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Technology, Challenges, and Solutions for Space Travel Meals as Represented by "Yakitori", Grilled Chicken

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Abstract

Have you ever heard of 'Yakitori'? It is a Japanese dish consisting of several bite-sized pieces of chicken skewered, tossed in sweet and spicy sauce or salt, and grilled. It is popular in Japanese izakaya (Japanese-style pubs) to eat yakitori while drinking beer. Yakitori is already one of the space foods eaten by Japanese astronauts on the International Space Station and elsewhere. However, its form is not a few bites of chicken on a skewer, but rather yakitori that has been removed from the skewer and placed in a can. The era of space travel will be in full swing in the future, and many people will travel to space. It is easy to predict that the need will gradually increase not only to go to space but also to eat and drink their favorite food in space. They will also be more particular about the shape of their grilled chicken and the preference of it to be skewered. In this paper, we will take eating skewered yakitori in space as an example, and discuss the necessary technology, problems, and solutions for a rich meal in space.

Keywords: Space Travel, Yakitori, meal, Space Food, ASTRAX,

1. Introduction

You can serve what you want to eat in a tasty and visually pleasing way, and enjoy it around the table with your family and friends. It is difficult to realize in space what we take for granted on Earth. However, at ASTRAX, we do not assume that it is impossible, but rather believe that by bringing it as close as possible to realization, we will be able to improve the service of commercial space travel. And we believe that is what is needed. In this paper, we will refer to making yakitori, which has already been certified as space food, even more satisfying, and discuss the necessary technologies, challenges, and solutions for what ASTRAX considers to be a rich meal in space.

2. Introduction of yakitori

Yakitori is a traditional Japanese dish. It is often eaten at izakaya (Japanese style pubs) with alcohol, especially beer. It is made by skewering various parts of chicken (thigh, liver, heart, etc.) cut into bite-sized pieces on bamboo skewers approximately 20 cm long and roasting them directly over a fire until the ingredients are cooked through. The skewers are then seasoned with salt or sweet and spicy sauce during the

roasting process. Yakitori, called negima, is made by alternately piercing bite-sized pieces of chicken thigh and green onion so that there are a total of five or six pieces of each. The combination of the chicken and the green onions is exquisite, making it a very popular menu item.



Fig,1 Yakitori being roasted over a fire

Fig.2 Example of Yakitori

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Fig.3.Negima[92]

3. The current status of space food

In the past, many of them were on a liquid diet, sucking on a baggie of food or eating bite-sized solids. This was disapproved of as being like baby food, but it has gradually improved, and now cutlery such as spoons and forks are used even on board spacecraft.

There are hundreds of varieties of space food, not only Western but also Japanese. However, those that are cooked, or cooked with hot water, are scraped out of a pouch (pouch) each time they are eaten, which is a far cry from the elegant meals of staples, soups, and desserts that are beautifully presented on large plates on Earth.

Although the primary purpose of a meal is to obtain necessary nutrients, it is now recognized that there are other meanings to a meal that are different from mere nourishment, such as satisfying the desire of appetite and enriching the mind through eating. As a result, the environment in which meals are consumed on board spacecraft is gradually improving.

4. Current status of yakitori as space food

As of 2023, yakitori is among the space foods approved by Japan's Japan Aerospace Exploration Agency (JAXA). It is a bite-sized piece of chicken that is grilled, seasoned, and packed in a can.



Fig.4. Space Yakitori Can

This almost identical product is also available in Japan.



Fig.5, Canned yakitori that is also certified as space yakitori.

5. Current challenges and improvements

In Japan, yakitori is usually a bite-sized piece of chicken on a skewer, grilled over charcoal, seasoned with sauce or salt, and eaten.

As for the taste of space yakitori described in section 4, it is seasoned as yakitori on Earth and packed in cans, so it provides a fixed taste. However, "grilling" a bitesized piece of chicken on a skewer, as is done on Earth, is not done in space. This is because there is no tool yet to grill something shaped like a grilled chicken in space.

