

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



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

> Anan city covers a wide area and Ms.Toshiko Sugino, or the right, was raised close to the ocean, while Ms.Teruko Yoshioka, picture center, grev up in an area close to the rive with much agriculture. Ms.Ono, on the left, who i younger than the other to fishing village.

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



Members of the

Naka Town

We often use sardines for chirashi-zushi

"Sugi no Ko" was formed by the women of the

Kisawa district. They undertake fun events,

ncluding the yearly Sugi no Ko festival. We

nterviewed five people of the same age, all of

who were born and raised in the Kisawa district.

Tebajima in Mugi town has an area of a mere 0.4 square kilometers. Ms.Setsuko Tanaka (second from the left), who was born and raised Members of the Women's group here, and Ms.Michi Suzuki (center), who married a local, have been working for years in reeling in the longlines during fishing.

Shima Somen is one of our regional cuisine for a festival and wedding ceremony.

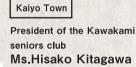


Sushi with fish broken up into pieces

and marinated in vinegar is delicious.

> "Shusse Imo", on occasions to celebrate

Ms.Kitagawa lives in a community nestled in the mountains called Ogawa-Aras which belongs to Kaiyo tow She is an energetic woma local post office and used to de deliveries by bike. She tells u that in the past, she often go



a sweet prepared

who worked for years at the



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

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.

he 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 Kaivo 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 Kaivo town. they ball up boiled taros, roll them in strained bean paste, and make "Shusse Imo (Note ③)", "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.

#### Notes

Minami Town

Minami town

Women's association of

Ms. Tsuneko Kohara

Ms. Kohara was born and raised in Yuki

district of Minami town, an area with strong

fishery and agriculture industry. "I used to make huge amounts of sushi and share them in the neighborhood", she says.

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 3 Oshi-zushi

Sushi made by putting the

vinegared rice and toppings into

a mold. Most contain the same

ingredients as chirashi-zushi.

Note 5 Shusse Imo

Made using taro or sweet

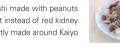
potatoes instead of rice, similar

to bean cakes. It's name comes

from the "potatoes getting a











Note 4 Shima Somen A dish unique to Tebaiima in Muc town. You dip the somen noodles into fish broth during festivals



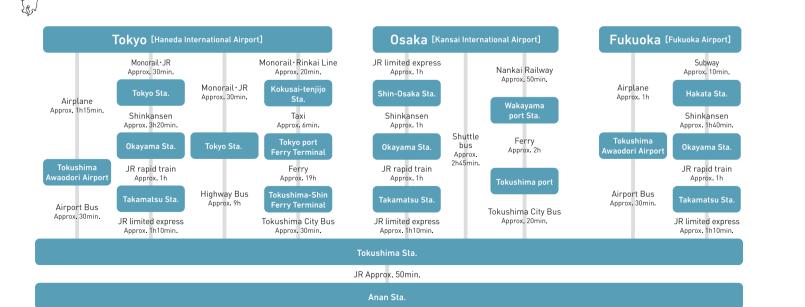


mixing waxy rice and no rice, cooking it, and the half-crushing it.









Click here for sightseeing Tourism Organization of information in the The LOWER RIGHT of Shikoku "South Tokushima

https://shikokunomigishita.jp/en/



Here is the list of restaurants where you can enjoy the local taste with region's cuisine.

# Enjoy our local specialties.

### ACARi CAFE



TEL: (+81) (0) 884-36-2288 56 Korekuni, Aratano Town, Anan City Open from 10:30 AM to 7:30 PM (last order 7:00 PM) (Served from 11:00 AM), Closed on Wednesdays Card O FREE Wi-Fi

Anan City

# TAKARA Shokuhin CO., LTD. Anan City

Whitebait from Tsubakidomari boiled as simply as

possible has a slight salty flavor. Try them with a

soy-based sauce, wasabi, ginger, or shiso. On

Saturdays and Sundays, the miso soup can be

changed to sobagome soup, a Tokushima regional

The soul food and beloved taste of the ordinary people. The skin of congers is soaked in a salty-sweet sauce and coiled around a bamboo stick to produce a food similar to chikuwa (fish paste cake). Its delicious taste spreads through your mouth more and more with every bite! The fleshy conger skin's characteristic chewiness makes this snack so interesting.



