

# Let's Enjoy Food Culture in Hokuriku



**Ishikawa**



**Niigata**



**Toyama**



**Fukui**

In Hokuriku, there is a wide variety of food culture rooted in local climate and tradition.

This booklet introduces local cuisine and traditional foods.

**We hope you will visit various places in Hokuriku  
and enjoy Hokuriku's food culture.**

## **MAFF**

Ministry of Agriculture, Forestry and Fisheries

Hokuriku Regional Agricultural Administration Office (Kanazawa)

# Niigata Prefecture

The rice-based food culture brought about by the blessing of water



Niigata Prefecture stretches slightly north of central Honshu, facing the Sea of Japan. Its area also includes Sado Island, which lies approximately 35 km out to sea. The Shinano, Agano, Ara, Seki, and Hime Rivers are first-class water sources that originate in the mountains and branch out into 767 rivers in various parts of the prefecture. Niigata is blessed with fertile land nurtured by its clean water, along with a climate that has a wide range of temperatures. The entire prefecture utilizes this environment to cultivate rice.

No matter the era, rice has always accompanied Niigata Prefecture's food culture. Rice plays a leading role in local cuisine such as "Sasazushi" and "Kensan-yaki." In areas where salmon fishing is popular, the preserved food "Salmon Yakizuke" has been handed down from generation to generation.

Due to the prefecture's large land area, even the same dish uses different ingredients and recipes depending on the region. While those on the mainland eat salmon during the New Year holidays, the people of Sado island eat yellowtail. In addition, there are many other dishes not found on the mainland, such as "Fugunoko no Kasuzuke," a dish using puffer fish ovaries, and "Sado no nishime," a simmered dish with a strong taste of flying fish soup stock.



Photo Credit : Sado City



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



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

# Niigata

① Salmon Yakizuke



② Sasa Dango



③ Igoneri



⑤ Fugunoko no  
Kasuzuke



④ Kurumafu



⑥ Sankaku Chimaki



⑦ Kanzuri



Photo Credit : Kanzuri co LTD

⑨ Rice  
Crackers



⑧ Hegisoba  
Noodles



⑩ Pickled herring  
with malted rice



⑪ Anbo



⑫ Sankaizuke



※Reference

Local Specialty Shops of Niigata

<Tokyo> Niigata Information Center in Ginza,

**THE NIIGATA**

5-6-7 Ginza, Chuo-ku, Tokyo 104-0061

<https://the-niigata.jp/>



<Osaka>

**NIIGATA OKOME**

Whity Umeda East Mall, Ogimachi

4-1 Umeda Underground Shopping Mall, Komatsubaracho,

Kita Ward, Osaka City, Osaka Prefecture 530-0018

<https://niigataokome.com>



Please check with each store for product availability.

Reference: MAFF "Our Regional Cuisines"

Product Number: ①⑤⑥⑦⑧⑪

# Niigata Prefecture

Product Name	Product Introduction
<p>① Salmon Yakizuke</p>	 <p>Murakami City is known as “Salmon City,” and in autumn, the city is filled with salmon. The salmon is cut in a way called mochi-kiri, which is similar to the shape of cut rice cakes unique to Niigata Prefecture. Grilled salmon is marinated while hot in a sauce made by adding soy sauce to boiled-down sake and mirin. You can enjoy a completely different flavor from salted salmon and simmered salmon. It does not harden even when cooled and stays fluffy.</p> <p>Photo Credit : MAFF "Our Regional Cuisines"</p>
<p>② Sasa Dango</p>	 <p>“Sasa-dango” is a bale-shaped dumpling wrapped in bamboo leaves and tied with a string of sedge or other material. It is said that "Kenshin Uesugi used it as a portable food" because it was considered a portable preserved food in the Warring States period, as bamboo leaves have a sterilizing effect. The dumplings are wrapped in three pieces of bamboo leaf, and tied them with sedge or rush grass. If the dumplings become hard, reheat them by steaming or microwaving.</p>
<p>③ Igoneri</p>	 <p>“Igoneri” is a local dish representative of Sado Island, made from the Japanese rush grass harvested from the Sea of Japan. It is called "igo" in the Sado region and "ego" in the Niigata region. It is made by boiling and kneading sun-dried seaweed while adjusting the amount of water, then spreading it thinly and cooling it down to harden it. It is served with ginger soy sauce or vinegared miso. It is characterized by its firm texture and has a slight aroma of the sea.</p>
<p>④ Kurumafu</p>	 <p>“Kurumafu” is the most popular fu in Niigata. It is made by wrapping kneaded dough around an iron rod and baking it while rotating it like Baumkuchen, then layering the dough two or three times and baking it. It is characterized by its donut-like shape and is said to have gotten its name from the fact that it resembles a wheel when sliced into rings.</p>
<p>⑤ Fugunoko no Kasuzuke (Puffer fish Ovaries pickled in sake lees)</p>	 <p>Spotty-back puffers are caught in the Sea of Japan from June to July. Its ovaries are salted for more than two years and then aged for a long time in Sado's sake lees. In Niigata Prefecture, it is unique to Sado, and similar processed products can be found in Ishikawa and Fukui prefectures. In Sado, it is said to have been made since the Edo period.</p> <p>Photo Credit : MAFF "Our Regional Cuisines"</p>
<p>⑥ Sankaku Chimaki</p>	 <p>In Niigata Prefecture, there is a simple and plain tasting "Sankaku Chimaki" that is rare in Japan. It is a simple chimaki made of glutinous rice wrapped in bamboo leaf, folded into a triangular shape, tied with igusa (rush), and boiled slowly in plenty of hot water for two hours. It is served with kinako (soybean flour) sprinkled on top.</p> <p>Photo Credit : MAFF "Our Regional Cuisines"</p>

