

Heart warming local flavor

TAKE FREE

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South Tokushima

Anan City

Naka Town

Mugi Town

Minami Town

Kaiyo Town

Anan City

Naka Town

Minami Town

Mugi Town

Kaiyo Town

The flavors of Tokushima will have you coming back for more.

Members of the Anan city council for improvement and promotion of healthy eating habits

Anan City

Anan city covers a wide area and Ms.Toshiko Sugino, on the right, was raised close to the ocean, while Ms.Teruko Yoshioka, picture center, grew up in an area close to the river with much agriculture. Ms.Ono, on the left, who is younger than the other two women, comes from a fishing village.

When we bought fishes from the salesmen, we tightened it with the juice of yuzu and eat.

Food culture and regional cuisine in South Tokushima as taught by mothers from the area

Members of the Naka Town Women's group of "Sugi no Ko"

Naka Town

"Sugi no Ko" was formed by the women of the Kisawa district. They undertake fun events, including the yearly Sugi no Ko festival. We interviewed five people of the same age, all of who were born and raised in the Kisawa district.

Members of the Mugi town Women's group of Tebajima

Mugi Town

Members of the Women's group of Tebajima

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President of the Kawakami seniors club Ms.Hisako Kitagawa

Kaiyo Town

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Notes

Note 1 Sugata-zushi

Sushi made so that the shape of the fish is left in place. It is most often used in Tokushima with horse mackerel, pacific rudderfish, and red spotted masu salmon.

Note 2 Peanuts Kakimaze

Chirashi-zushi made with peanuts mixed into it instead of red kidney beans. Mostly made around Kaiyo town.

Note 3 Oshi-zushi

Sushi made by putting the vinegared rice and toppings into a mold. Most contain the same ingredients as chirashi-zushi.

Note 4 Shima Somen

A dish unique to Tebajima in Mugi town. You dip the somen noodles into fish broth during festivals, etc.

Note 5 Shusse Imo

Made using taro or sweet potatoes instead of rice, similar to bean cakes. It's name comes from the "potatoes getting a promotion".

Note 6 Hangoroshi

Naka town bean cakes made by mixing waxy rice and non-waxy rice, cooking it, and then half-crushing it.

South Tokushima offers a characteristic cuisine, mixing foods from the sea as well as the mountains. This regional cuisine has been passed on from mothers to their children since generations, and we asked mothers from each city and town for their special tips.

The southern region of Tokushima overlooks the Pacific Ocean and has a warm climate; it is a place blessed with both seafood and produce. There is a clear difference between the cuisine of places near the ocean and those surrounded in mountains, and Ms.Sugino, from Anan city, says, "Places with strong fishing industries catch large amounts of fish and shellfish using nets, and I would get or buy some every day. My mother would boil or dry them. She would also pickle them in vinegar for Sugata-zushi (Note ①)." Mountainous areas, on the other hand, have go back and forth between hot and cold weather, and the people there often make imperishables. "We would pick

vegetables from the mountains and pickle them, then make "yubeshi" from the skins of yuzu we would pick. Fish was a luxury item we didn't have much, because the salesmen wouldn't come often," says Ms.Ikuta, belonging to Sugi no Ko from Naka town. They often pickle the fish in juice from locally picked yuzu, and make sushi rice using yuzu vinegar as well. Chirashi-zushi kakimaze, a sushi dish made in all regions of Japan for festivals, also shows clear differences. In the seaside area of Anan city, they say you should always mix in sardines, and, according to Ms.Kohara from Minami town, "We break up fried fish into the vinegar to make 'sunigoshi'." Tokushima is known for using

sweet, boiled red kidney beans in their sushi, but Kaiyo town is an exception; there, they use peanuts (Note ②). In certain areas of the south, they also often make "Oshi-zushi (note ③)", which is sushi that gets put into a mold. There is unique cuisine in each city and town. In Mugi town, on Tebajima, they have a unique dish called "Shima somen (Note ④)", and Ms.Suzuki from the local women's association says, "We boil eelowback see-bream, which is common on the island, and use the broth for somen." In Kaiyo town, they ball up boiled taros, roll them in strained bean paste, and make "Shusse Imo (Note ⑤)". "It means 'promoted potatoes', since potatoes are used

instead of rice," says Ms.Kitagawa, a local. Also, in Naka town, they have "Hangoroshi (Note ⑥)", which is a bean cake made out of the half crushed bits of rice from rice cakes. With the improvements in modern distribution, it is possible to obtain delicious ingredients regardless of where you are, which has caused local cuisine to fall into the background. It is times like these that unique local cuisine is more important than ever. If you find yourself in the south of Tokushima, take the opportunity to try to unique local flavors.