5.1. Developed coil-type yakitori grill.

Therefore, ASTRAX is considering developing a tool that can grill yakitori in space. An electric heating wire is coiled in the image of a coil winding to create a cavity approximately 5 cm in diameter and 30 cm in length, and a skewer with meat inserted inside, it is heated and grilled. In the coiling process, heat is applied to the entire surface of the grilled chicken from the outside, so that the chicken is evenly heated. Once grilled, the yakitori can be removed from the coil and eaten as is.



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Fig.6. Tool image

When yakitori is grilled on Earth, oil falls from the meat and smoke is emitted. Although it is necessary to conduct experiments using a zero gravity airplane to see how the yakitori will behave in a zero gravity environment, once this tool is completed, we will be able to develop technology to grill yakitori on a skewer in space and enjoy its delicious taste.

With this tool, it will be possible to grill not only yakitori but also other foods on skewers in zero gravity. It may also become possible to make cheese fondue, for example.

Incidentally, a special oven for grilling flat meat such as steak has already been installed on the International Space Station, and pre-cooked food as a retort is heated and eaten. By applying the tools for making grilled chicken this time, we think it would be possible not only to heat up steaks but also to enrich the appearance of the dining table by browning them.

5.2. Use a commercial yakitori grill

The opposite concept from Section 5.1 could be used to heat the yakitori skewers by rotating them around a bar-shaped heater.

ASTRAX is focusing on the yakitori grill available on the market in Japan. In a glass-fronted case, three yakitori skewers automatically rotate around a barshaped heater to slowly cook the yakitori. Smoke and oil are emitted when yakitori is grilled, but the smoke does not leak outside, and the oil does not contaminate the table because of the oil catch pan. And because of its compact shape, it can be used on a tabletop.





Fig.7. Examples of commercial yakitori grill in spacecraft simulators

We experimented with this yakitori grill using a spacecraft educational training simulator. No oil was emitted, but excess oil fell to the bottom, resulting in delicious yakitori. However, due to gravity, the smoke and oil went upward and the oil fell downward. Since smoke and oil do not go upward and downward, respectively, in a zero-gravity environment, some countermeasure, such as adding a vacuum cleaner-like function to suck up the smoke and oil, is necessary, but we will continue to experiment and verify this issue in the future.

6. Consideration (how to bring abundant food in space)

It may not be necessary to eat all food in the same way as on Earth in order to bring a rich diet in space. However, we can't assume that options are limited because we are in space, for example if we use the example of yakitori, we can season grilled chicken, pack it in a can, and take it to space to eat. We don't want to limit ourselves and say that we cannot grill chicken on a skewer in space and eat it. We will take this as a challenge in creating services that will enrich our lives as human life expands further into space. We believe that by thoroughly pursuing ways of eating, we can move from eating retort-packed food out of bags or cans in space to achieving a richer diet.

In Japan, yakitori and beer are so much a part of the izakaya (Japanese style pub) menu that yakitori is often associated with beer, and beer with yakitori. ASTRAX is also developing a space beer that can be consumed in space. For more information on the development of space beer, please refer to another paper. [74,81]

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Fig.8. ASTRAX Space Beer

7. Conclusion

In this paper, we have discussed abundant meals in space using yakitori as an example. ASTRAX will continue to develop services to provide rich meals in space.

