

# Toyama Prefecture

Food culture created by the steep terrain from the Tateyama Mountain Range to Toyama Bay



Photo Credit : Toyama Tourism Organization

Toyama looks out on central Honshu on the Sea of Japan side. It is surrounded by mountains on the east, south, and west. The topography of the area is dynamic, and includes the Tateyama Mountain Range in the Northern Alps, with its 3,000-meter-high mountains, to Toyama Bay, a natural fish preserve with water going approximately 1,000 meters deep, giving the landscape a total height difference of 4,000 meters. The seafloor is characterized by multiple valleys and three layers of seawater, which attract fish that prefer each type of seawater, and it is said that as many as 500 species of fish live in this Toyama Bay.

Yellowtail, the king of Toyama Bay, is served with “Buri Daikon” (yellowtail with radish), white shrimp, the jewel of Toyama Bay, is served with “Kakiage tempura,” and firefly squid, the mystery of Toyama Bay, is served with “Vinegared Miso” as standard. The high-quality water has also contributed to the abundance of crops grown there, resulting in flourishing rice production. This is why many local dishes include rice, like the Toyama specialties “Masu zushi” and “Ose zushi,” and a variety of rice cake sweets for special events.

The low temperature and high humidity of the unique snowy climate is ideal for making fermented foods. The production of Toyama's winter delicacy “Kabura zushi” has flourished since the Edo period.



Photo Credit : Toyama Tourism Organization



※ Click here to see all of Toyama Prefecture's local cuisine listed on MAFF website "Our Regional Cuisines."

These are examples of processed foods that are indigenous to Toyama Prefecture. Please enjoy these foods.

①Himi Udon Noodles



②Masu Zushi



③Processed Firefly Squid



⑤Kombu-maki Kamaboko



④Kombumaki



⑥Okado Somen Noodles



⑦Toyama Hoshigaki



⑧Kurozukuri



⑨Kabura Zushi



⑩Konka Iwashi



⑪Kobujime



⑫Gokayama Tofu



※Reference

Local Specialty Shops of Toyama

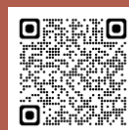
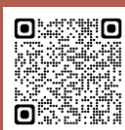
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Discover the deliciousness of Toyama. Toyama's food portal site

**Ecchu-Toyama Food Kingdom** \*Japanese only

This website introduces Toyama's food ingredients and online stores.

<https://shoku-toyama.jp/buy/>

Please check with each store for product availability.

Reference : MAFF "Our Regional Cuisines" Product Number: ④⑥⑧

MAFF "Information Website on Japan's Geographical Indications" Product Number: ⑦

Toyama Prefecture "Toyama Food Kingdom": ③⑨⑪



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Product Name	Product Introduction
<b>①Himi Udon Noodles</b>	 <p>"Himi Udon" was an official product of the Kaga Clan. The dried Himi udon noodles are made by a hand-pulling method, and when boiled they become smooth and firm. If you would like to eat the noodles warm, please try soaking them in cold water to remove excess salt and sliminess, and to give them their original firmness.</p>
<b>②Masu Zushi</b>	 <p>"Masu zushi" is made by placing bamboo leaves on a wooden round wappa and filling it with layers of salted trout and vinegared rice, pressing the trout in layers. Each maker has their own taste and style, including the thickness of the trout, the amount of vinegar, and the degree to which the sushi rice is pressed. Try to find your favorite Masu zushi.</p>
<b>③Processed Firefly Squid</b>	 <p>Photo Credit : Toyama Prefecture "Toyama Food kingdom"</p> <p>Firefly squid, also known as the "mystery of Toyama Bay," is famous for being boiled and served with vinegared miso paste, but it can also be enjoyed throughout the year as a salted fish, tsukudani (food boiled in soy sauce), and kunsei (fish preserved in fish stock). These processed products are highly prized as the perfect snack for sake, as they are packed with the original flavor of firefly squid.</p>
<b>④Kombumaki</b>	 <p>Photo Credit : MAFF "Our Regional Cuisines"</p> <p>The most well-known variation is kombumaki with migaki herring. Kombumaki, which is slowly simmered for a long time to make it sweet, is thick but the kombu is soft, and even the herring inside is well infused with flavor. In addition to herring, seasonal ingredients such as sardines, firefly squid, yellowtail, and cod roe caught in Toyama Bay can also be used to make kombumaki.</p>
<b>⑤Kombu-maki Kamaboko</b>	 <p>"Kombu-maki kamaboko" is said to have originated when kombu (kelp) brought by Kitamae-bune ships was used to roll surimi. The color of the rolled fish paste is made by coloring the surimi red or blue and using it instead of kelp, which adds a beautiful color tone to the original flavor of the fish.</p>
<b>⑥Okado Somen Noodles</b>	 <p>Photo Credit : MAFF "Our Regional Cuisines"</p> <p>"Okado Somen" is a traditional hand-pulled somen noodle that has been made since the late Edo period. The noodles are kneaded many times with water from the Shogawa River, a clear stream, and exposed to the cold wind blowing from the mountains to dry, resulting in a strong and smooth somen noodle. The unique appearance of the long, thin noodles, which are rolled up and packaged, is also a distinctive feature of this product.</p>



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Product Name	Product Introduction
<p>⑦ Toyama Hoshigaki</p>  <p>Photo Credit: MAFF "Information Website on Japan's Geographical Indications"</p>	<p>The product is made from "Sanja persimmon" produced in Toyama Prefecture. This is a large dried persimmon with a history of over 300 years. The persimmon is hand-kneaded twice during processing to evenly distribute moisture and sugar, and then dried to finish. The whole persimmon is glutinous and chewy, with a strong sweetness, and is also used as a gift.</p>
<p>⑧ Kurozukuri (squid salted and mixed with its own ink)</p>  <p>Photo Credit : MAFF "Our Regional Cuisines"</p>	<p>It is a delicacy that is made by cutting the Japanese flying squid into small pieces and aging it with squid ink. Squid ink is rich in the components of umami, such as glutamate and taurine, and is believed to have a deeper and more addictive taste than a typical salted fish called "akazukuri." The dish is characterized by a mild salty taste with a slight fishy smell. It is usually served on rice.</p>
<p>⑨ Kabura Zushi</p>  <p>Photo Credit : Toyama Prefecture "Toyama Food Kingdom"</p>	<p>"Kabura Zushi" is a type of narezushi with a perfect balance of sourness and flavor, made by cutting into salted turnips and sandwiching yellowtail or other fish between them, and slowly fermenting them with malt. It is a winter delicacy and an indispensable New Year's dish.</p>
<p>⑩ Konka Iwashi</p> 	<p>In Toyama, "Konka Iwashi" is a traditional fermented food made by pickling sardines in salt and then marinating them in bran. The "konka" refers to rice bran. "Konka Iwashi" can be eaten sliced as it is, but it is also recommended to be roasted a little. Of course, you can also eat the bran.</p>
<p>⑪ Kobujime</p>  <p>Photo Credit : Toyama Prefecture "Toyama Food Kingdom"</p>	<p>"Kobujime" is made by sandwiching fresh sashimi with kombu. The standard fish used for kobujime is swordfish, which Toyama residents call "sasu," but other white fish such as sea bream and flounder, as well as Toyama's specialties, white shrimp and firefly squid, are also used.</p>
<p>⑫ Gokayama Tofu</p> 	<p>This firm tofu is made in the Gokayama area, a World Heritage site. It is said to have low moisture content and does not crumble even when tied with a rope. It can be served raw as sashimi or cold tofu. It can also be baked and served as dengaku, or simmered as it does not fall apart.</p>