

# Ishikawa Prefecture

The taste of “Kaga Hyakumangoku” that developed from the plentiful harvest from the sea and mountains



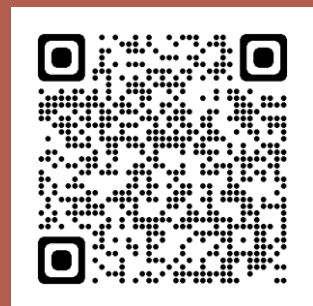
Its long and narrow terrain runs from southwest to northeast, with its tip protruding into the Sea of Japan.

The area is known as Kaga Hyakumangoku because the Maeda family ruled over a territory of 1.2 million koku of rice as the Kaga domain, and a food culture utilizing rich seafood has taken root in the area.

In Kanazawa, a castle town, samurai cuisine developed. A typical samurai dish, “jibu-ni,” is served on special lacquerware with a wide mouth and shallow bottom that exemplifies its high level of prestige. Another dish representative of samurai cuisine is “hasu-mushi.” Legend has it that the lotus root that had been cultivated for ornamental purposes inside Kanazawa Castle compound was applied for edible use.

In the coastal areas, a food culture that relies on seafood has taken root. In these areas, inshore fish, shellfish, and seaweed continue to be part of the daily diet.

One of the most popular seasonings in Noto is a fish sauce named “ishiru.” Ishiru is well known as one of the “three major fish sauces of Japan.” In the old days when transportation was inconvenient, Ishiru-nabe, a nabe stew dish seasoned with fish sauce, used to be a special meal among people in the mountain villages where fish was a rare ingredient.



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

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

①Noto Salt



②Ishiri / Ishiru



④Kuchiko



③Maruboshi Squid



⑤ NOTO-SHIKA KOROGAKI



⑥Konowata



⑦Sudare-Fu



# Ishikawa

⑧Kaga Boucha



⑨Fugunoko no Nukazuke



⑪Oshizushi



⑩Kabura Zushi



⑫Katadofu



※Reference  
Official Ishikawa Travel Guide

## THE GOLDEN DESTINATION

This page introduces Ishikawa's food ingredients and online stores.  
<https://www.hot-ishikawa.jp/otoriyose>



Local Specialty Shops of Ishikawa

## YAESU ISHIKAWA TERRACE

Yaesu K Bldg. 1F, 2-1-8 Yaesu, Chuo-ku, Tokyo 104-0028  
<https://ishikawa-antenna.jp>

Please check with each store for product availability.

Reference: MAFF "Our Regional Cuisines" Product Number: ④⑩⑪

"Traditional Foods in Japan" Product Number: ①②⑫

"Information Website on Japan's Geographical Indications" Product Number: ⑤



# Ishikawa Prefecture

Product Name	Product Introduction
<p>① <b>Noto Salt</b></p>	<p>The salt fields along the Nie coast in Suzu City are where Japan's only traditional salt manufacturing method, the "Agehama method," has been passed down through the generations. Seawater is poured onto the sand on the salt field and dried by the sun. The sand is then collected and poured back into the saltwater to create a brine with high salt content, which is then boiled in a kettle over night to complete the process. The sea salt is rich in minerals from the sea and has a mild taste with a hint of sweetness.</p>
<p>② <b>Ishiri / Ishiru</b></p>	<p>"Ishiri / Ishiru" is a fish sauce traditionally made in the Noto region. In some areas, it is also called "yoshiru," which is believed to be a corruption of the word "uoshiru" (fish soup). The main ingredient is the entrails of Japanese common squid, and in some regions, other fish such as Japanese sardines, mackerel, and horse mackerel are used. After natural salt is added and the fish is pickled in salt, it is fermented and aged for at least one year. Each region claims that their local fish sauce is the best, and it is a seasoning that reflects their uniqueness.</p>
<p>③ <b>Maruboshi Squid</b></p>	<p>"Maruboshi squid" is dried squid marinated whole in Noto fish sauce. It is also called momi-ika because the squid is dried without removing the squid guts, and wrung out by hand from the top of the body before being dried. It is characterized by its exceptional flavor and exquisite texture.</p>
<p>④ <b>Kuchiko</b></p>	<p>"Kuchiko," is a delicacy made by drying the reproductive nests of sea cucumbers, and the main production areas are Nanao City and Anamizu Town in Ishikawa Prefecture.</p>
<p>⑤ <b>NOTO-SHIKA KOROGAKI</b></p>	<p>Dried persimmons made from Saisho persimmons, which have a high sugar content, are characterized by their sweetness, bright candy-colored appearance, and dense, soft texture. They continue to be made using traditional methods such as hands-on persimmon kneading and slow drying.</p>
<p>⑥ <b>Konowata</b></p>	<p>"Konowata" are the intestines of sea cucumbers that have been cured in salt. The name "konowata" comes from the fact that the sea cucumber's alias is "ko" and its intestines, and in the old days, "konowata" from Noto, Owari, and Mikawa were presented to the shogunate as a gift.</p>