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Technology, Problems, and Solutions for Space Travel Meals as Represented by "Yakitori", Grilled Chicken

焼き鳥に代表される宇宙旅行での食事に必要な技術と問題点および解決方法

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アブストラクト

「焼き鳥」をご存知ですか?一口大の鶏肉を数個串に刺し、甘辛いタレや塩に絡めて焼いた日本料理です。日本の居酒屋ではビールを飲みながら焼き鳥を食べるのが人気です。実は焼き鳥はすでに宇宙食の一つとして、日本人宇宙飛行士によって国際宇宙ステーションなどで食べられています。ただ、その形状は数個の一口代の鶏肉を串に刺したものではなく、串から外された焼き鳥が缶詰に入ったものです。今後宇宙旅行時代が本格化し、多くの人々が宇宙旅行に行きます。そうすると次第に、宇宙に行くだけではなく、宇宙空間で自分が好きなものを食べたり飲んだりしたい、というニーズも高まってくることが容易に予想されます。焼き鳥は串刺しのもの、という形状にもこだわることになっていくでしょう。本論文では、串刺しの焼き鳥を宇宙空間で食べることを一例に挙げ、宇宙空間での豊かな食事について必要な技術や問題点、その解決方法を考察していきます。

キーワード: 宇宙旅行、焼き鳥、宇宙食、ASTRAX

1. イントロダクション

自分の食べたいものを美味しく、見た目も良く盛り付けして、仲間と食卓を囲みながらののままでは当然のことを宇宙空間で実現するれた。 ASTRAXでは、それを実出しいことです。ただ、ASTRAXでは、それでは、少しでも実近ではなりではなりではなりではなりではなりではないます。本院では、既に宇宙食として認定されています。本院を表に言及し、ASTRAXが考える宇宙空間で決なりにで必要な技術や問題点、ASTRAXが考える宇宙空間をとに言及し、ASTRAXが考える宇宙空間を、さらに満足度高く食べられるようにでなりに言及し、ASTRAXが考える宇宙空間を、さらに言及し、なきなりに対して必要な技術や問題点、解決方法を考察していきます。

2. 焼き鳥の紹介

焼き鳥は日本で昔からあるメニューです。居酒 屋でお酒、特にビールと一緒に食べることが多 いです。およそ20cmの竹串に一口大に切ったいろいろな部位の鶏肉(モモ肉、レバー、心臓など)を刺して、材料に火が通るまで直接火で炙って作ります。火で炙っている途中で塩や甘辛いタレで味付けをします。ネギマ、と呼ばれる焼き鳥はそれぞれ一口大の鶏のもも肉とネギを合計5,6 個になるように交互に刺して作ります。ネギと鶏肉が絶妙でとても人気のメニューです。



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図1, 火で炙って焼き鳥を焼いているところ



図2. 焼き鳥の例



図3. ねぎま[92]

3. 宇宙食の現状

昔は流動食のようなものが多く、袋状に入ったものを吸ったり一口サイズの固形物を食べたりしていました。離乳食のようだ、と不評だったのですが、だんだんと改善され、今ではスプーンやフォークなどのカトラリーを使うまでになりました。種類も数百種類にのぼり、洋食食ではなく和食もあります。ただ、調理されているもの、お湯を入れて調理をするもの、お湯を入れて調理をするもの、お湯を入れて調理をするもの、お湯を入れて調理をするもの、お湯を入れて調理をするもの、お湯を入れて調理をするもの、お湯を入れて調理をするもの、お湯を入れて調理をするもの、お湯を入れて調理をするもの、お湯を入れて調理をするものでは、消費を表しています。

食事の第一の目的は必要な栄養素を摂取することではありますが、それ以外にも食欲という欲求を満たすことや、食事によって心が豊かになるなど、ただの栄養補給とは違う目的や役割もあることが認識されてきました。それによって、宇宙船の中で食事を摂る環境も徐々に改善

されてきています。

4. 宇宙食としての焼き鳥の現状

2023年現在、日本の宇宙航空研究開発機構 (JAXA)が認定している宇宙食の中には、焼き 鳥も存在しています。一口大の鶏肉を焼いて味 付けしたまま缶詰に詰めたものです。



