

Yamaguchi

Map No.35

Chugoku



Pressed sushi delicacy

*Iwakuni-zushi**Iwakuni sushi*

This form of pressed sushi is popular in the Iwakuni area. Cuts of fish meat are layered with vinegared rice and pressed into wooden molds, then scattered with shredded omelet, slices of lotus root, and seasoned shiitake mushrooms. Banana leaves are used to keep the layers separate.

Tokushima

Map No.36

Shikoku



Whole fish sushi specialty

*Boze no sugata-zushi**Butterfish sushi*

A popular way to eat fish in Tokushima Prefecture: the whole fish is cleaned and stuffed with vinegared sushi rice. The butterfish is first soaked in vinegar, then packed with vinegared rice seasoned with a splash of fresh-pressed sudachi citron juice. This is an essential item at autumn festivals and is still made in local households to this day. Other fish prepared in the sugata-zushi style include horse mackerel, sweetfish, and freshwater trout.

Tokushima

Map No.36

Shikoku



Porridge option

*Sobamai-zosui**Buckwheat porridge*

Buckwheat grain that has been boiled, dried, and husked is cooked to produce a thick porridge. Buckwheat is an important crop in Tokushima Prefecture because it has a short growing time, and the terrain and climate are not suitable for rice cultivation. Besides porridge, buckwheat is also eaten in the form of soba noodles.

Kagawa

Map No.37

Shikoku



Noodles in the kingdom of udon

*Sanuki udon**Sanuki udon noodles*

Per capita consumption of udon noodles is higher in Kagawa than anywhere else in Japan. Sanuki udon is made from wheat dough that is thoroughly kneaded to create firm noodles. These are eaten in a variety of ways: in a savory noodle soup, served in hot water with a separate dipping sauce, chilled with a separate dip, hot with various toppings, or with a dip of plain soy sauce. As well as being a festive food, Sanuki udon is part of everyday life throughout Kagawa.

Kagawa

Map No.37

Shikoku



Zoom in on an unusual zoni

An-mochi zoni*Elaborate zoni*

This unusual version of zoni (soup with pounded sticky-rice cakes) features round slices of daikon radish and carrot cooked in a soup prepared from fish broth, along with a mochi cake stuffed with sweetened mashed azuki beans (an-mochi). The soup is seasoned with white miso. The an-mochi tradition dates from the days when sugar was such a luxury that it could only be used on special occasions such as New Year banquets, when zoni soup is served.

Ehime

Map No.38

Shikoku



Great value snack

Jakoten*Deep-fried fish cakes*

Small fish caught in coastal waters are ground to a paste, including the bones and skin, formed into oval shapes, and deep-fried. Nutritious and affordable, jakoten is a popular afternoon snack in this area.

Ehime

Map No.38

Shikoku



Special sashimi

Uwajima tai meshi*Uwajima snapper rice*

Red snapper (tai) caught off the shores of Uwajima is a traditional local delicacy. Cuts of the sashimi are dipped in a special sauce made from raw egg, seaweed, and sesame seeds, and eaten with steaming-hot rice.

Kochi

Map No.39

Shikoku



Seared perfection

Katsuo no tataki*Seared raw skipjack*

Tosa (the old name for Kochi) is renowned for its skipjack tuna (katsuo; also called bonito in English). Raw fillets of the freshly caught fish are seared over a fire (traditionally made from burning straw), then sliced and eaten with grated ginger or other condiments. People on the coast use different condiments from those living inland. But throughout the region, tataki is an essential course in meals served when entertaining guests.

Kochi

Map No. 37

Shikoku



Platters piled high with freshness

Sawachi ryori*Heaped seafood platter*

Wide platters are heaped up with a variety of freshly caught seafood until they can hold no more. Whenever a celebration is held in Kochi, this is the centerpiece of the banquet.

Fukuoka

Map No. 40

Kyushu



Nourishing broth

Game-ni*Mixed vegetables with chicken*

Also known as Chikuzen-ni (Chikuzen is the old name for the Fukuoka region), this dish features morsels of chicken, root vegetables, and konnyaku jelly simmered in a broth seasoned with soy sauce, sugar, and mirin. Healthy and nourishing, game-ni was originally served on ceremonial occasions but is now part of the daily diet.

Fukuoka

Map No. 40

Kyushu



Savoring every last drop

Mizutaki*Chicken hot pot*

One of the best-known specialties of Fukuoka Prefecture. Chicken including skin and bones is coarsely chopped, placed in cold water, and slowly brought to a boil. This is eaten with a ponzu dip, a zesty mix of soy sauce with citron juice. When the ingredients have been eaten, the leftover soup is cooked up with rice to make porridge, or poured over rice (similar to chazuke; tea over cooked rice).

Saga

Map No. 41

Kyushu



Sushi fit for a lord

Suko-zushi*Suko sushi*

Pressed sushi made with local Shiroishi rice and topped with slices of raw fish freshly caught from the nearby Ariake Sea. The fish is divided into portions about 10 cm square and decorated with colorful slivers of vegetables. This is a traditional recipe dating back some 500 years, first prepared by farmers as an offering to the local lord of the Suko region.

Nagasaki

Map No. 42

Kyushu



Cross-cultural cuisine

Shippoku ryori*Shippoku cooking*

During the Edo Period, Nagasaki was the only Japanese port open to trade with the outside world and developed a cosmopolitan character. The shippoku ryori style of cooking was adapted from traditional formal banquets in ancient China. Circular tables are arranged with a mix of Japanese delicacies, Chinese-style dishes, and also foods introduced by European traders.