# Niigata Prefecture

Product Name	Product Introduction
<p>⑦Kanzuri</p>	<div data-bbox="480 257 780 455" data-label="Image"> </div> <p>“Kanzuri” is a traditional fermented seasoning from Myoko City. Locally grown chili peppers are aged and fermented for three years after they are exposed to the snow, ground, and mixed with rice koji, yuzu, and salt. Kanzuri can be added as a secret ingredient in hot pots, ramen, or pasta, paired with sashimi, and added to yakitori or dipping sauces.</p> <p>Photo Credit : MAFF "Our Regional Cuisines" Photo Credit : Kanzuri co LTD</p>
<p>⑧Hegisoba Noodles</p>	<div data-bbox="480 583 780 783" data-label="Image"> </div> <p>“Hegisoba” is a type of cut buckwheat noodle made with seaweed called funori as a binder and served in a bowl called a hegi. The seaweed gives hegisoba a slippery texture and elasticity. The Uonuma region is not a place where wasabi (Japanese horseradish) is available, so it is customary to use mustard as a condiment.</p> <p>Photo Credit : MAFF "Our Regional Cuisines"</p>
<p>⑨Rice Crackers</p>	<div data-bbox="480 938 780 1119" data-label="Image"> </div> <p>Niigata Prefecture is one of the country's leading rice-producing regions, and rice is the main ingredient in many of its food products. Rice crackers produced in Niigata can be purchased at supermarkets nationwide.</p>
<p>⑩Pickled broken pieces of herring with malted rice</p>	<div data-bbox="480 1198 780 1434" data-label="Image"> </div> <p>In Niigata Prefecture, there have been many dishes using broken pieces of herring since long ago, and "pickled broken pieces of herring with malted rice" is one of them. The sweetness of koji amazake and salt intertwine well to create a delicious dish with a unique flavor.</p>
<p>⑪Anbo</p>	<div data-bbox="480 1527 780 1698" data-label="Image"> </div> <p>It is a local dish of Niigata Prefecture. It is a steamed manju-like bun with a filling made of red bean paste and vegetables wrapped in a skin made of kneaded rice flour. The filling consists of azuki bean paste, daikon radish greens seasoned with miso, and side dishes such as nozawana, eggplant, and kiriboshi daikon (dried radish).</p> <p>Photo Credit : MAFF "Our Regional Cuisines"</p>
<p>⑫Sankaizuke</p>	<div data-bbox="480 1817 780 2034" data-label="Image"> </div> <p>“Sankaizuke” is made by marinating chopped vegetables such as daikon radish and cucumber, which are harvested from the mountains, and herring roe, which is harvested from the sea, in sakekasu (sake lees) and allowing them to mature. It is called “Sankaizuke” because it is made by pickling vegetables from both the mountains and the sea and is well-known as a unique regional flavor.</p>



# 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

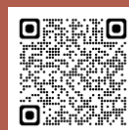
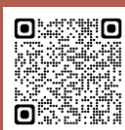
**NIHONBASHI TOYAMA**

**(Nihonbashi Branch)**

Nihonbashi Daiei Bldg. 1st fl., 1-2-6,  
Nihonbashi-Muromachi, Chuo-ku, Tokyo 103-0022  
<https://toyamakan.jp/en/>

