout Japan.

He has also developed a number of original products, including the "sommelier knife" of the Chateau Ragiol Company, decanters and glasses (36 in all), and the Teddy Bear of the Steiff Company, and he has also served as supervisor or producer for CDs and CD-ROMs.

Publications;

Articles in all types of newspapers and magazines,
 "Shinya Tasaki Tasting No.1." (The Nihon Keizai Shinbun)
 "The Secrets of Wine Tasting", etc. (Shibata Shoten)
 "Enjoying the Job of Sommelier", etc. (Kodansha)
 "World Wine Book", etc. (Magazine House)
 "Wine Expert", etc. (Shincho-Sha)
 "How to Enjoy Wine in Your Own Style with S. Tasaki" (NHK)
 "Enjoy / 1500 Wine at Shinya Tasaki's House", etc. (Kobunsha)
 and many other books published by different companies.

Makiko FUJINO



- 1949 She was born in Tokyo, on September 15.
- 1964 After finishing high school at the Shirayuri Gakuen, she entered Seishin Womens College, where she majored in French history.
- 1973 She got married.
- 1978 She went to New York.
When she could find no good pastry shops in her own neighborhood, she drove to Manhattan to find one, but on the way she decided that she should utilize the same energy on "making things", and she began learning American baking techniques at the Golden Rose Baking School.
- 1982 She returned to Japan.
- 1983 She took work at the Denen Chofu Depo 39 where she was put in charge of making American type pastries.
- 1985 She began writing a cooking and baking page for the magazine ELLE JAPON.
- 1986 She went to Paris.
- 1987 She graduated from the Ecole Ritz Escofie with qualifications for cooking and baking.
She also learned French home cooking under Madame Vojuel. She often participated in demonstrations of Cordon Bleue and La Valenne, and wrote news from Paris for the Western pastry magazine ATTENTION.
- 1990 After a one week stage appearance in Germain, she returned to Japan.
- 1991 She sponsored a baking and cooking classroom in her own home called Image Nature.
Her life with her husband, her two daughters, her huge Old English Shephard and Bahman (her Burmese cat) is the source of her great energy.

Books;

"Pastries I learned in Paris" (Kamakura Shobo)

"Loving American Country Cakes" (Kamakura Shobo)

Magazine Article Series;

"Paris in One Dish" for 25ans (Fujin Gaho Sha)

Emi INOUE



1959 Born in Tokyo, on November 4.

She was born and raised in an extremely artistic atmosphere. Her father is the film director Umeji INOUE and her mother the actress Yumeji TSUKIOKA. After graduation from Seishin Womens College, she attended the TSUJI Chef's Specialist Institute French Cuisine School where she learned the basics of French cooking. Then she attended the Paris Le Notre Pastry School. This school was an important influence on her sense of taste that she had been nurturing since her childhood. After returning to Japan, she was particularly active in cooking classrooms. At present, she operates the Emi INOUE Cooking School that boasts a total of 120 students. She is one of the youngest people active in the field of French cuisine today, and she is well - known for her originality using French cooking as her base of departure. Aside from her work with her cooking school, she writes a column in the Miss Home Illustrated (Sekai Bunka Publishing Company), and she does commercial cooking productions as well. Utilizing her experience of Living in Los Angeles, Hawaii, and Tokyo, she maintains a broad outlook, and possess great enthusiasm in absorbing everything she can from the world around her.

Yuko INO



1964 Born in Fukuoka Prefecture.

Since childhood, she was particularly fond of books on cooking and pastries, and she spent her time cooking at home in accordance with recipes that were printed in women's magazines.

1984 After graduating from the home economic department of Fukuoka Women's Junior College, she moved to Tokyo to become a cooking teacher, while working part time in a restaurant and spending her free time visiting restaurants to eat the cuisine of her favorite chefs.

1989 On the strength of a recommendation from Yukio Hattori of the Hattori Nutrition Specialist School, she went to Paris to study at the Paris Chamber of Commerce school for professional chefs "Ecole Ferandi" for about eight months.

During that same period of time, she came into contact with the true wine country, and made up her mind to enter that field. Subsequently, she received her diploma, and went on to learn more about French cuisine and wines as an apprentice at the one star "Le Trot de Passy" and the three star "Jaman".

1990 After returning home to Japan, she became involved in not only teaching French cuisine, but also set out to establish herself in a more specialized field through further serious research into wine, as a result of which she became a wine advisor.

At present, she teaches "service manners" for the sommelier, a course for "wine master," extends invitations to foreign chefs to give lectures, and prepares special banquets at the Hattori of the Hattori Nutrition Specialist School.

Also, since her debut in 1992, she has served as an instructor at the Academie de Vin in Tokyo.

She also operates a classroom in her own home for the enjoyment of French, Italian, and Ethnic cuisines called the "Marriage no Kai."

Publications:

"Recipes that Go Well with Wine" (Hatchwork Tushin Sha Publishers)

Keiko USAMI



- 1952 Born in Tokyo.
- 1974 Scouted by a modeling agency when she was a university student, and made her debut as a model in the spring campaign poster for Shiseido. Subsequently, she worked as a top model, appearing in fashion shows of works by numerous famous designers.
- 1976 She was chosen as the CM model for the luxury car "Cosmo" of the Matsuda Automobile Manufacturing Company, in which capacity she attracted broad-ranging attention for her unique non-Japanese character.
- 1977 She made her film debut as an actress in "Kisetsufu" directed by Koichi Saito.
- 1987 She became active as a fashion coordinator, setting out on her own to purchase clothing and accessories in the various countries of Europe, to introduce her "Usami Collection."
- 1993 She planned and carried out a fashion show of recycled products in the city of Narita as a benefit for the building of a facility for the seriously physically impaired.
- 1996 She founded the "Bat Club" (Komori no Kai) with Yukio Hattori, Hiroshi Mariya, and Masuhiro Yamamoto, a group of lovers of champagne.
- 1997 She opened a multipurpose salon for the planning and operation of a unique culture school, and opened another salon to serve as a venue for exchange between disparate fields of endeavor.
- 1998 She served as design consultant for an order collection of Cashmere knitwear, and initiated a lecture tour under the theme of "always young, beautiful, and active in everyday life" in the face of the increasing ageing of society.
- 2000 She began an arena school seminar at the NHK Cultural Center Saitama that is still in operation at present.

She continues to utilize her past experience as a top model in her broad range of activities that including television appearances, magazine interviews, MC for fashion shows, lectures on many subjects, and teaching at such cultural schools and salons as the NHK Cultural Center. Recently she has shifted from pure fashion in the direction of holistic healthmaintenance, giving presentations throughout all Japan on the theme of "always young, beautiful, and active in everyday life."

Publications:

"The Tale of a Top Model" "Recipe for Creation of Minus-10-Year Beauty" (Bungei Shunju Nesuko Publishers)
 "33 Hints for Becoming a Beautiful Woman Revealed by a Top Model" (Mikasa Shobo Publishers)
 "Daily Hints for Becoming Beautiful Revealed by a Top Model" (Mikasa Shobo Publishers)