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## Aman Tokyo

At Musashi by Aman, the hotel's sushi restaurant on the 34th floor, master chef Hiroyuki Musashi calls on his over 30 years' experience as he makes Edomae-style sushi with uncompromising craftsmanship. Guests sit at the hinoki-wood counter and watch him work his magic. Guests not staying at the hotel are also welcome. (Lunch ¥20,000, dinner ¥25,000, plus tax and service charge)



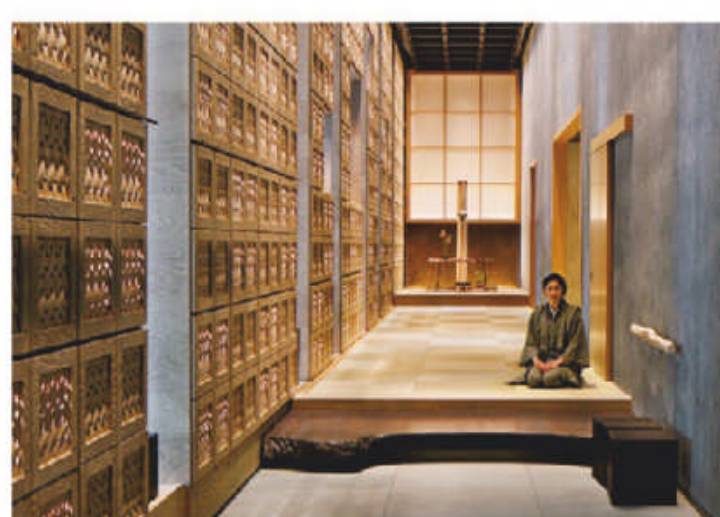
Otemachi Tower,  
1-5-6 Ote-machi,  
Chiyoda-ku, Tokyo  
Tel. 03-5224-3333  
[amantokyo.com](http://amantokyo.com)

Restaurant reservations  
Tel. 03-5224-3339

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## Hoshinoya Tokyo

Hoshinoya Tokyo incorporates elements of a traditional wooden Japanese ryokan, occupying 17 stories above ground and two basement floors in the heart of the Otemachi business district. As guests step into the tatami-mat-clad interior, they shed their shoes and their cares, surrounded by beautiful art and crafts and attended by Hoshinoya's expert staff.



1-9-1 Ote-machi,  
Chiyoda-ku, Tokyo  
Tel. 050-3786-1144  
[hoshinoya.com/en](http://hoshinoya.com/en)

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## Four Seasons Hotel Tokyo at Marunouchi

Four Seasons Hotel Tokyo at Marunouchi is a boutique hotel directly connected to the underground mall of Tokyo Station. The hotel's Motif Restaurant & Bar is offering a "Champagne Free Flow" (from ¥7,000), in which guests can enjoy unlimited champagne, wine, and cocktails along with sumptuous cuisine by Motif chef Hiroyuki Asano while they relax in sophisticated luxury.



Pacific Century Place,  
1-1-1 Marunouchi,  
Chiyoda-ku, Tokyo  
Tel. 03-5222-7222  
[www.fourseasons.com/tokyo](http://www.fourseasons.com/tokyo)

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## Shangri-La Hotel, Tokyo

The Horizon Club lounge, on the hotel's 37th floor, is available for the exclusive use of guests in the suites and some rooms. Guests can check in and out, relax, and have breakfast, afternoon tea, and evening cocktails, attended by a dedicated concierge. The decor is inspired by the novel *Lost Horizon*, from which the Shangri-La hotels get their name.



Marunouchi Trust Tower  
Main, 1-8-3 Marunouchi,  
Chiyoda-ku, Tokyo  
Tel. 03-6739-7888  
[shangri-la.com](http://shangri-la.com)

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## The Tokyo Station Hotel

The Tokyo Station Hotel and French luxury fragrance brand Histoires de Parfums have tied up to create a fragrance and bathroom amenities line, "Est. 1915," named for the year the hotel was opened. The products embody the hotel's elegance and sophistication and convey its history through the language of aroma. They are provided in 134 of the hotel's guest rooms.



1-9-1 Marunouchi,  
Chiyoda-ku, Tokyo  
Tel. 03-5220-1111  
[thetokystationhotel.jp](http://thetokystationhotel.jp)



家庭画報

Culture | Food | Arts | Nature

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<https://int.kateigaho.com>

Vol. 45

SPRING / SUMMER 2020

# Japan EDITION

Bonus Booklet  
**Prismatic Ginza**  
別冊付録

## Book in a Book

This issue's contents in Japanese  
日本語テキスト付き



# Delectable Japan





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# Delectable Japan

## 010 Hearty Beginnings

While traveling, some people tend to have just a light breakfast at their hotel, but there are plenty of intriguing options. Get up early to sample the morning fare at a café set amid the season's fresh greenery. Visit a lively market where you can tuck into a rice bowl brimming with fresh seafood. Step back in history with breakfast at a traditional Kyoto *machiya* townhouse. Or try your hand at preparing a traditional Japanese breakfast yourself. Here are ideas to give your day a memorable start.

## 018 Midday Delights

When hunger pangs strike, enjoy lunch at some of Japan's most popular restaurants—from an udon-noodle joint to a French-accented *monja* comfort-food maker and a long-established purveyor of traditional rice balls. Buy lunch to go from a farm that's leading the way in natural field management. Or sit down for cutting-edge *shojin-ryori* vegetarian temple cuisine, or certified halal offerings.

## 030 Bringing Hokkaido Wine to the World

In wintertime the grapevines of Yoichi, Hokkaido, are slumbering under snow, but at Camel Farm Winery the work to produce fine wine goes on in every season. Using fruit grown at the northernmost latitude known in Japan for wine-making, this winery is one to watch.

## 038 Savory Traditions

Fermentation is the foundation of Japanese cuisine. Soy sauce, miso, and sake are all born through the action of microorganisms and the careful attention given to the process by skilled workers. We visit makers of fermented products and introduce several restaurants using fermented foods to create delicious dishes.

## 052 Repasts to Remember

There are so many great restaurants all over Japan—from washoku and sushi to Chinese and French—that we're spoiled for choice. Michelin-starred establishments, in particular, are a must on every gourmet's list. In addition, visitors to Japan should make a point of dining at places with counter bars and open kitchens, where the chefs' virtuoso skills add spice to very special meals.



Wonderful shine starts here.



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- 006**     ***Itadakimasu* — Welcome to the land of *hashi***  
Japanese, who believe that divinity lies in all things under the sun, express their gratitude for sustenance at every meal with the word “*itadakimasu*,” meaning “I partake.” Chopsticks (*hashi*) developed as a tool linking the gods, food, and human life.
  
- 028**     **DesignLab — Products: Arty, eco-friendly Kami-waraji cardboard sandals**
  
- 050**     ***Ohagi*: A Sweet Evolution**
  
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The issue’s contents in Japanese

## **Bonus Booklet** Prismatic Ginza

*Cover:*

*Photography by Shunsuke Musashi*

*Styling by Mie Abe*

*Vegetables from Food Culture Renaissance*

*These pages: Chiyogami courtesy of Isetatsu*

Please note: The prices of products and services featured on the pages of *KIJE* are quoted in their pre-tax base form, except where otherwise specified. All prices are as of February 17, 2020. Consumption tax should be added to the base price. Base price and shop information are subject to change. Please also be aware that the colors and textures of products shown in the photographs may differ slightly from the actual merchandise.

Visit the KIJE website:  
Turn to page 69 for more information.





# ITADAKIMASU

## Welcome to the Land of Hashi

In Japanese, the word *hashi* has several meanings. In its original sense, it refers to a means of safely crossing a gap between two points—that is, a bridge. Chopsticks are also called *hashi*, perhaps because, in conveying food from the plate to one's mouth, they create a bridge between the body and the gods who provide sustenance. To express gratitude for this gift, Japanese say, “Itadakimasu,” or “I partake,” before they begin to eat.

The people of Japan have long taken pleasure in using specially selected personal chopsticks. In Edo (now Tokyo), which was the center of austere samurai culture, people generally gravitated toward simple, sturdy chopsticks made from high-quality natural materials. In Kyoto, the center of refined court culture, the chopsticks were often lacquered, sometimes with flecks of silver and gold. And craftsmen near the coast might decorate their chopsticks with mother-of-pearl. Which style would you choose? Try some for yourself, and see how a handsome pair of chopsticks can enhance your enjoyment of a fine Japanese meal.

*Photography by Shunsuke Musashi. Styling by Mie Abe. Text by Toko Suzuki. Special thanks to Ginza Natsuno*



The unique color gradations and patterns in the wood give these finely tapered chopsticks a distinctive flair. Shown here, from top, are Shimidake (stained bamboo; ¥8,470) and Goma-dake (sesame bamboo; ¥4,950); Honzakura (cherry; ¥6,050); Kaede (maple; ¥8,250); Shikkoku (African blackwood; ¥18,700), with a beautifully contrasting light sapwood and dark heartwood; and Honkokutan (black ebony; ¥22,000). All chopsticks are from vendor A (see page 9).









Mother-of-pearl—the iridescent material inside mollusk shells—is the material traditionally used for decorating chopsticks in the *raden* style. Craftsmen from Wakasa in Fukui prefecture, a region on the coast that has long served the refined Kyoto market, are particularly

renowned for this work. From left: Hyotan (gourd; ¥3,300, B); Kurogaki (black persimmon; ¥5,500, B); Tamamushi (jewel beetle; Kyoto lacquer; ¥16,500, C); Matsuba (pine needles; Wakasa lacquer; ¥22,000, D); and Kokutan Tensoge (ebony with planed end; Edo lacquer; ¥18,700, C).





A. Kyoto Ohashi Kobo [www.kyoto-ohashi.com](http://www.kyoto-ohashi.com)  
B. Matsuda Makie, tel. 0778-65-0760 (Japanese only)  
C. Ginza Natsuno [www.e-ohashi.com/english](http://www.e-ohashi.com/english)  
D. Japan Traditional Crafts Aoyama Square [kougeihin.jp/en](http://kougeihin.jp/en)

Touches of gold beneath the lacquer give these chopsticks a particularly sumptuous look. They are from Tohoku and Hokuriku in Japan's northeast, where winters bring deep snow. The lacquer is applied in multiple thin layers, in a time-consuming process that creates products of unmatched durability.

From left to right: Hatsune-zu (first song of spring; Wajima lacquer; ¥440,000, C); Kozuchi (mallet; Wajima lacquer; ¥27,500, C); Sakura Chirashi (scattered cherry blossoms) in black (large) and red (medium) (Yamanaka lacquer; ¥55,000 each, C); and Shochikubai (pine, bamboo, apricot; Aizu lacquer; ¥5,500, D).



