

Fukui Prefecture

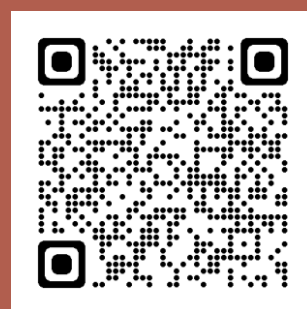
Food History Divided into Two Equal Parts:
South (Reinan) and North (Reihoku)



Fukui Prefecture broadly faces the Sea of Japan to the west and has a mountain range extending to the east that is over 1,000 meters high. As Fukui Prefecture has a history of originally being two separate provinces, "Echizen" and "Wakasa," even today its food culture still has completely different characteristics in the north and the south.

In the north area (Reihoku), where Buddhist beliefs are deeply rooted, the culture of eating vegetarian food has become entrenched due to the influence of Hoonko cuisine eaten at "Hoonko," a major event of the Jodo Shinshu sect, and Eihei-ji Temple, the head temple of the Soto sect. The culture of food preservation developed foods such as pickles like "Takuan" (pickled radish), "Uchimame" (dried and crushed soybeans), and "Heshiko" (fish paste pickled in rice bran).

The south area (Reinan) has a long and narrow form that runs along Wakasa Bay. As Wakasa was the closest sea to Kyoto and Nara, it played an important role as a "Miketsukuni," supplying "Minie" - food offered to emperors and gods. It is well known that mackerel and tilefish caught in Wakasa Bay were brought to the capital via the Wakasa Kaido (Wakasa Highway), commonly known as the "Saba Kaido" (Mackerel Highway).



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

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

②Echizen Salted Sea Urchin



①Sannengo Rakkyo Pickled Scallions



③Deep-fried Tofu



④Hamana Miso



⑤Habutae Mochi



⑥Echizen Soba Noodles



⑦Shredded Kombu



⑨Hamayaki Mackerel, Whole Grilled Mackerel



⑧Wakame Seaweed Flakes



⑫Wakasa Obama Kodai Sasazuke



⑪Heshiko



⑩Wakasa Dried Flounder



Fukui

※Reference

Local Specialty Shops of Fukui

FUKUI ANTENNA SHOP 291 GINZA

1F and B1F, Ginza Willow Avenue Building,

1-5-8 Ginza, Chuo-ku, Tokyo 104-0061

<https://fukui291.jp/ginza/>

Please check with online store for product availability.



Fukui Prefecture

| Product Name | Product Introduction |
|--|---|
| <p>① Sannengo Rakkyo Pickled Scallions</p> | <div data-bbox="485 289 783 480" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>Generally, rakkyo are planted in August or September and harvested in May or June of the following year. The rakkyo grown on the sand dunes of Sanrihama in Mikuni-cho, Sakai City, are the only rakkyo in Japan that take three years from planting to harvesting and are therefore called "Sannengo (three-year old) rakkyo."</p> |
| <p>② Echizen Salted Sea Urchin</p> | <div data-bbox="485 587 783 757" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Echizen salted sea urchin" is a fermented marine product made by salting (shiokara) the reproductive nests of "bafun uni" (sea urchin), drying them, and then maturing them. Some products are also described as "shio uni" (salted sea urchin). Some products are still sold in paulownia boxes, as was the custom during the Edo period when they were delivered to the Fukui Clan.</p> |
| <p>③ Deep-fried Tofu</p> | <div data-bbox="485 885 783 1076" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Fried Tofu" is often referred to as "thin fried tofu" in Japan, but in Fukui Prefecture, it means "thick fried tofu" (atsuage or namaage), which is large and thick. The taste varies from store to store, but the general characteristic is that it is thick and heavy, and each household is said to have its own favorite flavor.</p> |
| <p>④ Hamana Miso</p> | <div data-bbox="485 1204 783 1395" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Hamana Miso" is a kind of "thick miso" or "side dish miso" made from eggplants harvested in the summer and pickled in salt. It is a traditional winter-only dish made by mixing amazake (sweet sake) with soybean koji (koji mold cultivated from steamed soybeans), soy sauce, salted eggplant, perilla seeds, ginger, and other ingredients.</p> |
| <p>⑤ Habutae Mochi</p> | <div data-bbox="485 1513 783 1704" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Habutae mochi" is a confectionery made in the image of the fine texture and smoothness of Habutae-ori silk, a specialty of Fukui Prefecture. It is a simple mixture of rice flour, sugar, and syrup, and has been improved in order to approximate the texture of Habutae-ori.</p> |
| <p>⑥ Echizen Soba Noodles</p> | <div data-bbox="485 1810 783 1991" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>Although buckwheat grains are small, they have a rich taste and a superior fragrance — that is the distinguishing feature of Fukui Prefecture's buckwheat. The soba noodles produced from premium-quality brown buckwheat enjoy a good reputation due to their flavor and sweetness.</p> |