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Product Name	Product Introduction
<p>⑦ <b>Sudare Fu</b></p>	 <p>The name comes from the fact that the dough is wrapped in “sudare” and boiled. It has a unique texture similar to that of dried bean curd because rice flour is used for the flour, and it absorbs broth well, making it an indispensable ingredient in “Jibu-ni,” a typical Kaga dish.</p>
<p>⑧ <b>Kaga Boucha</b></p>	 <p>“Kaga Boucha” is made by roasting the best-quality stems from tea trees. It is popular in Ishikawa Prefecture and is said to have originated in Kanazawa. It is so popular in Ishikawa Prefecture that people say “Boucha” when they think of tea.</p>
<p>⑨ <b>Fugunoko no Nukazuke</b></p>	 <p>It takes several years to produce this product, which is made from the highly poisonous ovaries of the blowfish, making them harmless through fermentation by microorganisms. It is generally eaten shredded. It is also slightly grilled for a savory taste.</p>
<p>⑩ <b>Kabura Zushi</b></p>	 <p>A traditional fermented food representative of Ishikawa Prefecture, made with salted yellowtail sandwiched between salted pickled turnips. It is a “nare-zushi,” which are different from traditional sushi using vinegared rice, and is like pickles.</p> <p><small>Photo Credit : MAFF "Our Regional Cuisines"</small></p>
<p>⑪ <b>Oshizushi</b></p>	 <p>In Ishikawa Prefecture, oshizushi is eaten on festivals and celebratory occasions. In Kanazawa City, oshizushi is made by layering vinegared fish, sushi rice, and navy-blue seaweed in a wooden frame and pressing it overnight.</p> <p><small>Photo Credit : MAFF "Our Regional Cuisines"</small></p>
<p>⑫ <b>Katadofu</b></p>	 <p>“Katadofu” has been eaten in the Shiramine area for centuries. It is a firm tofu made by placing a heavy stone on top of the tofu and allowing the water to evaporate over time, giving it the simple sweetness and flavor of the original soybeans.</p> <p><small>Photo Credit : MAFF "Traditional Foods in Japan"</small></p>

Premium Ishikawa Agriculture and Fishery Products  
“Hyakumangoku no Kiwami”



## 百万石の極み

Ishikawa is a long, narrow prefecture located near the center of Japan.

The products that come from Ishikawa's abundant satoyama and satoumi (human-tended natural forests and coastlines) make up for limited quantities with exceptional quality.

In order to draw attention to these outstanding agriculture, forestry, and fishery products, the prefecture has chosen to recognize them as “Hyakumangoku no Kiwami.”

The logo is designed to evoke the image of fruit, including the sense of “coming to fruition,” to represent the excellent quality and technique that Ishikawa is known for.

It also incorporates “百,” the first character in “Hyakumangoku,” an old nickname for the area given in recognition of its prodigious agricultural output.

Scan for More Information  
(in Japanese)



Brand Strategy Division;  
Ishikawa Prefecture Agriculture, Forestry and Fisheries Department

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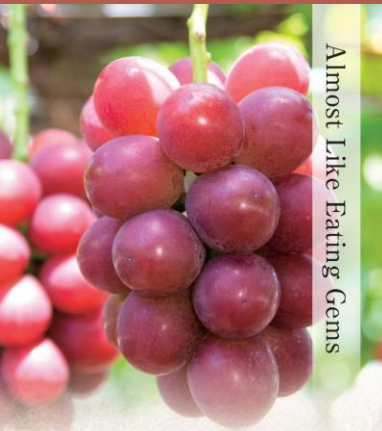
Email: [e210390@pref.ishikawa.lg.jp](mailto:e210390@pref.ishikawa.lg.jp)

(Please use email for communications in languages other than Japanese.)



# Premium Ishikawa Agriculture and Fishery Products

## "Hyakumangoku no Kiwami"



Almost Like Eating Gems

Ruby Roman (Grapes)

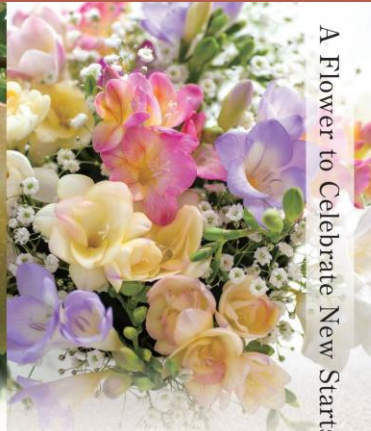
Season: Mid Jul. to Late Sep.