# Wake Up to Savory Japan

*Photography by Shunsuke Musashi (pages 10–12), Hoshito Omija (pages 13–14),  
and Yukiyo Daido (pages 16–17)*

*Text by Aya Ichiriki (pages 10–15) and Miki Tsuji (pages 16–17)*

How about getting up a little early tomorrow to start your day with something different—a Japanese-style breakfast to delight the body and mind, fresh regional flavors to enjoy in the soft morning light, and unusual experiences rich in local color.



The nourishing Asacha breakfast served at Yakumo Saryo represents the classic Japanese-style breakfast of the traditional *ichiju-sansai* formula (one soup and three dishes along with rice). The extremely simple but beautiful presentation—arranged in a nesting set of lacquerware bowls called *oryoki*, traditionally used by Zen monks—enhances the pure tastes of the ingredients. Choose from freshly cooked porridge, comfortingly mild first thing in the morning, or rice.







**Left, from top:** The tea preparation is conducted in a flowing movement. The rare stems of Kyoto-grown *tencha*, whose leaves are ground to make matcha green tea, are swiftly roasted over high heat to produce the fragrant *hojicha*. Also on the premises—filled with refinement down to the smallest details—is the wagashi shop Baishinka, which showcases Japanese sweets made with the utmost care and artisanship, carrying on traditions while exploring innovative ingredients and forms. A gallery space exhibits craft works.

3-4-7 Yakumo, Meguro-ku, Tokyo  
Tel. 03-5731-1620  
9 AM to 5 PM  
Closed Sundays and holidays  
Asacha from 10 AM, ¥3,200;  
reservations required  
Tea and wagashi sets and lunch  
kaiseki menus are also available.  
All guests must be at least 12 years  
of age.  
[yakumosaryo.jp/e](http://yakumosaryo.jp/e)

## Steeped in quietude evoking the spirit of tea

### Yakumo Saryo

As you glimpse green foliage in the garden outside and notice the soft light bathing the walls, all you hear is the faint sound of water boiling in a tea kettle. Despite the central Tokyo locale, quiet engulfs you inside the Sabo tea house of Yakumo Saryo. This refined establishment nestles within the verdure and thick stone walls of a renovated residence of the early Showa period (1926–1945). Renown has come from creations such as *wagashi* sweets, teas, and cuisine served on original wares and based on Japan's traditional food culture and festivities closely attuned to the seasons.

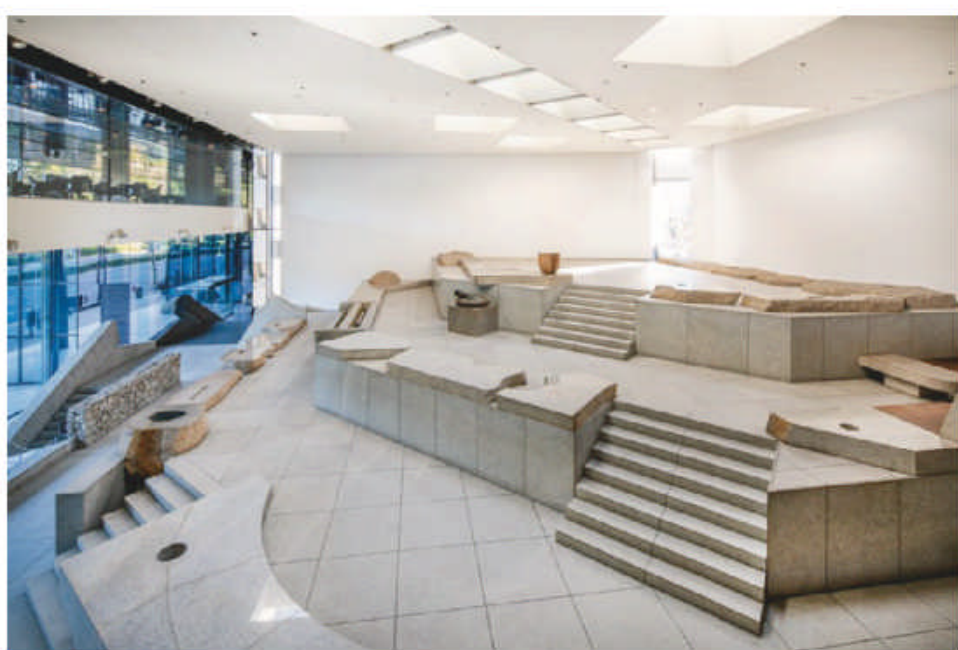
Dinner is served by introduction only, but the Asacha breakfast can be savored at the tea house by reservation. This meal offers a more casual opportunity to relish the essence of kaiseki cuisine traditionally partaken with the tea ceremony. Served at a relaxed pace over the course of about an hour and a half, Asacha starts and ends with tea. First comes a tea with a seasonal flavor, a different one each month—for instance, cherry blossoms in spring, perilla and *sudachi* citrus in summer, and yuzu citrus in winter. The aroma helps to gently awaken your body. Then a freshly roasted *hojicha* is served to prepare your stomach for the first meal of the day.

The basic year-round menu is grilled sun-dried fish, *tamago-yaki* omelets, miso soup, and *tsukudani* condiments and pickles, featuring the best ingredients and rice in each season. The satisfying breakfast concludes with a selection of wagashi sweets and matcha green tea, treating you to a rich morning experience.



# Energize your morning in a verdant urban oasis

## Connel Coffee



**Top and top right:** The morning buffet offers a range of choices, sometimes including cheeses and meats directly imported from Italy.

**Above:** Another noteworthy feature of the Sogetsu Kaikan is the indoor stone garden "Heaven" dynamically arranged by Isamu Noguchi in the two-story atrium. Exhibitions of Sogetsu ikebana flower arrangements, arts events, and other functions are held in this spectacular space. Food and drinks from the café can also be enjoyed in the glass-fronted second-floor lounge overlooking the stone garden (top left in the photograph).

Photography cooperation by Sogetsu Foundation

Sogetsu Kaikan 2F, 7-2-21 Akasaka, Minato-ku, Tokyo; tel. 03-6434-0192  
9 AM to 6 PM; 11 AM to 5 PM Saturdays; closed Sundays and holidays  
Morning buffet 9 to 11 AM, ¥850 including tax (additional charge for the second serving of drinks)  
Lunch buffet starts at 11:45 AM  
[connelcoffee.jp](http://connelcoffee.jp)



The Sogetsu Kaikan building, where the Sogetsu school of ikebana is headquartered, has been a landmark in Tokyo's Akasaka area since it was unveiled in 1977, the work of famed architect Kenzo Tange. On the second floor of this grand building is the café Connell Coffee, with mellow jazz playing in the background. It's a bit of a walk from the nearest subway station, and the neighborhood is rather quiet, but the café is a favorite haunt for Sogetsu students and people working nearby.

The enticing breakfast buffet presents a colorful array of fresh vegetables from a Chiba-prefecture farm, as well as rich yogurt, fruit, and more. Several types of house-made bread can be toasted to your liking. The café brews top-notch drip coffee using house-roasted beans imported from Bondolfi Boncaffè, an established purveyor in Rome for more than 150 years. Settle in for your meal at the long, eye-catching counter that seats 20 in front of an impressive floor-to-ceiling window looking over the greenery of the Takahashi Korekiyo Memorial Park right outside.

The minimal but welcoming café was refurbished from a former restaurant space by the world-renowned design firm Nendo, which set up its office in the Sogetsu Kaikan building four years ago. With its trademark playfulness Nendo designed not only the interior but coffee cups, cereal bowls, cutlery, and other items. Start your day fortified by authentic Italian flavors, seasonal Japanese produce, and the spark of refined design.



# Feel the early-morning energy of Tokyo's kitchen

## Nakaya — Toyosu Market

In autumn 2018 Tokyo's central wholesale market relocated from Tsukiji to Toyosu. It's a bustling early-morning scene of food-trade professionals and local shoppers as well as visitors. The lively tuna auction, visible from an observation deck, is a big draw. While there, why not sample the day's freshest catch? Among

popular eateries, Nakaya, a market stalwart for nearly 20 years, is conspicuous for its long queues. It specializes in rice bowls topped with seafood, beloved by visitors and market workers alike.

The entry signboard has numbered photographs that make ordering easy. Pictured at top right is a combination of lean tuna, plump sea urchin, and salmon roe. The rice is cooked al dente, with pleasant saltiness and a light hint of sushi vinegar. Because Nakaya is directly operated by an intermediate wholesaler, visitors can relish the best and freshest of the day at reasonable prices.



Toyosu Market Block 6, Fisheries Intermediate Wholesale Market Bldg. 3F, 6-5-1 Toyosu, Koto-ku, Tokyo; tel. 03-6636-0211  
5:30 AM to 1:30 PM; closed Sundays, holidays, and days designated on the market calendar [www.shijou.metro.tokyo.lg.jp/english/toyosu](http://www.shijou.metro.tokyo.lg.jp/english/toyosu)  
Sea urchin, salmon roe, and tuna bowl, ¥2,000



The hot pot and practice session pictured here represent what you might see and experience on a sumo-stable visit; note that the hot pot is not served to visitors on a regular basis. As programs and reservation systems vary according to the stable, check the information on their individual websites, or look for experiences arranged by travel agencies or cultural programs. For tournament information on Japan's national sport, visit: [sumo.or.jp/en](http://sumo.or.jp/en)

## Get an unforgettable look at action in a sumo stable

Waking up in Tokyo? How about venturing out for an unusual morning experience? More than 40 sumo stables operate in Tokyo and its vicinity, and many of them allow visitors to watch part of their training sessions. A typical program for a visit starts around 8 AM with observation of the morning training.

Then some programs may include the opportunity to taste the hearty, nourishing *chankonabe* hot pot featuring a wide range of ingredients—the sumo wrestlers' power food.

In the bracing air of early morning, you can feel the energy of the wrestlers engaged in their traditional training routines, such as the *shiko* stomping exercise of lifting and bringing down each leg in turn, the *suriashi* movement of sliding forward while keeping their legs wide apart, and practice matches in the sacred sumo ring. The experience will remain etched in your memory long after your trip to Japan is over.