**IKI-IKI TOYAMA (Yurakucho Branch)**

Tokyo Kotsu Kaikan B1, 2-10-1,  
Yurakucho, Chiyoda-ku, Tokyo 100-0006  
<https://toyamakan.jp/en/about/yurakucho>



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



# Toyama Prefecture

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>



# Toyama Prefecture

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>

# Ishikawa Prefecture

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



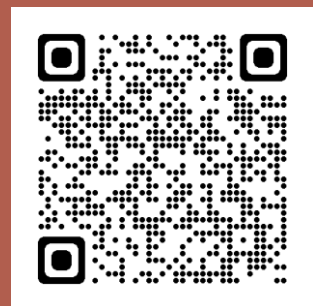
Its long and narrow terrain runs from southwest to northeast, with its tip protruding into the Sea of Japan.

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



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>

# Ishikawa Prefecture

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

1-1 Kuratsuki, Kanazawa, Ishikawa

Tel: +81-76-225-1614 • Fax: +81-76-225-1624

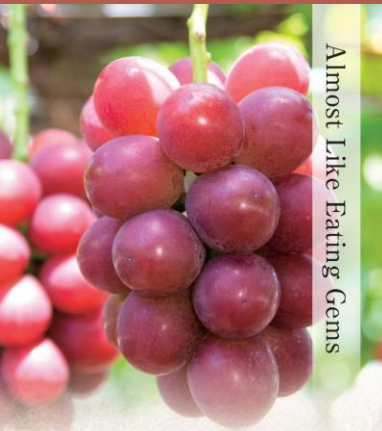
Email: [e210390@pref.ishikawa.lg.jp](mailto:e210390@pref.ishikawa.lg.jp)

(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)

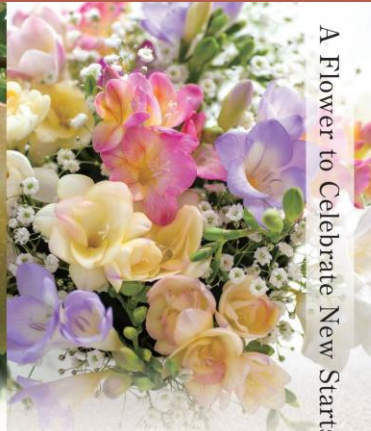
Season: Mid Jul. to Late Sep.



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)

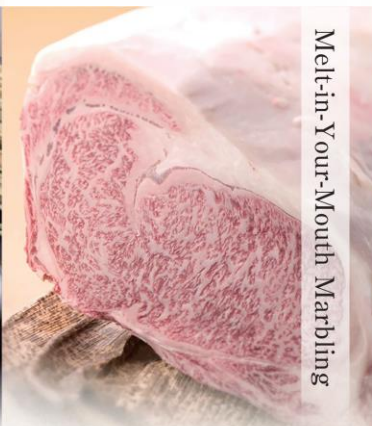
Season: Late Sep. (Available Year-Round)



Pure White Flavor

HYAKUMANGOKU NO SHIRO  
(Sake Rice)

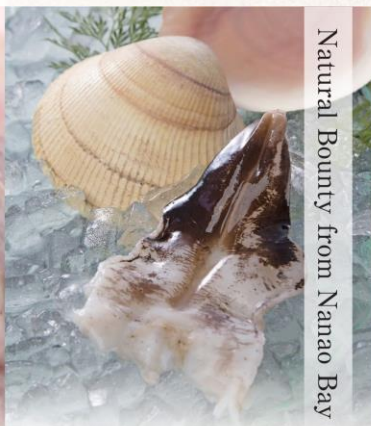
Season: Mid Sep. (Available Year-Round)



Melt-in-Your-Mouth Marbling

NOTOUSHI (Beef)

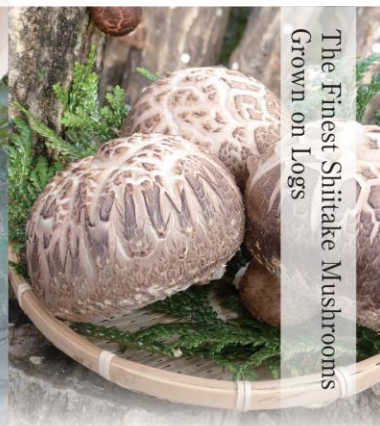
Season: Available Year-Round



Natural Bounty from Nanao Bay

NOTOTORIGAI  
(Cockles)

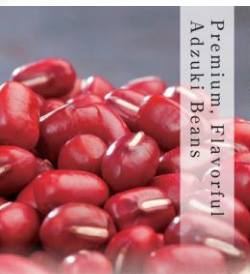
Season: Late Apr. to Early Jul.