Succulent Asian Pears

KAGASHIZUKU  
(Asian Pears)

Season: Late Aug. to Mid Sep.



A Flower to Celebrate New Starts

Airy Flora  
(Freesia)

Season: Dec. to Apr.



Large, Fluffy Grains

HYAKUMANGOKU  
(Rice)

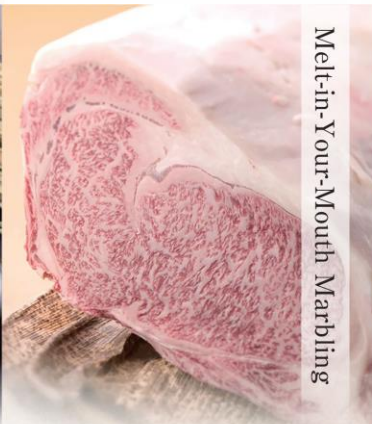
Season: Late Sep. (Available Year-Round)



Pure White Flavor

HYAKUMANGOKU NO SHIRO  
(Sake Rice)

Season: Mid Sep. (Available Year-Round)



Melt-in-Your-Mouth Marbling

NOTOUSHI (Beef)

Season: Available Year-Round



Natural Bounty from Nanao Bay

NOTOTORIGAI  
(Cockles)

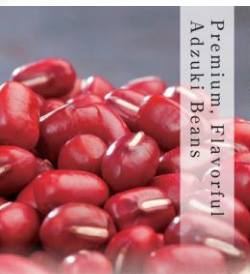
Season: Late Apr. to Early Jul.



The Finest Shiitake Mushrooms  
Grown on Logs

NOTOTEMARI  
(Shiitake Mushrooms)

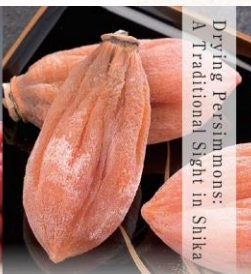
Season: Late Dec. to Late Mar.



Premium, Flavorful  
Adzuki Beans

Noto Dainagon Adzuki  
(Adzuki Beans)

Season: Oct. to Nov.



Drying Persimmons:  
A Traditional Sight in Shika

NOTO-SHIKA KOROGAKI  
(Dried Persimmons)

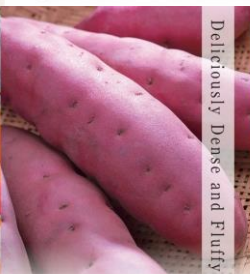
Season: Nov. to Dec.



Savor Their Mellow,  
Fruity Flavor

Takamatsu Monbei Gaki  
(Persimmons)

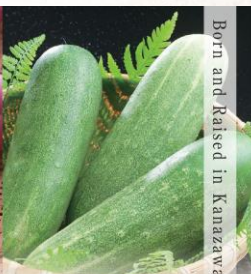
Season: Late Oct. to Late Nov.



Deliciously Dense and Fluffy

Gorojima Kintoki  
(Sweet Potatoes)

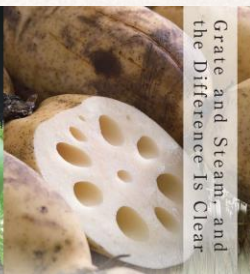
Season: Mid Sep. to Early Oct.



Born and Raised in Kanazawa

Kaga Futokiyuri  
(Big Cucumbers)

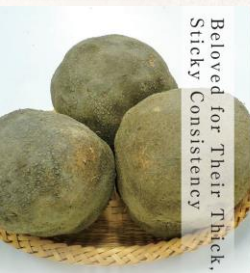
Season: May to Jun.



Grate and Steam, and  
the Difference Is Clear

Kaga Renkon  
(Lotus Roots)

Season: Aug. to May.



Beloved for Their Thick,  
Sticky Consistency

KAGAMARUIMO  
(Yams)

Season: Nov. to Dec.



An Iconic Kaga Vegetable

Gensuke Daikon  
(Japanese White Radishes)

Season: Oct. to Feb.



Delicious Premium Shellfish

Wajima Ama Dori Awabi  
(Abalone)

Season: Jul. to Sep.



Incredibly Fresh Wild Turban Shell

Wajima Ama Dori Sazae  
(Turban Shell)

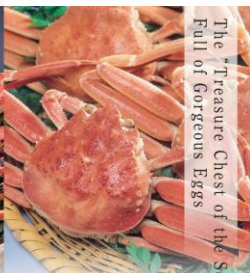
Season: Jul. to Sep.



The King of Winter Delicacies

Kano Gani  
(Male Snow Crab)

Season: Nov. 6 to Mar. 20



The "Treasure Chest of the Sea,"  
Full of Gorgeous Eggs

Kobako Gani  
(Female Snow Crab)

Season: Nov. 6 to Dec. 29