# Breakfast in some unexpected places

## A beloved boulangerie's museum café

Located in an exclusive holiday-home district, the Hiroshi Senju Museum Karuizawa opened in 2011 in a stunning light-filled space designed by architect Ryue Nishizawa. Besides seeing around 50 artworks by Japanese painter Senju, you can combine a visit with a breakfast stop at the adjacent Boulangerie Asanoya, which opens its doors earlier than the museum does. This branch of a venerable shop in Karuizawa is filled with the aromas of fresh baking and offers a wide, mouth-watering selection of delicious breads. Many of these are proprietary to Asanoya, such as the popular Tomato and Mozzarella bread (¥264) and the Brioche Orange (¥396 for a half loaf), both pictured in the basket at right. Once you've enjoyed your fill in the café, immerse yourself in the museum galleries and the verdant setting that surrounds them.



Photographs by Susumu Tsunoda (top) and Daici Ano (bottom ©Hiroshi Senju Museum Karuizawa)

815 Nagakura, Karuizawa, Nagano; tel. 0267-46-0211. 9 AM to 5 PM; 8 AM to 6 PM in July and August; closed December 26 through February and Tuesdays from November to early March. Museum website: [www.senju-museum.jp/en](http://www.senju-museum.jp/en)

## Enjoy a relaxing late breakfast and foot soak

The Naraya Café was created on the former site of a traditional inn by the same name that operated in the Miyanoshita district of Hakone for 300 years. The café makes use of the old ryokan's hot spring to provide a foot spa. There's also a relaxing space with a gallery and shop. You can take in the views of the Hakone mountains while soaking your feet in the open-air spa. For a leisurely and slightly later-than-usual breakfast, café offerings include hot dogs (¥480) and oven-baked pizza (from ¥1,100). There are also options perfect for posting on social media, such as the matcha set (¥700) at right, which comes with the Narayan gourd-shaped wafer filled with sweet bean paste. Part of the space is undergoing renovation, which will be completed in May to offer an even more enticing experience.



404-13 Miyanoshita, Hakone-machi, Kanagawa  
Tel. 0460-82-1259  
10:30 AM to 6 PM; to 5 PM December to January; closed Wednesdays and the fourth Thursday of the month [www.naraya-cafe.com](http://www.naraya-cafe.com)

Breakfast can be much more than a meal. Here we suggest some experiences, each offering something special. Local charms, terrain, and traditions add fun to your morning sustenance.

## Dine on delicacies while riding the rails

Fine dining is assured aboard JR East's luxury Train Suite Shiki-Shima as it speeds along routes between eastern Japan and Hokkaido. To the accompaniment of jaw-dropping views, you can partake of delicious meals, including of course breakfast, composed of choice ingredients from each locality you pass through. While rolling through the Shonai region of Yamagata prefecture, for example, you'll greet the morning with a meal prepared by Masayuki Okuda, chef at noted local Italian restaurant Al-ché-cciano. Passing by the



Sea of Japan, enjoy a variety of fruits and vegetables, nourishing foods from the mountains, and fresh seafood. Available trips vary with the seasons. Choose to book for one night and two days, or three nights and four days, taking in numerous natural and cultural attractions in eastern Japan.

Train Suite Shiki-Shima has 10 carriages including two observation cars, a lounge and dining room, and six carriages with 17 suites. See website for informations and reservations. [www.jreast.co.jp/shiki-shima/en](http://www.jreast.co.jp/shiki-shima/en)

## Take home breakfast recipes as souvenirs

Kayanoya uses select ingredients to produce seasonings for Japanese cooking, such as soy sauce, miso, and bases for dashi stock. It also runs a breakfast cooking class for overseas visitors to Kyushu. Classes take place at Kayanoya's event space in the Hakata Riverain shopping mall in Fukuoka. Participants learn how to turn out staple Japanese breakfast dishes such as rice balls, rolled omelet, and delicious miso soup made just by adding hot water to balls of miso paste mixed in with other ingredients. The dishes are ready to eat at the end of the 90-minute class. Not only do students get to enjoy the dishes they've cooked up, they can also take home the recipes as souvenirs and bring Japanese cooking into their everyday lifestyle.



Hakata Riverain 1F, 3-1 Shimokawabata-machi, Hakata-ku, Fukuoka  
Classes by reservation, from 10:30 AM to around noon, ¥3,000  
See website for reservations: [suite.inboundhub.jp/en/experiences](http://suite.inboundhub.jp/en/experiences)  
Kayanoya website: [kayanoya.com/en](http://kayanoya.com/en)





## Start your day the elegant way, in a nun's tea house

### Mogana



**Top:** The moon-viewing pavilion partway along the corridor to the Kaisando is said to be where Nene contemplated the moon.

**Above:** Breakfast includes soup, and rice cooked in a clay pot; the spring garden of the head priest's quarters has weeping cherry trees in bloom.

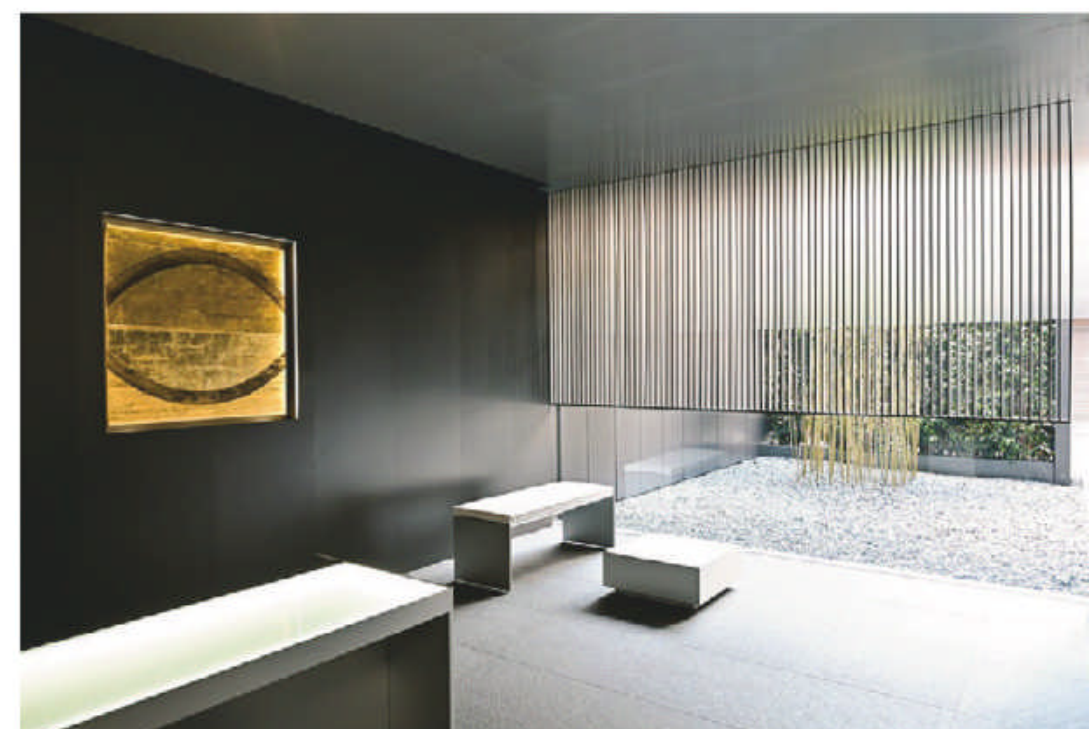
**Right:** Mogana's chic Japanese-modern lobby.

Nene, the widow of Toyotomi Hideyoshi, the 16th-century general who unified Japan's warring domains, built Kodaiji temple after becoming a nun. There she prayed for the repose of Hideyoshi's soul, and she made it her home in later years.

Situated in Kyoto's Higashiyama district, the temple is around 15 minutes by car from Kyoto Station. Though fires over the years destroyed several temple buildings, other structures such as the Kaisando, enshrining the first head priest, and the Kasatei and Shiguretei tea houses, said to be the designs of legendary tea master Sen no Rikyu, remain as they have been for centuries.

The hotel Mogana offers guests an invaluable cultural opportunity that includes exclusive morning access to the historic complex, along with sightseeing and breakfast. The experience begins at 8 AM with a tour, guided by temple staff, of the Kasatei and Shiguretei, plus the sloping Garyuro roofed corridor and other areas seldom open to the public. This is followed by a half-hour sermon from the head priest. The next stop is the Kogetsuan tea house, usually off limits to visitors,

to enjoy a bento boxed meal courtesy of popular restaurant Higashiyama Yoshihisa. Surrounded by spring growth in the gardens beyond the sliding doors, guests sample subtly flavored seasonal specialties, and conclude breakfast with palate-cleansing matcha tea, rounding off an elegant and enlightening start to the day.



450 Tsuboya-cho, Ogawa-dori Oike-sagaru, Nakagyo-ku, Kyoto; tel. 075-606-5281

Kodaiji exclusive morning sightseeing and breakfast plan from ¥43,450 per person for double occupancy including tax and service charge; booking must be at least 40 days before arrival [yadomogana.com/en](http://yadomogana.com/en)



# History comes to life at an 80-year-old townhouse

## The General Kyoto

The General Kyoto hotel consists of five separate buildings dotted around the city's Shijo district. Last year they were joined by the breakfast and tea venue Tominokoji-dori Salon, inside a former Kyoto-style *machiya* townhouse built in the 1930s and carefully restored to retain the original character and ambience.

Stepping inside, guests find themselves in a spacious room with a high ceiling and earthen floor, where the aroma of

freshly cooked rice wafts from the old-style *okudosan* stove. The dining room features art and crafts that complement the traditional architecture. Seated at a table on the tatami floor, guests are served a hearty breakfast including grilled fish procured from a local fishmonger, Kyoto-style rolled omelet, and even a hot pot made with soy milk, all adding up to a memorable morning repast and equally memorable experience of old Kyoto.



190 Ebisuya-cho, Tominokoji-dori Takatsuji-sagaru, Shimogyo-ku, Kyoto  
Tel. 075-746-3697 (hotel front desk)  
[globalhotels.jp/en/facility/tomikojidorisalon](http://globalhotels.jp/en/facility/tomikojidorisalon)



**Above:** Japanese breakfast is made using only the best ingredients. The General Kyoto says it is continually fine-tuning content and flavorings to offer tempting fare for both Japanese and overseas visitors.

**Far left:** Koshihikari rice from nearby Kyotango is cooked the traditional way.

**Left:** The flagstone entrance to the salon adds to the *machiya* atmosphere.

# Step away from the everyday to reset your body and soul

## Ryosokuin

Worth a try for anyone feeling overwhelmed by the hectic pace of modern life is zazen, the Zen seated meditation practice that seeks to cultivate inner calm and concentrate the mind. Though this may seem difficult for beginners to achieve, there's a temple that will patiently take you through the process, step by step.