The Finest Shiitake Mushrooms  
Grown on Logs

NOTOTEMARI  
(Shiitake Mushrooms)

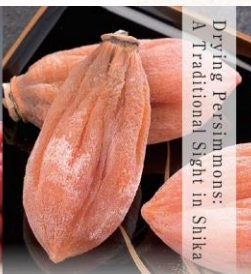
Season: Late Dec. to Late Mar.



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)

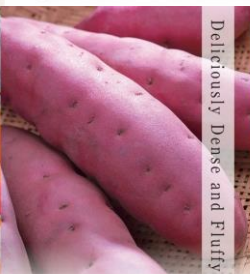
Season: Nov. to Dec.



Savor Their Mellow,  
Fruity Flavor

Takamatsu Monbei Gaki  
(Persimmons)

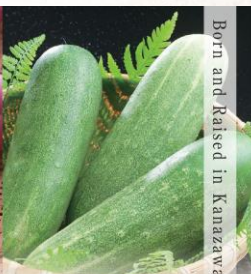
Season: Late Oct. to Late Nov.



Deliciously Dense and Fluffy

Gorojima Kintoki  
(Sweet Potatoes)

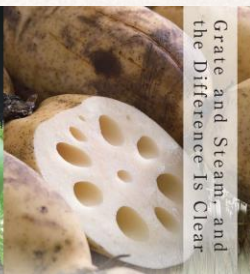
Season: Mid Sep. to Early Oct.



Born and Raised in Kanazawa

Kaga Futokiyuri  
(Big Cucumbers)

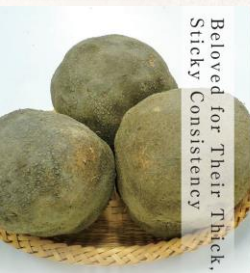
Season: May to Jun.



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)

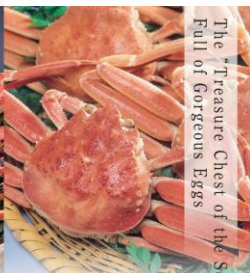
Season: Jul. to Sep.



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



# Fukui Prefecture

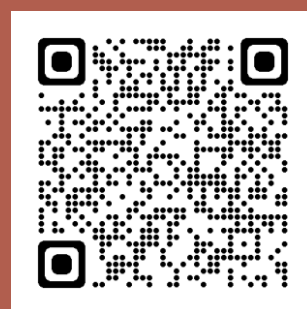
Food History Divided into Two Equal Parts:  
South (Reinan) and North (Reihoku)



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 <b>Sannengo Rakkyo</b> <b>Pickled Scallions</b></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 <b>Echizen Salted Sea Urchin</b></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 <b>Deep-fried Tofu</b></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 <b>Hamana Miso</b></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 <b>Habutae Mochi</b></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 <b>Echizen Soba Noodles</b></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 <b>Shredded Kombu</b></p>	<div data-bbox="480 251 780 442" 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 <b>Wakame Seaweed Flakes</b></p>	<div data-bbox="480 570 780 751" 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 <b>Hamayaki Mackerel, Whole Grilled Mackerel</b></p>	<div data-bbox="480 868 780 1049" 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 <b>Wakasa Dried Flounder</b></p>	<div data-bbox="480 1166 780 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 <b>Heshiko</b></p>	<div data-bbox="480 1506 780 1687" 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 <b>Wakasa Obama Kodai Sasazuke -pickled Yellowback Sea Bream</b></p>	<div data-bbox="480 1804 780 2006" 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>



## Traditional Foods in Japan

Each region has its own unique history and culture, and the Ministry of Agriculture, Forestry and Fisheries (MAFF) website calls the dishes that have been prepared and eaten using fresh, seasonal products from the region and cooking methods suited to the climate and environment since ancient times “Regional Cuisine.”

The MAFF website, “Our Regional Cuisines” has compiled a database of the history, origin, recipes, and other information on regional cuisine throughout Japan, and also introduces the charm and background of the region where the cuisine was born, allowing visitors to learn more about Japanese food culture.

In addition, the MAFF website “Traditional Foods in Japan” has a database of traditional foods selected in each region, including their history, origin, recipes, etc.

Find the best regional cuisine and traditional food for you.



[https://www.maff.go.jp/j/keikaku/syokubunka/k\\_ryouri/](https://www.maff.go.jp/j/keikaku/syokubunka/k_ryouri/)

Our Regional Cuisines

Search



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**Our Regional Cuisines**

An important taste that we want to pass on to the next generation



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## Traditional Foods in Japan

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