Nagasaki

Map No. 42

Kyushu



Zoni in the mixed zone

Gu-zoni*Mixed zoni soup*

This is a traditional soup made in the Shimabara region of Nagasaki. Besides pounded sticky-rice cakes (mochi), it also includes morsels of meat, slices of pounded fish cake, and a selection of vegetables. It is served at New Year's, and also at ceremonial events and formal celebrations throughout the year.

Kumamoto

Map No. 43

Kyushu



Yam for tea today

Ikinari-dago*Sweet potato treats*

A local specialty with a local name: dumplings are made from round slices of sweet potato encased simply ("ikinari" in the dialect) in wheat-flour dough and then steamed. This was a popular afternoon snack during the years following the end of World War II, when food was in short supply.

Kumamoto

Map No. 43

Kyushu



Crisp and spicy

Karashi renkon*Spicy lotus root*

A traditional recipe with a history of more than 300 years. First, a spicy mixture of miso and chili pepper is stuffed into a lotus root. This is wrapped in a turmeric-yellow wheat-flour dough that is deep-fried and cut into round slices. The crisp texture of the lotus root is complemented by the spiciness of the chili pepper.

Oita

Map No. 44

Kyushu



Fishermen's fare from the islands

Buri no atsumeshi | Yellowtail with hot rice

Slices of raw yellowtail are marinated in soy sauce mixed with sake, sugar, and vinegar, then served on hot rice in a large bowl. Condiments include chopped scallions, nori seaweed, and sesame seeds. Sometimes the whole thing is eaten with green tea or soup stock poured over it. This traditional fishermen's food is also known as "Ryukyu" (the traditional name for Okinawa), from where it was introduced.

Oita

Map No. 44

Kyushu



Stretched dumplings

Tenobe dango-jiru | Hand-made dumpling soup

Wheat flour is kneaded with some salt and warm water to form a dough, then torn into small pieces and stretched to form strings. Known as tenobe dango ("hand-stretched dumplings"), they are added to a dashi broth prepared from iriko (dried small fish). Other ingredients may include shiitake mushrooms and burdock. The soup is seasoned with miso and garnished with scallions and seri (Japanese parsley).

Oita

Map No. 44

Kyushu



Preserving fish traditions

Gomadashi udon | Noodles in sesame broth

White-meat fish is grilled and crushed, and mixed with soy sauce and sesame seeds to form a savory broth. This is poured over cooked udon (wheat noodles). Because the broth keeps well, this was originally a traditional recipe in fishing communities where it was prepared when there were large catches of fish to preserve.

Miyazaki

Map No. 45

Kyushu



Charcoal chicken

Jidori no sumibiyaki | Char-grilled chicken

Chicken meat is cut into morsels, sprinkled with salt and pepper, then grilled at a high heat over charcoal until the meat is charred black. Local people love the flavor of the charcoal on the meat.

Miyazaki

Map No. 45

Kyushu



Cool home-cooked goodness

Hiya-jiru*Chilled miso soup*

A traditional dish prepared in homes in Miyazaki. Small fish are grilled, crushed in a mortar and blended with a mix of ground sesame seeds and miso. The resulting paste is smeared over the surface of a large soup bowl, then held over a flame until it is lightly browned. The paste is mixed with cold cooking stock, together with slices of cucumber and chopped green shiso herb, and finally the chilled soup is ladled over cooked rice mixed with barley.

Kagoshima

Map No. 46

Kyushu



Versatile little fish

Kibinago ryori*Kibinago dishes*

Kibinago is a small, silver-skinned fish that is plentiful in the waters off Kagoshima Prefecture. It is eaten in many ways: as sashimi served with a dip of vinegared miso, grilled and salted, simmered, deep-fried, or in soups. One of the best-known preparations is kikka-zukuri—sashimi arranged in concentric circles in the shape of a chrysanthemum.

Kagoshima

Map No. 46

Kyushu



Morsels, shreds, and slices

Kei-ban*Chicken rice*

To a piping-hot bowl of rice in a bowl are added morsels of chicken breast meat, shreds of omelet, and slices of savory-sweet shiitake. Finely chopped pickled papaya and the dried peel of shima mikan (tiny mandarin oranges) are sprinkled on top. Pour in plenty of hot chicken broth and enjoy like chazuke (rice with hot tea poured over it).

Kagoshima

Map No. 46

Kyushu



Fabulous fish cakes

Tsuke-age*Deep-fried fish cake*

Fish is pounded and formed into a paste, and then deep-fried in bite-sized cakes. This recipe was introduced to Kagoshima from the islands of Okinawa, where it is known as chiki-agi. Elsewhere in Japan it is known as Satsuma-age after the old name of the Kagoshima region (Satsuma).

Okinawa

Map No. 47

Okinawa



Island pork and noodles

*Okinawa soba**Okinawan
wheat noodles*

The soba noodles eaten in Okinawa are made of wheat (not buckwheat). After cooking, they are moistened with oil and served in a broth prepared from pork bones and bonito flakes. Slices of pork, fish paste, and chopped scallions are often served on top. The most popular variation is called soki soba, which includes cuts of pork rib.

Okinawa

Map No. 47

Okinawa



Healthy jet-black soup

*Ikasumi-jiru**Squid ink soup*

Squid and pork meat are simmered in a stock prepared from bonito (skipjack). Then, as a final touch, squid ink is added, turning the soup pitch-black. Squid ink has long been thought to have medicinal properties that can rid the body of toxins. In the old days in Okinawa, it was traditional to feed babies with this squid ink soup as their first meal.

Okinawa

Map No. 47

Okinawa



Best bitter mix

*Goya champuru**Tofu mixed
with bitter melon*

In the Okinawan dialect champuru means "mixture." Goya champuru is a stir-fried mixture of sliced goya (bitter melon) and local tofu, with slices of pork. It is so popular it is considered the staple dish of Okinawa.

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