Under the guidance of Toryo Ito, deputy head priest at the Ryosokuin temple in Kyoto, participants begin by learning how to sit. Ito says, "Adopting a good posture releases tension from the body, and giving awareness to our breath allows us to let go of distracting thoughts and gain a sense of being at one with nature." After an hour of meditation comes a breakfast of rice porridge with the exhortation to "Turn your awareness to the food in front of you, and give thanks for life as you eat."

**Top:** Zazen and breakfast are available for groups of 20 or more, by reservation only. The deputy head priest also provides instruction in English.  
**Bottom:** The breakfast, prepared by a Kyoto caterer, contains a seasonal simmered dish, dried strips of daikon radish, and pickles to eat with the porridge.



591 Komatsu-cho, Higashiyama-ku, Kyoto  
Tel. 075-561-3216

Zazen and rice porridge experience, ¥4,000 (2 hours, minimum 20 people; English language available)  
[ryosokuin.com](http://ryosokuin.com)



# Pick-me-ups

in the metropolis



There's always a throng of patrons waiting outside TsuruTonTan. Many come for such favorites as Kitsune no Odon with its extra-large, juicy piece of deep-fried tofu. Counter seats overlook one of the best photo spots in Tokyo—Shibuya's Scramble Crossing.





Sizzling on the griddle at Moheji are hearty ingredients starring lobster and wafting a savory aroma. The restaurant has transformed a *shitamachi* “old Tokyo” soul food in chic French style. Mixed in the batter is stock made with seafood and white wine, enhancing the lobster.

Having explored Tokyo, visiting the must-see attractions, you’ll likely feel hunger pangs. It’s time for lunch, but where? The casual eateries featured on these pages—some newly opened, others much talked about—certainly fit the bill.

*Photography by Wataru Nishiyama (pages 18, 20, 24–25, and 27), Shunsuke Musashi (pages 19, 20–21, and 26), and Hoshito Omija (pages 21–23, 25, and 27)*  
*Text by Aki Hirayama (pages 22–23), Miki Tsuji (page 25 right), and Aya Ichiriki*





### TsuruTonTan Udon Noodle Brasserie Shibuya

Shibuya Scramble Square 13F  
11 AM to midnight (last orders  
11 PM for food, 11:30 for drinks)  
Kitsune no Oudon, ¥880; Men-  
taiko Cream no Oudon, ¥1,380  
Options include à la carte and  
multicourse menus  
[tsurutontan.co.jp](http://tsurutontan.co.jp)



### Moheji

Shibuya Scramble Square 12F  
11 AM to 11 PM (last orders 10 PM)  
Homard Bisque Monja, ¥2,800;  
Mentaiko and Mochi Monja, ¥1,600  
Prices include tax  
[kano-corp.tokyo/store](http://kano-corp.tokyo/store)

## Taste udon and konamon at the trendiest spots

### TsuruTonTan Udon Noodle Brasserie Shibuya / Moheji

Amid the massive redevelopment project in Shibuya, a new landmark opened in autumn 2019. The sleek Shibuya Scramble Square tower devotes its 12th and 13th floors to numerous restaurants, where eager customers are queuing up. One such eatery is TsuruTonTan, part of a chain operating in Tokyo, Osaka, and the United States that is noted for its innovations on the Japanese fast food udon noodles. Each branch has its own concept, but all are committed to quality ingredients and preparations, and to a certain sense of playfulness.

Original recipes devised by the first TsuruTonTan, established in Osaka 30 years ago, for the soup stock and smooth, firm noodles are faithfully observed. The favorite Kitsune no Oudon (page 18) is always on offer; most popular right now in Shibuya are creamy varieties such as Mentaiko Cream no Oudon (pictured at top left), made with salted cod roe spiced with red pepper. Servings come in signature oversized ceramic bowls handcrafted in Mino exclusively for this TsuruTonTan. The versatile new-style udon restaurant offers a varied menu and a bar counter for apéritifs or drinks. To accompany the background music, LED screens in the pillars flash images evoking ever-hip Shibuya.

Another spot to seek out in the new tower is Moheji, with its neon-lit “MONJA” sign. *Monja* is a wheat-flour batter made with dashi stock and cooked on a griddle with hearty ingredients. It’s in the class of fast-casual gourmet food based on wheat flour and called *konamon*; *okonomiyaki* pancakes are another example. You eat both crispy and creamy parts with a small spatula. Moheji’s main restaurant is renowned among the scores of monja makers in the Tsukishima area of Tokyo. The new Shibuya joint is French-themed with the words *traditionnel* and *innovante* heading the menu: the Mentaiko and Mochi Monja (pictured at bottom left) containing rice cakes is an old favorite, while the French-Japanese hybrid Homard Bisque Monja is on the innovative list. Choices of toppings and sauces add even more options to your dining adventure. Moheji also offers stylish à la carte dishes, drinks, and novel wine and monja pairings.



### Shibuya Scramble Square

The 230-meter skyscraper is topped by the observation deck Shibuya Sky commanding a 360-degree panorama of Tokyo. This 45th-floor perch is a new must-see spot in the metropolis.  
2-24-12 Shibuya, Shibuya-ku, Tokyo  
Tel. 03-4221-4280 (shops and restaurants),  
03-4221-0229 (Shibuya Sky)  
[shibuya-scramble-square.com/en](http://shibuya-scramble-square.com/en)





3-9-10 Asakusa, Taito-ku, Tokyo  
Tel. 03-3874-1615  
Daytime from 11:30 AM, evening from 6 PM (both until rice runs out)  
Closed Tuesday and Wednesday evenings, Sunday daytime  
Onigiri, from ¥270; sets of onigiri and miso soup also available  
[onigiriyadoroku.com/english](http://onigiriyadoroku.com/english)

## Relax with the taste of Japanese home cooking

### Yadoroku

For most Japanese, *onigiri* rice balls represent the comforting taste of home. Yadoroku, in Tokyo's Asakusa area, has become the first onigiri restaurant to earn a spot on the Bib Gourmand list of the *Michelin Guide Tokyo*, for two consecutive years. In the daytime, third-generation chef Yosuke Miura serves across the counter in the style the restaurant has maintained since opening nearly 70 years ago. Rice is shaped around some 15 kinds of fillings (at right) including salmon, bonito shavings, kombu, and crunchy pickled burdock root. The onigiri are warm and fluffy, wrapped in Yadoroku's signature outsized, delicately fragrant nori. By tracing the memory of his grandmother's onigiri that he grew up eating, Miura strives to establish his own style. Preparing onigiri around the world using local ingredients, such as at the Milan Expo, has convinced him that "one appeal of onigiri is the freedom to use any filling." He says, "It's fast-food washoku that's so easy anyone can make it. You just need rice, nori, and fillings. What's not to love?"



## Experience stylish cold soba, the working folks' favorite

### Minatoya 2

It's easy to miss the entry to this mysterious-looking black box of a restaurant. Outside stand ticket-vending machines, each with just one button for the sole menu item, Cold Pork Soba. The establishment is Minatoya 2, whose ardent fans line up daily for fare that often sells out before closing time. The simple yet perfectly crafted soba features thick, firm noodles topped with a heaping portion of thinly sliced pork, scallions, sesame seeds, and nori. Chili oil spices up the slightly sweet sauce, and you can vary the flavors by adding an egg or tempura crumbs. The generous serving signifies the shop's support—a "treat"—for customers putting in a hard day's work. About 10 people at a time can stand at the sole counter. Smoked glass masks views in and out, and both decor and service are stylishly minimal, reminiscent of the Zen spirit, or the hospitality with which the host receives guests at a tea ceremony. Queue up—a unique experience awaits, condensed in the 15 minutes it takes to eat a bowl of soba.

Hoshinoya Tokyo 1F, 1-9-1 Ote-machi, Chiyoda-ku, Tokyo  
11:30 AM to 8 PM (or until sold out)  
Cold Pork Soba, ¥1,000





# Healthy eating, farm to table

Japan's food scene benefits from many things: farming practices that unlock the powerful potential of the earth, the plant-based cuisine of *shojin-ryori* with the Buddhist ethos at its roots, and hospitality that's increasingly catering to diverse dietary preferences.

## Agricultural innovations enrich today's food culture

### Food Culture Renaissance

"Natural farming" is drawing increasing attention in recent years. It goes a step beyond organic farming by avoiding the use of animal manure for soil enrichment. Both types of farming steer clear of pesticides and chemicals.

On Tatsuya Suzuki's Food Culture Renaissance farm, in the area called Hakone Seiroku Mishima in Shizuoka prefecture, he uses innovative natural methods. While working for an IT company, Suzuki became involved in an agriculture-support project that led him to recognize the challenges and potential for agriculture in Japan. Eventually he moved to Mishima, and through much study and trial and error he gradually began to produce vegetables so delicious that professional chefs now covet them.

Initially he used manure fertilizers, but realized that flavorful vegetables could be grown without them. He switched to natural farming by making use of "green manure," or spent plant matter and cover crops plowed under to distribute beneficial microorganisms.

His farm, at the western foot of Mount Hakone, has mineral-rich, well-drained soil made fertile by Kanto loam and volcanic ash. Varying temperatures and hours of sun at different elevations make the area ideal for cultivating diverse crops.

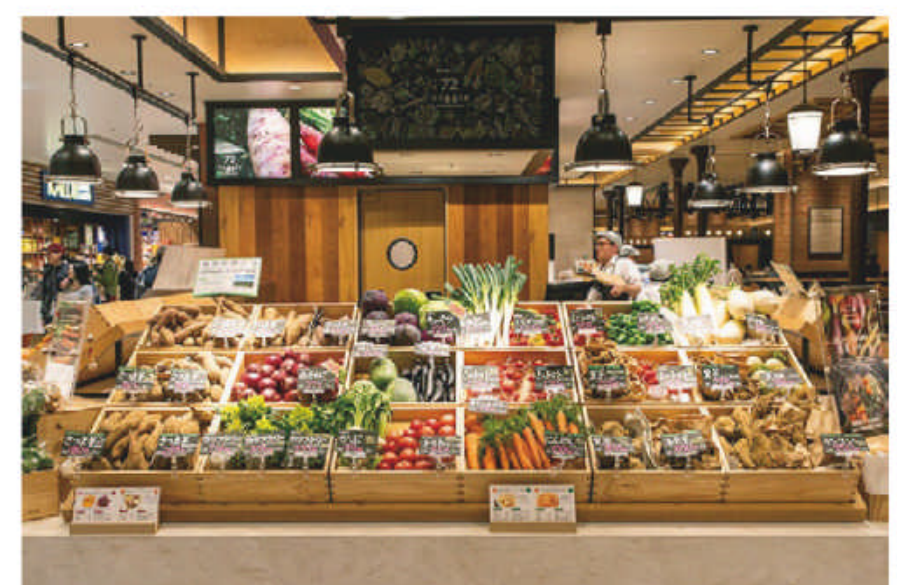
Suzuki grows more than 300 kinds of vegetables annually, from native and open-pollinated Japanese heirloom varieties to exotic types from Europe. Each variety has distinct character and flavor. Harvested in the morning, fresh produce goes directly to restaurants, individual customers, and the farm's own retail store. Placing the utmost importance on freshness, the farm does not rely on conventional delivery channels, which can take days.