図4. 宇宙焼き鳥缶

これはほぼ同じものが日本国内でも一般的に 販売されています。



図5. 宇宙焼き鳥にも認定されている焼き鳥缶

5. 現状の問題点と改善点

日本では、通常串に一口大の鶏肉を炭火で焼いてタレや塩で味付けをして食するものを「焼き鳥」と呼んでいます。

味については、地球上で味付けしたものを缶詰に詰めているので、決まった美味しさが提供されています。ただ、地上で行うように、一口大の鶏肉を串に刺した状態で「焼く」ことを宇宙で行うのは難しいです。なぜなら、まだ、宇

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宙で焼くための道具が存在しません。

そこで、焼き鳥を宇宙空間でも焼ける道具の 開発を考えています。

5.1コイル型焼き鳥焼き器を開発

直径約5cm長さ約30cmの空洞ができるようにコイル巻きのイメージで電熱線を巻き、肉を刺した状態の串をその内側に入れ、熱を加えて焼いていきます。コイル巻きの中では、熱は焼き鳥の外側から全面に加わるため、焼き鳥に均等に熱が入ります。焼き上がったら、コイルから取り出せばそのまま食べられます。



図6. コイルイメージ

地球上で焼き鳥を焼くと肉から油が落ちたり、 煙が出たりします。無重力状態でどのような動きをするかは、無重力飛行機などを使って実験をする必要がありますが、串についた焼き鳥を 焼いて美味しく食べられる技術が開発できることになります。

この技術は、無重力状態で串についたものを 焼くことができるようになります。チーズフォンデュなどもできるようになるかもしれません。 一方、既にステーキなどの平たいお肉を焼く ための専用のオーブンは国際宇宙ステーション にも設置されていて、レトルトとしてあらかじ め調理されているものを温めて食べています。 今回の焼き鳥を作る道具を応用することでいまる ことで食卓を見た目から豊かにすることができるのではないか、と考えています。

5.2. 市販の焼き鳥焼き器を利用

5.1とは逆の発想で、棒状のヒーターの周りを 焼き鳥の串を回転させ、加熱していく方法も使 えそうです。

ASTRAXは、日本で市販されている焼き鳥焼き器に注目しています。ガラス張りのケースの中で、棒状のヒーターの周りを3本の焼き鳥の串が自動で回転し、じっくりと焼き鳥を焼いていくものです。焼き鳥を焼くときは、煙と油が出ますが、煙は外に漏れないようになっており、油は油受け皿があって、テーブルを汚すことはありません。そしてコンパクトな形状なので、卓上に置いて使うことができます。



図7. 宇宙船シミュレーターでの市販の焼き鳥 焼き器使用例

宇宙船教育訓練シミュレーターを使って、この焼き鳥焼き器の実験を行いました。油は出ずに、余分な油が下に落ち、美味しい焼き鳥を作ることができました。ただ、煙や油は重力によ

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って、煙は上に向かい、油は下に落ちました。 無重力になった時に、煙と油がそれぞれ上と下 にいくことはないので、掃除機のように吸い上 げる機能を付けるなど、なんらかの対策が必要 ですが、今後継続して実験・検証していきます。

6. 考察(宇宙空間での豊かな食事をもたらすには)

宇宙空間での豊かな食事をもたらすために、全ての食べ物を地上と同じように食べるがかられません。ただ、宇宙空間だえがいたりにしかできない、焼き鳥の例で言えばって缶りいた鶏を味付けして缶さいがではれど、中国の鶏肉を宇宙空間で焼いて食べることはできるけれてのはない。と決めつけて挑戦にますであることにする食べる、というなところでもしたところであります。食事を実現できると考えています。ます。

また、日本では、焼き鳥といえばビール、ビールといえば焼き鳥、というくらい焼き鳥とビールは居酒屋では、一緒に食する定番メニューになっています。ASTRAXでは、宇宙でも同様に焼き鳥を食べながらビールを飲むために、焼き鳥の研究をするとともに、宇宙で飲める宇宙ビールを開発しています。宇宙ビールの開発についての詳細は別の論文を参照ください。