# Kitchen Marche Tsubaki Anan City

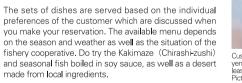




TEL: (+81) (0) 884-49-4779 5 Shoda, Tsubaki Town, Anan City
Open from 10:00 AM to 5:00 PM, \*Set available on Thursdays, 11:00 AM to 2:00 PM last order
Closed on Saturdays, Sundays and national holidays Card ×

Tsubaki Shizenen







course menu

TEL:(+81) (0)884-33-1127 45 Sei, Tsubaki Town, Anan City

1 night with dinner and breakfast from 8,500 yen per person Restaurant is open from 9:00 AM to

8:00 PM Irregular holiday Card × FREE Wi-Fi

### restaurant Kohan



The restaurant offers a free view over the Naka river from its windows. An entire large trout raised in the clear waters of Naka town is prepared as sushi and arranged in the shape of the original fish. It's called "Sugata Sushi".Dressed with sudachi and Kito yuzu, the acidity of these citrus fruits creates a refreshing taste.



TEL: (+81) (0)884-62-1171 4-7 Nishinono, Okubo, Naka Town, Naka County (Momijigawa Onseni night without meel from 6,400 yen per person Restaurant is open from 11:00 AM to 9:00 PM (last order 8:30 PM) \*On weekdays between 2:00 PM and 4:00 PM, only the coffee shop is ope Closed on third Tuesdays Card O FREE Wi-Fi

Look at how many places we found! The following restaurants and shops offer meals bringing out the best of the seafood procured from Tokushima's beautiful ocean, and traditional cuisine that has been passed down since generations

\*Prices are with tax included \*The information here is recent as of March 2020. Business hours, closing schedules, menu content and pricing for each store is subject to change; please inquire at each establishment for details. \*You may be required to pay hot spring tax in addition to standard lodging

# Aioi Farmer's Market Naka Town

Mugwort is added to freshly cooked glutinous rice which is

then crushed until only half of the grains remain intact. The

center, and sprinkled with roasted soy-bean flour to create

a Japanese confectionary called "Hangoroshi (half-killed)".

The Hangoroshi at Beans-Ai is hand-made by the mothers



TEL: (+81) (0)884-62-0950 6-5 Nishinono, Okubo, Naka Town, Naka County Open from 10:00 AM to 5:30 PM Closed on Thursdays Card ×

# Yutoan Cafe Kuruku



A cafe housed in a 60-vears old Japanese-style house. The vinegared rice prepared only with the juice of the Kito yuzu, a regional specialty, and salt is mixed with ingredients cooked in a salty-sweet soup. The set meal comes with a side dish and desert that also

Naka Town

TEL: (+81) (0) 90-4505-8313 25 Wokada, Minami, Kitou, Naka Town, Naka County Fridays from 11:30 AM to 1:30 PM (closed after running out of ingredients) Card ×

#### Tansuiso

make use of the yuzu peel.

in the farmer's family.



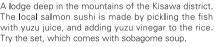
This inn also runs a trout farm, and it is possible to only visit the restaurant. It serves sushi arranged in the shape of its diligently bred trouts. The fresh aroma and acidity of the vukou, a citrus fruit that is rare even n Tokushima prefecture, and a solid saltiness make up the characteristic flavor of this dish.



TEL: (+81) (0)884-62-1378 147 Nagato, Takegatani, Naka Town, Naka County 1 night with dinner and breakfast from 7,000 yen per person Dining only from 11:00 AM (irregular closing times) (Please enquire in advance) Closed on Wednesdays Card ×

#### guest house Suginoko

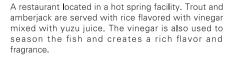




TEL: (+81) (0)80-6537-9319 18 Terauchi, Terauchi, Naka Town, Naka County 1 night with dinner and breakfast from 8,000 yen per person Open from 11:00 AM to 2:00 PM (complete reservation required) Card × FREE Wi-Fi

### restaurant Shiki no mori | Naka Town





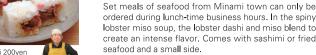
TEL: (+81) (0) 884-65-2116 3-3 Natsugiri, Yokodani, Naka Town, Naka County (Shikibidani Onsen) 1 night with breakfast from 7.800 yen per person (excluding tax). Restaurant is open from 11:00 AM to 9:00 PM (Admission until 8:00 PM, last order 8:30 PM), Closed on third Tuesdays (Open every day in August and November). Card x

## **Uohide**

### Mugi Town







Okonomiyaki Tekoya



| TEL:(+81) (0)884-72-2231 106-10 Honson, Nakamura, Mugi Town, Kaifu County (Shopping Center Poruto Mugi) Open from 9:30 AM to 7:30 PM closed on 2nd and 4th Wednesday Card ×



A dish with salty-sweet cooked Renko sea bream from Mugi town. It is considered good luck in this town to arrange two fish face-to-face on a plate. Enjoy taking apart the flavor-rich body full of protein.