"Vegetables are essentially raised by nature itself—the sun, the earth, and microorganisms," Suzuki says. "We just help out the microorganisms." Grown in this enterprising way, receiving nutrients that are blessings of the earth, his vegetables prompt exclamations of delight and enrich Japan's food culture.



#### Market and deli for Mishima veggies

Directly operated by Food Culture Renaissance, the 72veggie market and deli offer vegetables and fruits in season. In addition to produce grown on the Renaissance farm, the market sells a colorful array of vegetables sourced directly from farms around Japan (at right). The deli serves additive-free prepared dishes featuring plenty of fresh foods. Pictured at left are the popular "4 Box Deli" with a choice of three items and one type of rice (¥864) and Nishiura *mikan* mandarin juice (¥346). All are available for eat-in or takeout.



#### 72veggie LaLaport Numazu Store

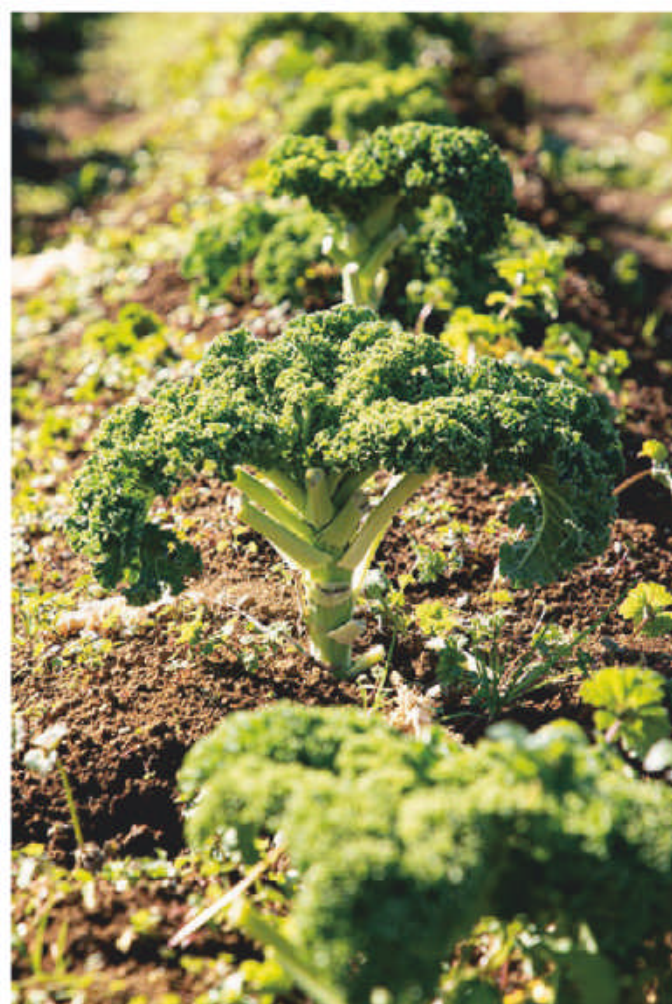
301-3-1F Higashi-Shiiji Higashiara, Numazu, Shizuoka  
Tel. 055-941-6510

Market 10 AM to 9 PM, deli 11 AM to 9 PM (l. o. 8 PM)

#### Food Culture Renaissance

[www.facebook.com/FoodCulture.R](https://www.facebook.com/FoodCulture.R)





**Top:** In one of his fields, which spread over more than 5 hectares, farm owner Tatsuya Suzuki (left) and Hinako Takahashi turn the soil to aerate it and bring pests to the surface. Land here on the western foothills of Mount Hakone, in view of Mount Fuji, is rich and well drained from accumulated volcanic ash.

**Above, from left:** Fertile soil produces great color and flavor; Sakurajima daikon, the biggest radish variety in the world, can grow to 45 kilograms; vivid curly kales have a refreshing taste; farming stays pesticide- and chemical-free by companion-planting crops that discourage insect pests.





Pride and innovation in the spirit of shojin

Sougo





Dishes at Sougo have delicate flavors, yet each ingredient stands out vividly. **Opposite page:** Salad of the Sea and Land (top) has delightfully crunchy seaweeds, *kikurage* wood-ear mushrooms, daikon, and chrysanthemum petals, with a rich sesame dressing. All menus feature vegetable sushi (bottom). Sesame seeds flavor the sushi rice. The tomato topping, simmered in broth, has a refreshing basil leaf beneath instead of wasabi; there are also savory burdock-root tubes and a ball-shaped chrysanthemum-flower sushi. **Below:** Chef Nomura teaches shojin cooking classes and frequently promotes the cuisine overseas.

As dietary habits diversify worldwide, Japanese cuisine has soared in popularity, in part for its health benefits. Gaining particular attention is shojin-ryori, often considered Japan's vegetarian or vegan cuisine. Since opening Sougo in Tokyo's Roppongi district six years ago, owner-chef Daisuke Nomura has applied his unerring skills in the traditions and spirit of *shojin*, derived from ascetic Buddhist monks' meals. "Each day I want to serve the best seasonal ingredients in various ways," says Nomura. Every three weeks he presents creative new multicourse menus reflecting his wealth of ideas. His Shojin Ryori menu is completely plant-based, including the dashi stock, while his equally popular Vegetable Kaiseki menu features vegetables but also includes eggs, dairy products, and stock made from bonito shavings.

Generally, shojin stock is made from kombu kelp, along with *kanpyo* gourd, shiitake mushrooms, or soybeans. After trial and error, however, Nomura has devised his own pure-tasting stock with kombu and a wide range of vegetables. Because he uses the peels and stems of in-season produce, the shifting seasons are subtly reflected in his dashi.

Nomura says, "The principles of shojin-ryori teach us to respect the life we consume from the ingredients and to feel gratitude for the producers as well as those who prepare the food." At root is the Buddhist precept forbidding killing; but

vegetables also give their lives, and no part of them should go to waste. Peels are not thrown away but simmered to make stock; leaves are finely chopped for garnish. "Within the restrictions, we must create delicious, beautiful dishes. That extra effort and care are what shojin dishes offer. I hope to foster more appreciation of this uniquely appealing feature."



Roppongi Green Bldg. 3F, 6-1-8 Roppongi, Minato-ku, Tokyo  
Tel. 03-5414-1133  
11:30 AM to 3 PM, 6 to 11 PM  
Closed irregularly  
Shojin Ryori multicourse lunch, ¥8,000;  
Vegetable Kaiseki multicourse lunch, ¥6,000  
sougo.tokyo



## A Kyoto hideaway for shojin ramen

### Tow Zen

The ramen restaurant Tow Zen, tucked away in a quiet residential quarter in the Shimogamo area of Kyoto, offers a vegan-friendly ramen based on shojin-ryori principles, eschewing all animal products and the "five pungent vegetables" (garlic, leeks, *negi* and *rakkyo* scallions, and chives). Owner Minoru Yonekawa got the idea for his soy-milk Musashi ramen from the staff meal during the time he was head chef of a tofu hot-pot restaurant. His stock is made from dried shiitake mushrooms and two types of kombu, which after use are ground to a paste in a food processor. Incorporating that mixture into soy milk creates creamy texture and powerful flavors reminiscent of ramen made with pork-bone broth.

The toppings—yuzu zest, rosy paste of *umeboshi* pickled apricot, satiny soy-milk skin, and mushrooms cooked with *sansho* pepper—add sophisticated elements (pictured above). There are three types of noodles to choose from: thin, egg-free wheat noodles; rice noodles; and noodles made from chlorella green algae. So, upon request, it is possible to have gluten-free ramen. Yonekawa also recommends his vegan "grilled eel" sushi, made instead from eggplant, as an accompaniment (at top).

13-4 Shimogamo Higashitakagi-cho,  
Sakyo-ku, Kyoto  
Tel. 075-703-5731  
11:30 AM to 2:30 PM (last order),  
6 to 9:30 PM (last order)  
Closed Thursdays  
Musashi ramen, ¥1,200;  
vegan "grilled eel" sushi, ¥550  
Prices include tax  
mamezen.com







## The finest in vegan French cuisine

Sens et Saveurs



The multicourse lunch menu features four dishes and dessert. Vibrant organic produce sourced from farmers around Japan supplies distinctive flavors.

**Above:** The main dish has juicy, giant grilled king oyster mushrooms, barley risotto cooked in red wine, cep mushroom sauce, and puffs of light, airy lemon-juice foam. The layered flavors let sourness, bitterness, and sweetness follow one after another.

**Top left:** Light, luscious sweet-potato beignets come with sauced and pickled tomatoes, red onions, and apples, adding texture for a refreshing salad-like ensemble. Melt-in-your-mouth powdered olive oil, made to look like powdered cheese, adds richness and body.

**Left:** The *mikan* mandarin dessert presents the fruit in three forms: fresh, frozen, and confiture. Caramelized almonds and a foam of soy milk and caramel top off the mikan trio.

**Note:** The restaurant caters to the needs of diverse diets such as lacto-vegetarian, pollotarian, and gluten-free; please discuss your requirements when reserving.



It all began two years ago at a seminar attended by executive chef Takeshi Kamoda of Sens et Saveurs, part of the Hiramatsu group, a leading player in Japan's French dining scene. Kamoda was surprised to learn how restaurants in Japan were often unable to accommodate the diverse dietary needs of foreign guests: some guests, unable to eat the dipping sauce based on bonito dashi, had to sprinkle salt on their soba noodles, and some were unable to use soy sauce, which is not halal or gluten-free.

Kamoda felt compelled "to raise the standard of hospitality at restaurants in Tokyo." He embarked on a quest for vegan recipes, so "diners with and without dietary restrictions can sit at the same table and share in the same fine cuisine." He started serving vegan menus in 2018, and has been perfecting them ever since. Much stricter than vegetarian, vegan dishes must avoid not only dairy products, meat, and fish but all foods derived from animals, such as honey.

Despite these restrictions, Kamoda has managed to replicate the rich, buttery flavors and smooth textures of French cuisine. To do so, he uses techniques coined "Pourcel cuisine," perfected by the Pourcel brothers at their flagship restaurant in southern France. Kamoda boosts flavor by combining ingredients with contrasting tastes—bitter, sour, sweet, salty, and umami—and varies textures. He is creating mesmerizing and unique vegan dishes, tempting many diners to return again and again.