図8. ASTRAX宇宙ビール

7. 結論

本論文では、焼き鳥を例に挙げて宇宙空間での豊かな食事について考察してきました。 ASTRAXでは、引き続き宇宙空間での豊かな食事についてのサービスを提供できるようサービス開発を進めていきます。

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- 【41】Consideration on the Creation of a Chicken Egg Market at the Moon Village 月面ビレッジでの鶏卵市場の創設についての検討
- 【42】Consideration of the future prospects of the Space Flight Attendant (SFA) profession with the expansion of space travel marketing 宇宙旅行マーケティングの拡大に伴うスペースフライトアテンダント(SFA)という職業の将来性についての考察
- 【43】Problems and Solutions that are Preventing More Women from Becoming Space Tourists 宇宙旅行者になる一般女性を増やすことを妨げている問題点と解決方法
- 【44】 人工衛星を使用した宇宙時代の平和思考

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と社会経済学 (ワンスマイルファンデーション システム)

- 【45】 最新型宇宙サービスアクセスアプリケーションツール「ASTRAX U2U (Universal User Interface)」
- 【46】Development of a Teripper for intraspacecraft transportation, 宇宙船内移動用テリッパの開発
- 【47】Possibility of Zero-Gravity Flight Service by MRJ (Mitsubishi Regional Jet), MRJによる無重力飛行サービスの可能性
- 【48】Development of ASTRAX commercial spacecraft education and training simulator, ASTRAX民間宇宙船教育訓練シミュレーターの 開発
- 【49】Development of Space Shower, 宇宙シャワーの開発
- 【50】Production of space suits and replicas for space travel, 宇宙旅行のための宇宙服とレプリカの製作
- 【51】ADVANCED SPACE SERVICE ACCESS APPLICATION TOOL "ASTRAX UNIVERSAL USER INTERFACE (ASTRAX U2U)", 先進の宇宙サービス利用アプリケーションツール「ASTRAX Universal User Interface(ASTRAX U2U)」
- 【52】ASTRAX Solar System Economic Bloc Concept using NFT and Metaverse Technologies, NFTとメタバース技術によるASTRAX太陽系経 済圏構想
- 【53】Development of a Real-life (Analog) ASTRAX Lunar City Construction Project in Japan, 日本におけるリアル(アナログ)ASTRAX月面 シティ構築計画
- 【54】Multilingualization of ASTRAX ACADEMY, ASTRAX ACADEMYの多言語化
- [55] Possibility of zero-gravity flight and space flight by people with disabilities,

障がい者による無重力飛行と宇宙飛行における 可能性

- 【56】Development of Space Toilet "Space BENKING" in Japan, 宇宙用トイレ「宇宙ベンキング」の開発
- [57] Disaster prevention and evacuation technologies on Earth and their application to space travel,

地球上の防災・避難生活技術と宇宙旅行への応 用

【58】 Cleaning Methods for Reusing Clothes in Space,

宇宙で衣類を再利用するための洗浄方法

- 【59】How to Go to Space with Different Hairstyles, さまざまなヘアスタイルで宇宙へ行く方法
- 【60】Research on Psychological Changes and Growth of Children through Education Related to Commercial Space Business, 商業宇宙事業に関連した教育による子どもの心理的変化・成長に関する研究
- 【61】What do they need for a space museum?, 宇宙ミュージアムに必要なものは?
- [62] Establishment and development of a lunar community and activity space by children for children.