This sushi's characteristic is the square shape it takes

when being sold at a fish dealer and it is filled with

ingredients cooked in a salty-sweet sauce. Passed

down to the shop owner from his grandmother, the

sourness of rice flavored with yuzu vinegar strikes a

perfect balance with the sweetness of shiitake

Pirate meals and live spiny lobster dishes Mugi Town

A noodle dish that is served at festivals or parties in

Tebajima, an outlying island of Mugi town. The Renko

sea bream (a member of the sea bream family), often

caught around Tebajima, is cooked in a salty-sweet soup

to make the base for the noodle soup. Thin omelette

strips and onions make for a vividly colored dish.

mushrooms and red kidney beans

Minshuku Shirakiya

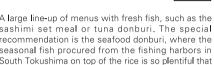
Hato no le



TEL:(+81) (0) 884-72-0788 68-2 Shiraki, Uchiduma, Mugi Town, Kaifu County 1 night with dinner and breakfast from 12,000 yen per person (excluding tax) Restaurant:Open from 11:30 AM to 10:00 PM (Advance reservation required before visiting / from 2 or more people) Irregular holidays Card O FREE Wi-Fi

Mugi Town

#### Aiimasa





TEL:(+81) (0) 884-73-0500 30-1 Ota, Asakawa, Kaiyo Town, Kaifu County Open from 11:00 AM to 8:00 PM Closed on 4th Thursdays (Occasional extra holidays) Card  $\times$ 

| TEL:(+81) (0)884-77-0073 41-1 Hiwasaura, Minami Town, Kaifu County Open from 11:30 AM to 1:00 PM, 5:30 PM to 8:00 PM Closed on Mondays Card ×

### Restaurant Ushio



soup or other varieties of spiny lobster dishes.

Yamada Hourai Dou

nother promotion.

Kaizoku no le

Shusse Imo, a local dish in Kaivo town, Traditionally

you would roll taro in bean paste, but this is made

with sweet potato paste rolled in their original bean

paste and Turkish delight, so that "the potatoes ge-

it hangs over the edges of the bowl.



Course menu 8-3 Shikagatani, Okuura, Kaiyo Town, Kaifu County(Fureai no Yado Yu-yu NASA) night without meal from 7.260 yen per person )pen from 11:30 AM to 2:00 PM(1:45LO), 5:30 PM to 8:00 PM (7:50LO) #Please enquire in advance )pen everyday Card O FREE Wi-Fi

# Michi-no-eki Hiwasa

Restaurant Murakami

added to upgrade the meal.

Niiya Kamabokoten

Originally a meal for fishermen, bigfin reef squids

fresh out of the waters of Kaifu district are carefully

Abalone, sea urchin, and lobster from South Tokushima

are finely minced and made into an extravagant

kamaboko (processed paste from minced fish) with an

interesting crispy firmness and rich seafood flavor. A total of five varieties, including one with crab, are



TEL: (+81) (0) 884-72-0065 (Mugi town tourism bureau) "Tebajima" Mugiura, Mugi Town Kaifu County Open from 11:00 AM to 3:00 PM Irregular holidays Card ×

A store with a line-up of all the town's local specialties. The bigfin reef squid caught in Minami town and pickled in soy-sauce, mirin, or sake is a delicacy when eaten on rice. The flavor of the squid spreads through your mouth with every bite and is worthy of a port city.



| TEL:(+81) (0)884-77-2121 493-6 Teramae, Okugawachi, Minami Town, Kaifu County Open from 9:00 AM to 6:00 PM (Open from 8:00 AM on Sundays and public holiday) Open everyday Card ×

TEL: (+81) (0)884-77-0083 68-1 Benzaiten, Okugawachi, Minami Town, Kaifu County Open from 11:00 AM to 2:00 PM, 5:00 PM to 8:00 PM Closed on Tuesdays Card ×

Minami Town



prepared Crunchy sashimi, squid arms broiled in a salty-sweet soup, squid fried Chinese style, slow-boiled eggs, and thin omelette strips can be



shellfish, and other fish grilled in the net, as the main course, with a miso soup of spiny lobster as side dish.

This restaurant serves seafood caught by the shop owner, a fisherman, himself. The luxurious set consist of "pirate fry", spiny lobster caught by net fishing

TEL:(+81) (0) 884-76-2707 84-4 Kome, Shishikuiura, Kaiyo Town, Kaifu County Open from noon to sunset ,Advance reservation recommended Irregular holidays, Closed on days with bad weather Card >

Anan City

#### Getting a taste of the happiness in South Tokushima Have you heard of the Minami Awa donburi?

It is a donburi that has pinned down the rich foods" of South Tokushima, a meal consisting of rice heaped into a bowl and laden with

Among the selection above, the bigfin reef squid donburi at "Restaurant Murakami" and the seafood donburi at "Ajimasa" have been certified as Minami Awa donburi.



TEL:(+81) (0)884-78-0286 535-1 Kiki, Minami Town, Kaifu County Open from 6:00 AM to 5:00 PM Closed on Sundays Card X