Marunouchi Bldg. 35F,  
2-4-1 Marunouchi, Chiyoda-ku,  
Tokyo; tel. 03-5220-2701  
Lunch 11:30 AM to 3:30 PM (last  
order 1:30 PM)  
Vegan multicourse lunch, ¥5,800  
(reservations required a day in  
advance)  
[hiramatsurestaurant.jp/eng/sensetsaveurs](http://hiramatsurestaurant.jp/eng/sensetsaveurs)



## Signature menus for gluten-free enjoyment

### Mokushundo — Hotel Chinzanso Tokyo

Hotels take pride in their ability to accommodate the dietary needs and tastes of guests from around the world, and it's increasingly important to offer gluten-free dining. Those suffering allergic reactions, or seeking to improve their health, avoid proteins contained in wheat and some other grains. A stroll through the delightful garden of Hotel Chinzanso Tokyo will bring you to restaurant Mokushundo, nestled under a stand of trees in an elegant building relocated to the hotel grounds in the early 20th century. On offer here are gluten-free versions of such signature menus as those featuring iron-kettle cooking and stone-grilling.



The iron-kettle kaiseki menu (shown at top right) is quite similar to oil fondue: vegetables, seafood, and meat are lightly fried without batter in a blend of flavorful oils including camellia oil (the *chin* in Chinzanso means camellia). The restaurant's stone-grilled kaiseki menu (at left) presents Wagyu beef and other items grilled without oil on Mount Fuji lava stone. The results are tender, juicy, and full-flavored.



Hotel Chinzanso Tokyo, 2-10-8 Sekiguchi, Bunkyo-ku, Tokyo

Tel. 03-3943-5489 (restaurant reservations)

Lunch 11:30 AM to 2:30 PM (last order), to 3 PM (last order) weekends and holidays

Stone-grilled kaiseki lunch, ¥11,600; iron-kettle kaiseki lunch, from ¥13,900; reservations required two days in advance

[www.hotel-chinzanso-tokyo.com/dining/mokushundo](http://www.hotel-chinzanso-tokyo.com/dining/mokushundo)



Hilton Tokyo Odaiba 3F, 1-9-1 Daiba, Minato-ku, Tokyo

Tel. 03-5500-5580 (restaurant information)

Lunch 11:30 AM to 2:30 PM (last order)

Halal Shokado Bento with miso soup and dessert, ¥7,000

(reservations required two days in advance)

[www3.hilton.com/en/hotels/japan/hilton-tokyo-odaiba-TYOTOHI/](http://www3.hilton.com/en/hotels/japan/hilton-tokyo-odaiba-TYOTOHI/)

## A colorful array of Muslim-friendly washoku

### Sakura Japanese Restaurant — Hilton Tokyo Odaiba

Local foods can bring great pleasure to travelers, but first you must feel totally comfortable with how ingredients are sourced and prepared. Hotel restaurants hosting international guests are keenly aware of this fact. Sakura Japanese Restaurant at Hilton Tokyo Odaiba is renowned for its kaiseki menus featuring seasonal delicacies paired with the finest sake, and it's also a trailblazer—the first restaurant in Tokyo to receive the halal certificate 10 years ago. Since then, it has striven to meet the strict guidelines to stay certified. A separate kitchen is entirely equipped with its own gear, including utensils and tableware; all ingredients and seasonings are strictly free of pork-derived products and alcohol.

The halal Shokado Bento (top left) presents Muslim-friendly washoku dishes including sushi, tempura, and sukiyaki. Instead of standard soy sauce, mirin sweet seasoning, and vinegar (none of which are halal), seasoning comes from certified soy sauce and sugar, and lemon instead of vinegar, for instance.

The restaurant has intimate spaces for sushi, tempura, and teppanyaki. Choose to dine indoors or al fresco with wide views of the Japanese garden, Rainbow Bridge, and Tokyo Tower.



Kami-waraji were created in Hanegi, a verdant area of Tokyo. (The penguin in the background is a reference to Penguin, the company that produces them.) Note that Kami-waraji are not intended for outdoor wear.



## Arty, eco-friendly Kami-waraji cardboard sandals

Corrugated cardboard is light, breathable, environmentally friendly, and fully recyclable. Innovative Kami-waraji sandals utilize this versatile material in a twist on a venerable Japanese standby. The woven-straw sandals called *waraji* were once an essential item for travelers in Japan. Kami-waraji resemble traditional waraji, but their soles are made of paper (*kami*) cardboard. The soles are printed with beautiful designs to create fun sandals that are also works of art.

Brand marketing expert Masayuki Watanabe, who created the sandals, explains how they came into existence. “In 2014, our company, Penguin Inc., was working for the Japan Tourism Agency to develop Japan branding to promote inbound tourism. We got to meet about 400 overseas visitors, and were delighted to hear them praise Japanese culture and products as ‘cool’ and ‘cute.’ We wanted to make the ultimate souvenir for them, so we came up with Kami-waraji.”

It was a box-manufacturing company in the Edogawa district of Tokyo’s historic old town that gave shape to this innovative idea. Of course, the company had never made footwear out of cardboard, but it worked steadily together with Watanabe, refining the durability and comfort of the product. For the cherry blossom, koi fish, and other distinctively Japanese designs, a silkscreen printing process was

used to produce detailed, eye-catching images.

Even Watanabe was amazed by the positive response that the Kami-waraji received. All 200 of the foreigners he surveyed in Tokyo loved the sandals. A number of companies that viewed samples ended up ordering custom designs, and Penguin became very busy.

“We were very happy, but at the same time, that delayed the sale of Kami-waraji as souvenirs,” says Watanabe. “Right now, the only shop that has them in stock for retail sale is a store by Osaka Castle called Osaka-jo Honjin. We’ll be starting more sales from this spring.” Check the website below for the latest information on prices and availability.



Top: Penguin’s communication designer and creative director, Masayuki Watanabe, devised Kami-waraji. This footwear brings together tradition, eco-friendliness, and art. Bottom: The sandals keep feet dry and comfortable in a hotel or on an airplane.



The soles are made from five layers of strong corrugated cardboard, and the straps are 100% cotton. The sandals have a nonslip underside.

**Kami-waraji produced by Penguin Inc.**

kamiwaraji.jp

**Osaka-jo Honjin**

Miraiza Osaka-jo 1F, 1-1 Osaka-jo, Chuo-ku, Osaka

Tel. 06-6755-4314. 9 AM to 5:30 PM

miraiza.jp

Photography by Hoshito Omija

Text by Chikako Shimizu





Sakura



Mokume



Hamon



Nishiki-go



Ha-no-monyo

**Sakura:** The elegant cherry blossom is a beloved motif in Japan. **Mokume:** A unique wood-grain pattern covers the entire sole. **Hamon:** A charming combination of maple leaves and ripple patterns. **Nishiki-go:** Koi carp are popular as ornamental fish worldwide. In Japan, they are a symbol of success in life. **Ha-no-monyo:** This design (*mon'yo*) is based on traditional Japanese leaf (*ha*) patterns.

Three sizes are available: small (22.5–24 cm), medium (24.5–26 cm), and large (26.5–28 cm). All are ¥3,000. Please note that actual sizes may vary slightly.



## The Camel Farm Challenge

# Bringing Hokkaido Wine to the World

Long known for its fruit trees, the Hokkaido town of Yoichi has more recently turned to the cultivation of quality wine grapes. Though on the same latitude as Italy's Tuscany and Spain's Rioja region, Yoichi is the most northerly winemaking area in Japan. Winters are so harsh that grapevines spend the season buried under snow, a rarity among the world's vineyards.

Founded in Yoichi in 2014, Camel Farm Winery completed its winemaking facility in 2017 and released its first vintage just a year later. Several factors—the dedication of the vintners, local history and traditions, community support, thorough staff training—have helped set the label on the fast track to becoming celebrated worldwide for its novel approach to winemaking. In autumn 2019 the quality of its products was recognized by Assoenologi, the Italian Winemakers Association.

*Photography by Shogo Oizumi.*

*Text by Tomoko Tsuyuki*







Opposite page, top: Glowing in the sunlight, Chardonnay grapes hang from the vines. Sugar, acidity, and pH levels are monitored to determine the optimum timing for the harvest, which extends into late October. Center: It's a Hokkaido tradition to train grapevines diagonally so they can survive the freezing winters lying close to the ground under the snow. Bottom: A worker drops off crates along the rows of vines at harvest time. The vineyard stretches across gentle slopes 45 to 55 meters above sea level. This page: Camel Farm Winery vintages are the very embodiment of Yoichi's unique terroir.



*Yoichi, frontier for  
new adventures in winemaking*





Eminently suited for the cultivation of wine grapes, the western Hokkaido town of Yoichi was designated a special zone for small-scale wine production in 2011. Since then a number of skilled practitioners have set up private domaines that produce a variety of excellent wines. One such enterprise is Camel Farm Winery, opened in 2014 by the Camel Coffee Group, which is committed to supplying Japanese consumers with safe and worry-free food-stuffs from around the globe. Years of firsthand experience with the world's food-producing areas have made people at the group keenly aware of the need for environmental responsibility at home as well. They also recognize Japan's unique culinary culture and seek to introduce it to people in other countries.



Riccardo Cotarella, a leading oenologist who is interested in the distinctive characteristics of different terroirs, is also a committed supporter of winemakers and environmental protection. Chairman of both Assoenologi in Italy and the International Union of Oenologists, he says he found common ground with representatives from the Camel Coffee Group, who wanted to develop world-class wines while contributing to the revitalization of the community. The Camel Farm Winery project was launched with the benefit of his cooperation. "I was drawn by the friendliness and passion of these people," Cotarella says.

The site they chose to set up the new winery was Yoichi. At 43 degrees north latitude, with summer temperatures averaging 20 degrees Celsius, the area might seem an unlikely candidate for grape growing. But when Cotarella saw the vineyard of Takeshi Fujimoto, "I knew this was the place," he says. "I liked the challenge of making wine in such an extreme climate. There was no way to predict the outcome."

Japanese farmers generally take good care of their fields, Cotarella adds, but he could feel "a special devotion to the grapes in Mr. Fujimoto's vineyard." This was perhaps to be expected, since Fujimoto was renowned as a pioneer of grape cultivation in Yoichi. Forty years on from converting his apple orchard to grapevines, he was contemplating future options when Camel Farm Winery made its fortuitous offer to take over the vineyard in 2014.