子どもによる子どものための月面コミュニティ・活動空間の構築と発展

- 【63】video editing services for space travellers, 宇宙旅行者のためのビデオ編集サービス
- 【64】technologies on a transparent restroom could be used for lunar habitats, 透明なトイレの技術は、月面基地にも応用できる
- 【65】ASTRAX Lunar City Project 2022, ASTRAX月面シティプロジェクト2022
- 【66】 The need for a space version of hand signals, a communication tool for space travelers, 宇宙旅行者のコミュニケーションツール、宇宙

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[67**]** Photography services and techniques required for space travel,

宇宙旅行に必要な写真撮影サービス・技術

[68] On images of the universe influenced by manga and anime,

マンガやアニメの影響を受けた宇宙像について

[69] A space education program to solve the shortage of commercial space teachers in Japanese schools,

日本の学校における民間宇宙講師不足を解消するための宇宙教育プログラム

[70] How to capture the cosmic diversity that is coming,

これからやってくる宇宙の多様性をどう捉える か

【71】 The Role of Space Flight Attendants in Large, Long-duration Space Travel,

大規模・長期間の宇宙旅行におけるスペースフライトアテンダントの役割

- 【72】Proposal for a business model that enables and encourages older adults to travel to space, 高齢者の宇宙旅行を実現・促進するビジネスモデルの提案
- 【73】Development of ASTRAX Zero Gravity Aircraft Education and Training Simulator ASTRAX無重力飛行機教育訓練シミュレーター の開発
- 【74】Developing technology for drinking chilled carbonated beverages in space 宇宙で炭酸飲料を飲むための技術開発
- 【75】Development of commercial spacecraft education and training simulator using the Metaverse メタバースを利用した民間宇宙船教育訓練シミュレーターの開発
- 【76】Construction plan of ASTRAX LUNAR CITY Simulation Facility in Japan 日本における

ASTRAX月面シティシミュレーション施設の構 築計画

【77】Development of the space toilet called "Space Benking" 2023 宇宙用トイレ「宇宙ベンキング」の開発2023

【78】Introduction of commercial space R&D center "ASTRAX LAB" in Japan 日本における民間宇宙開発センター「ASTRAX

LAB(アストラックスラボ)」の紹介

[79] Analysis of passengers' needs and demands of ASTRAX Zero Gravity Services and application for space travel services

無重力飛行サービスに対する乗客のニーズ・要望の分析と宇宙旅行サービスへの応用

- 【80】The senses and creativity that can be achieved by bringing entertainment in space 宇宙空間でエンターテイメントを実現することで得られる感覚と創造性
- 【81】Technology, problems and solutions for drinking alcohol in space 宇宙空間でお酒を飲む際に必要な技術と問題点および解決方法
- 【82】Technology, problems, and solutions for space travel meals as represented by "yakitori", grilled chicken 焼き鳥に代表される宇宙旅行での食事に必要な

焼き鳥に代表される宇宙旅行での食事に必要な 技術と問題点および解決方法

- 【83】The Possibility of Developing Japanese Culture through "NATTO" in Space 宇宙空間における納豆を通した日本文化の展開 の可能性
- 【84】Local revitalization project to turn my hometown, Komono Town, into "space town" 故郷の菰野町を「宇宙の町」にする地方活性化プロジェクト
- [85] Methods and Practices for Introducing Private

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Space Education Programs into Japanese Schools 民間宇宙教育プログラムを日本の学校現場に導 入する方法と実践

[86] Development of a "lunar pattern okonomiyaki" baking method to help promote tourism in a lunar city

月面シティの観光振興に貢献する「月面模様お 好み焼き」の焼き方開発

【87】 Space Education and Nutrition Education Using "Solar Planet Takoyaki

「太陽系惑星たこ焼き」を利用した宇宙教育と 食育

[88] Application of activities on luxury cruise ships to space tourism vessels

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【89】 Astrology in the Space Age: What will happen to the horoscopes of those born on the Moon? 宇宙時代における占星術 月生まれの人のホロスコープはどうなるの?

- 【90】Exploring the Concept and Potential of Space Museums for Preservation, Education, and Tourism 保存・教育・観光のための宇宙ミュージアムのコンセプトと可能性を探る
- 【91】Building a Lunar Community for Children: Challenges of Cooperation and Simulating Team Building子どものための月面コミュニティづく り: 協力への挑戦とチームビルディングの模擬 体験
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