Fukui Prefecture

| Product Name | Product Introduction |
|---|--|
| <p>⑦ Shredded Kombu</p> | <div data-bbox="480 251 783 442" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Shredded Kombu" is made by soaking dried kelp in vinegar to soften it, and then shaving it thinly by hand, piece by piece. It melts in the mouth and leaves a lingering taste of umami and sourness. Most of the Shredded Kombu currently available is produced in Tsuruga City, Fukui Prefecture.</p> |
| <p>⑧ Wakame Seaweed Flakes</p> | <div data-bbox="480 570 783 761" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Wakame seaweed flakes" are traditional food made by drying fresh wakame in the sun and then hand-pounding it into flakes. They are bottled and sold as a product and eaten throughout the prefecture. They can be eaten as is, but are also used in various ways, such as over rice, in soups, and as a topping for yakisoba noodles and pasta.</p> |
| <p>⑨ Hamayaki Mackerel, Whole Grilled Mackerel</p> | <div data-bbox="480 868 783 1059" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Hamayaki mackerel" are freshly caught mackerel that are skewered and grilled whole, also called "Maruyaki Saba" or simply "Yaki Saba" (grilled mackerel). In the Wakasa region, they are commonly eaten with ginger soy sauce, but are also used as sushi material.</p> |
| <p>⑩ Wakasa Dried Flounder</p> | <div data-bbox="480 1166 783 1357" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Wakasa Dried Flounder" are a dried willow flounder that are caught in Wakasa Bay. When grilled, the flesh flakes off cleanly and is easy to eat. They are characterized by a slight, elegant sweetness and are also called "amagarei" by the locals. Among them, flounder with roe is considered to be exceptional with its beautiful pink roe and fatty, clear flesh.</p> |
| <p>⑪ Heshiko</p> | <div data-bbox="480 1506 783 1698" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Heshiko," a rice-bran pickled seafood product, is made by pickling fish that has had its innards removed. Besides mackerel, other fish that are used for Heshiko include sardines, herring, pufferfish, and more. Mackerel Heshiko is well-known and can be found in numerous places in the Reinan region. On the other hand, "Konkazuke," a Sardine Heshiko, is more popular in the Reihoku region. This is thought to be a result of the influence of the food culture of neighboring Ishikawa Prefecture.</p> |
| <p>⑫ Wakasa Obama Kodai Sasazuke -pickled Yellowback Sea Bream</p> | <div data-bbox="480 1804 783 1996" data-label="Image"> </div> <p>Photo Credit : MAFF "Traditional Foods in Japan"</p> <p>"Wakasa Obama Kodai Sasazuke" is a specialty of the Wakasa region, made by slicing small sea bream from the Sea of Japan into three pieces, seasoning them lightly with salt and vinegar, and then stuffing them into cedar barrels. The skin is a beautiful pink color, and the flesh is a glossy light candy color or transparent white, giving it a gorgeous appearance and making it popular as a gift.</p> |