The winery's current manager, Ai Ito, arrived in Yoichi in the spring of that year with no previous experience in farming, let

alone vineyard management—and Fujimoto was a man of very few words. For the first year Ito simply followed him around, observing and imitating, as he went about his work. She studied how to choose which branches to prune, use shears properly, and prepare the soil, feeling all the while that she "didn't have a clue." So she was overjoyed when Fujimoto praised the winery's first vintage as a fine expression of the qualities of the Kerner grapes from which it was made. "What we inherited wasn't just Mr. Fujimoto's vineyard," Ito says. "It was also his dream of one day making wine purely from his own grapes. Without him, none of this would have been possible."



Opposite page, top: Looking out over the vineyard to the Sea of Japan. Sea breezes are said to bring valuable minerals to the fields, while mountain breezes ward off diseases. Opposite page, bottom: The final task of the year is pruning the vines. Workers toil in the snow to determine how the vines will grow in the next season. Top left: Camel Farm Winery is located in the Nobori River valley of Yoichi's Nobori district. Above: Brilliant red and yellow leaves signal the end of harvest time. Left: The winery's oldest vines were planted over 40 years ago. Lower left, clockwise: Riccardo Cotarella; Takeshi Fujimoto and Ai Ito; Ito with guard dog Unita on an early morning inspection of the vineyards.







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## Tilling the fields, crafting the wine, building a future

The fields at Camel Farm Winery have produced wine grapes for over four decades. Thanks to scrupulous management of the vines and vigilant monitoring of the ripening process as harvest approaches, the fruit is of superb quality, while the winemaking facility combines proven Italian traditions with the latest technology. Maintaining this fusion of so many critical elements is the day-to-day task of two teams—one in charge of grape cultivation and the other of winemaking—led by winery manager Ai Ito. All 10 team members are committed to the shared goal of producing world-class wines that are clean, safe, and eloquently expressive of the terroir of the vineyard.

“The quality of the grapes is far more important than the quantity,” says Ito. “We carefully manage the shoots and cultivate the optimum number of clusters per vine; if we want to make a clean, clear wine, we can’t allow a single diseased fruit. During harvest we closely inspect the picked grapes, sort them by hand, then take them right away into the processing facility. Selection and speed are essential for an aromatic, elegant product.”

The vineyard is planted on 16.2 hectares of south-facing hillside. The 10 grape varieties selected for cultivation there include Kerner, Chardonnay, Bacchus, Pinot Noir, Regent, Blaufrankisch, and Zweigeltrebe. Fermentation methods and the blend of varieties used change from year to year depending on the condition of the harvested fruit, with constant adjustments to ensure a delicious product. At all times, showcasing the local terroir is a priority.

Camel Farm Winery possesses cutting-edge equipment for measuring sugar, acidity, and pH levels. The results are compiled and sent for detailed analysis to a laboratory in Riccardo Cotarella’s home country, Italy. Every step, from harvest to bottling, is timed in accordance with this data, which has proven an invaluable asset for the entire operation.

The finished product is sent out to liquor retailers, wine distributors, and stores that are part of the Camel Coffee Group. When it’s harvest time, staff from group subsidiaries arrive to help from all over Japan. In this way the same team handles the entire process from harvest to sale. “What we’re doing is building the foundations for Camel Farm Winery, looking ahead to the future 50 or 100 years from now,” says Ito. “Our aim is to be a sustainable winery.”

1. The harvesting is done entirely by hand. Pickers work from small carts that move sideways so they can stay seated as they move along the rows of vines. 2. When the day’s harvesting is done, it’s time to clean the shears. 3. The winemaking facility is adjacent to the vineyard, so the fruit arrives there and processing begins without loss of freshness. Proximity is a vital factor in the quality of the wines. 4. On arrival at the facility, the grapes undergo a final quality check. 5. Grapes are carefully placed in harvesting crates to prevent crushing. 6. Ito picks some of the last grapes of the season, late in autumn. 7. In November, the leaves turn yellow on vines for white wine, and red on vines for red wine. 8. Staff from throughout the Camel Coffee Group help with the final quality check of all grapes going into wine production. 9. The state-of-the-art winemaking facility has 45 temperature-controlled stainless steel tanks for fermenting the grape juice, including six charmat tanks. They can produce up to about 150,000 bottles. 10. There’s no letup in the monitoring during the fermentation process. 11. All data compiled by the on-site lab is sent to Italy for expert analysis. 12. The fields in midwinter, with the vines entirely buried under snow. 13. Winter preparations: vines are pruned and laid down beneath the snow to keep them from freezing. 14. Copper pipes on the cellar wall carry cold and warm water, regulated to maintain a constant temperature of 16 degrees Celsius and humidity of 70 percent without having to blow air through the room. 15. Racks of sparkling wine produced by the fermenting-in-bottle method. Bottles are rotated every day in a practice called *remuage*. 16. Yet another check at the end of the bottling and labeling process. 17. The word *tsunagu*, meaning to connect or link, is printed on the label and the *muselet*, symbolizing the human connections that gave birth to this winery.





Both pages: A bottle of Legami in the snow. The name of the wine is an Italian word meaning tie, bond, or connection.

Top left: Starting with the very first vintage, successive releases from Camel Farm Winery have won prizes at competitions worldwide.

Far left: Camel Brut Méthode Traditionnelle 2014, from the first vintage at Yoichi.

Left: A bottle of Kerner Private Reserve 2018 (left), which brings out the Kerner grape's delightful flavor with nuances of acidity, minerals, and the aroma of the casks in which it matured; and Legami Private Reserve (right), which highlights the qualities of the grapes and delivers a balanced blend of fruitiness and tannin. Wines from Camel Farm Winery can be found in wine shops, group subsidiary stores, and select restaurants.



# From the fields of Hokkaido to the dining tables of the world

Anyone who has visited Yoichi during the winter will recall that experience when they take their first sip from a glass of Legami Brut 2018 sparkling wine, marked by a clear fresh taste that is both zestily tart and richly aromatic. That's the unique feature of Camel Farm Winery: products that bring out the character of the grape varieties in an elegant balance of fruity and robust that is the hallmark of the Yoichi terroir.

The 2014 vintage of Camel Brut Méthode Traditionelle, released in the winter of 2019, captures this best of all. Riccardo Cotarella lauds it as proof of Yoichi's potential as a maker of "clean, tart sparkling wines that only a cool region could produce," demonstrating that a wine with body and elegance can be made even in cold climes. "Imagine," he exclaims, "a wine this good only three years after the plant opened!"

The winery's Kerner Private Reserve was equally well received by experts from Italy and elsewhere when it made its debut in autumn 2019 at the 74th conference of Assoenologi in Matera, Italy. Each bottle represents a distillation of Yoichi's natural environment and the vision shared by everyone at Camel Farm Winery. Someday soon the winery's products may be found on dining tables on every continent, carrying with them a message of nature's bounty all the way from Japan.

#### Camel Farm Winery

0120-934-210 (toll-free in Japan only)

[www.camelfarm.co.jp](http://www.camelfarm.co.jp)

[camelfarm@kaldi.co.jp](mailto:camelfarm@kaldi.co.jp)

Not open to visitors





Traditional fermentation methods to please the palate

# HAKKO

*Hakko*—fermentation—is the foundation on which Japanese cuisine rests. Soy sauce, miso, and sake, its basic seasonings, are all produced through the work of microorganisms and the loving care of hakko specialists. Recent renewed interest in healthful diets has put fermentation back in the spotlight.

*Photography by Shogo Oizumi (pages 38–39 and 42–43), Hoshito Omija (pages 40–41, 44–46, and 48–49), and Susumu Tsunoda (page 47)*

*Text by Toko Suzuki and Miki Tsuji. Contribution by Masue Kaku (page 47)*





# Soy sauce, that magical elixir of soybeans, wheat, salt—and mold

## Shibanuma Soy Sauce

Sixty-seven wooden vats, clad in woven bamboo hoops, tower to the storehouse ceiling. Casting a fond eye on them is Kazuhiro Shibanuma, the 17th-generation head of Shibanuma Soy Sauce, which has been making the seasoning for over 330 years in Tsuchiura, Ibaraki prefecture. The vats, he says, are 150 years old and have been in continuous use. “This is where we ferment our soy sauce,” Shibanuma explains. “These vats are said to last 300 years, and every one houses a slightly different mix of microorganisms. Our master brewers are familiar with the quirks of the microbes in each vat, so they know how much to stir the sauce and how far along the fermentation has progressed.” Known for its abundance of water, Ibaraki has long been a grower of quality soybeans and wheat. The area’s lakes and rivers also facilitated the transport of goods to Edo (now Tokyo), making soy sauce a regional specialty since the Edo period (1603–1867).

“Japan’s soy sauce is characterized by the umami it owes to fermentation helped along by koji, or the mold *Aspergillus oryzae*. The koji is mixed into a mash of steamed soybeans and wheat, which is left to stand for three days. When enough mold has grown in the mash, salt water is added and the mixture is moved to the vats. The microbes present in the storehouse and in the vats themselves then take over to ferment the mash further, breaking down the proteins in the soybeans and the wheat. After fermenting for a period of six months to a year the resulting mash, known as *moromi*, is strained, and you get soy sauce.” According to Shibanuma, his firm can produce over 300 flavors of soy sauce simply by using different storehouses, vats, and fermentation periods. The company also produces low-salt soy sauce, alcohol-free soy sauce for halal use, and ponzu soy sauce without bonito flakes for vegans.

“Wheat and other allergies are in the news now, but fermentation actually breaks down and eliminates the allergens in soybeans and wheat,” Shibanuma adds. The vats are not rinsed after use; once they are emptied out, new moromi is added for the next batch. The microbes that live in the vats don’t simply ferment, they also kill unwanted bacteria, so adding the moromi keeps the vats in healthier condition than washing them out with water. The fermentation continues year-round naturally, without artificial temperature control. It’s going on even as you read this.



**Shibanuma Soy Sauce Co., Ltd.**  
374 Mushikake, Tsuchiura, Ibaraki  
Tel. 029-821-2400  
[www.shibanuma.com](http://www.shibanuma.com)



Opposite page: Rows of 150-year-old vats fill the Oshingura storehouse. Each vat can hold 9,000 liters.

Top: Kazuhiro Shibanuma. “When I was a boy, there were still artisans making these vats, but they are all gone,” he laments.

Center: A ledger from 1765 lists customers and prices for the 19 soy sauce makers in Tsuchiura at the time.

Above: Up to 30 years ago the owner’s family lived in this 300-year-old building, which now contains a small museum.

Far left: The company’s main product lineup. The two bottles on the right are soy sauces for export to such places as Switzerland and France.

Left: Shibanuma has obtained FSSC 22000 food safety system certification, an international standard recognized by the Global Food Safety Initiative (GFSI).



# A fermentation meister who chats with microbes

Tokuyama-zushi





Opposite page: Tokuyama cuts funazushi into thin slices.  
Opposite page, bottom right: A secluded annex reserved for regular patrons. Beyond the counter is Lake Yogo.

Clockwise from top right: Funazushi sandwiches, paired with funazushi drizzled in a special honey. Hiroaki Tokuyama opened his own venue in 2004 after training at a famous traditional Japanese restaurant in Kyoto. Mellow-flavored and springy in texture, *karasumi* dried mullet roe is served between crisp sheets of nori. In the summer Tokuyama fishes for crucian carp in Lake Yogo, cures the gutted fish in salt for six months, then lets it ferment in rice for a whole year; once the fish has aged sufficiently, he freezes it until it's time to serve. This fermented trio—caciocavallo cheese, fermented tomato sauce, and mackerel narezushi—is as pleasing to the eye as it is to the palate.



Renowned for its fermented sushi, pickled foods, and sake, Shiga prefecture is justly nicknamed the “fermentation kingdom.” In the northeastern corner of the prefecture, on the shore of Lake Yogo, is a hideaway that gourmets from all over the world make a beeline for: Tokuyama-zushi, a Japanese-style auberge specializing in fermented sushi, or *narezushi*. Menu offerings like the local delicacy *funazushi*—a fermented sushi made from crucian carp, cooked rice, and salt—boast distinctive flavors that may take a bit of getting used to. The secret to Tokuyama-zushi’s popularity is the creativity of chef Hiroaki Tokuyama, who sees it as his mission to alter preconceptions about fermented foods by serving them in novel ways. Take funazushi, for example. “Funazushi is usually served in thick slices, and the mushiness of the rice bed can be off-putting,” he says. “I cut frozen funazushi quite thin and sandwich it between slices of crisply toasted bread, so it’s a real taste surprise.” The fish is not pungent at all, and the aroma of the bread subtly blends with the sushi’s rich, cheesy umami as it spreads slowly through the mouth.

Asked how he accomplishes such magic, Tokuyama modestly downplays his efforts: “It’s not me, it’s the fermentation bacteria that do all the work. I ‘chat’ with the bacteria, keep close watch

over the process, and stop fermentation at just the right point so I can serve the dishes to my guests at the peak of perfection.” After much trial and error, Tokuyama has truly mastered the art of fermentation. Those who beat a path to his door are guaranteed an exquisitely audacious adventure in flavor.

**Tokuyama-zushi**  
1408 Yogo-cho Kawanami,  
Nagahama, Shiga  
Tel. 0749-86-4045  
Noon to 2:30 PM, 6 to 9 PM  
Closed irregularly  
Multicourse lunches from  
¥10,000, dinners from ¥15,000  
Reservations required  
[tokuyamazushi.com](http://tokuyamazushi.com)







## Cradled in a storehouse, nesashi miso sleeps as it matures

### Miura Fermented Foods

On a stretch of fertile land, where several tributaries flow into Tokushima prefecture's broad Yoshino River, sits Miura Fermented Foods. In the miso-making business since 1849, Miura has long been known for its *nesashi* miso, a variety produced in just a few parts of Tokushima. Made only with soybeans, nesashi miso has a strong, unique flavor that some find unusual but that adds richness to many dishes. Fifth-generation owner Seiji Miura describes nesashi miso as "similar in character to blue cheese. Just a tiny dab adds surprising depth to a dish's flavor, and it has sparked interest among chocolatiers and chefs who specialize in French or Italian cuisine."

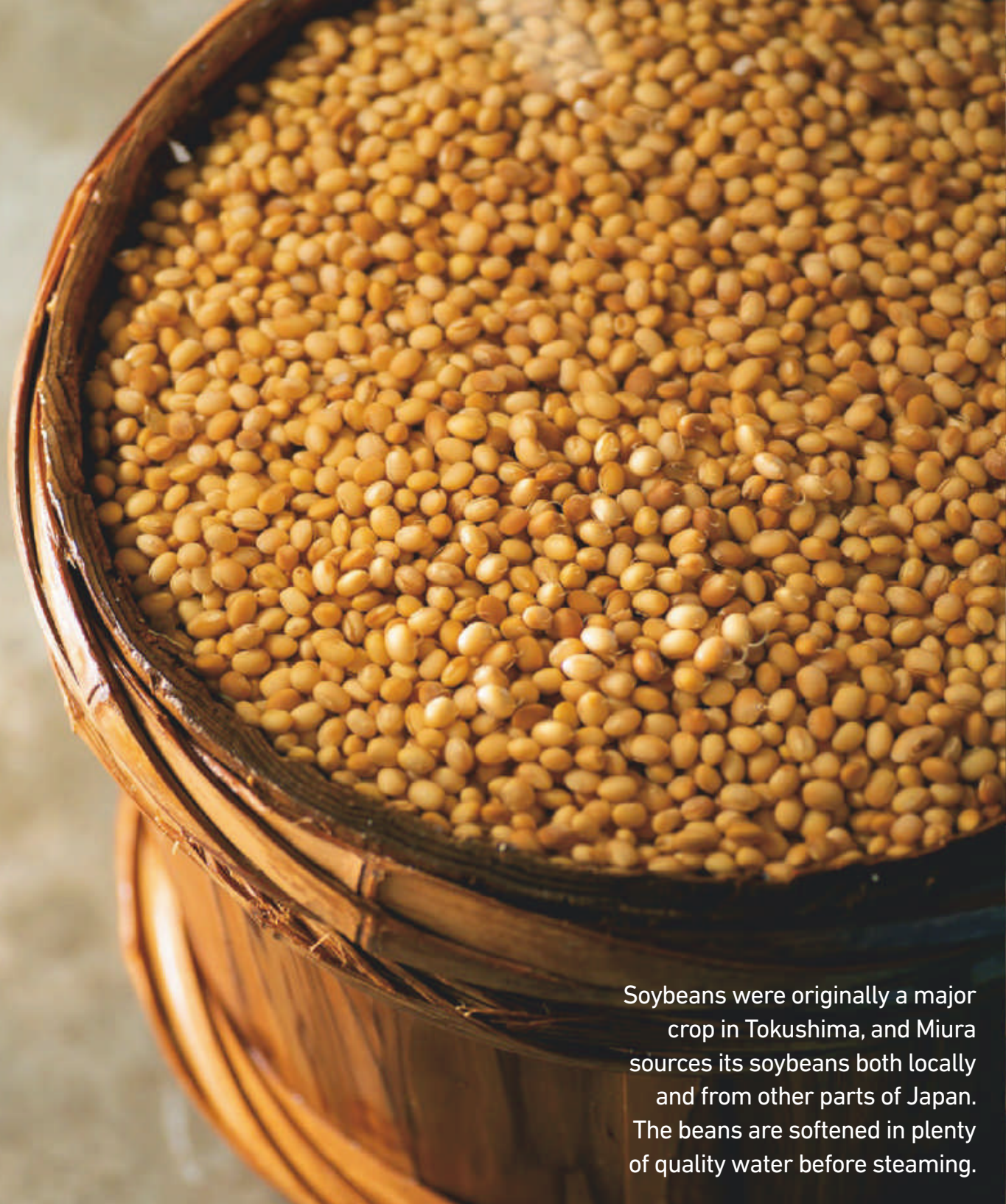
The first step in making nesashi miso is to steam domestically grown soybeans in large wooden tubs known as *koshiki*. The steamed soybeans are then ground and shaped into oblong cakes called *namako* while still hot. When the cakes have cooled, they are sliced into 2-centimeter-thick rounds, which are laid out on straw mats. At this stage, ordinary miso would be sprinkled with koji mold, which Miura nesashi miso however does not require. As Miura describes it, "We just let our miso ferment through the action of the koji present in the straw matting as well as in the



storehouse." The microbes thrive on the moisture of the sliced miso cakes, and after 40 to 60 days the cakes are coated with a hairy white mold.

Miso production using this natural method of mold formation takes place in the depths of winter, when other types of microbe are less active. But, says Miura, "the work is easily affected by changes in humidity and temperature. These days, the window for production is getting shorter and shorter, probably because of global warming, and that's a cause for concern." By the time they are covered in hairy mold, the *namako* cakes are hard and black. Water and salt are stirred in with the cakes, and this mixture is packed into cedar tubs and left to age for three years. The end result is nesashi miso just as it's been produced for a century and a half. "Our miso contains no additives," says Miura. "We keep a vigilant eye on the fermentation process, constantly monitoring the humidity, temperature, and time, as well as the miso's smell, color, and texture. Miso is a 'living food' that changes from day to day. We are grateful for its blessings, and we will continue to make the best product we can by listening closely to the 'voice' of the miso."





Soybeans were originally a major crop in Tokushima, and Miura sources its soybeans both locally and from other parts of Japan. The beans are softened in plenty of quality water before steaming.



The rounded soybean cakes are called “namako” because of their supposed resemblance to the sea cucumber, which goes by that name.



Still hot, the steamed soybeans are put through a grinder to make a paste that is shaped into rounded loaves.



The storehouse where the miso is aged has been in use for 170 years. Microorganisms in the storehouse settle onto the miso during the fermentation process, forming mold with a hairy appearance.

Opposite page, top: Namako cakes are sliced and spread out atop straw matting. The name “nesashi” derives from a word in the local dialect for laying something down to sleep.

Opposite page, bottom: Miura’s nesashi miso, with its lustrous texture and deep flavor, has won accolades at food fairs around the world.



**Miura Fermented Foods Co., Ltd.**  
468 Ichiba-cho Ichiba  
Machisuji, Awa, Tokushima  
Tel. 0883-36-4119  
[www.miura-jozo.com](http://www.miura-jozo.com)

All the work is done by just three people: fifth-generation owner Seiji Miura, his wife, and their daughter. In addition to nesashi miso, Miura produces koji rice miso and soy sauce.





## Brewing sake the additive-free way

Kidoizumi Sake Brewery



Isumi, a seaside city in Chiba prefecture about an hour southeast of Tokyo, is home to Kidoizumi Brewery, which has been making sake since 1879. The present owner's grandfather was a pioneer in additive-free sake brewing in the immediate postwar years, when adding preservatives was the norm. Hayato Shoji, who now runs Kidoizumi with the help of four brewers, has inherited his grandfather's dedication to making healthy, flavorful sake.

"Our sake is brewed by a method from my grandfather's day that uses naturally occurring lactic acid bacteria. We make our fermentation starter by combining steamed rice, rice propagated with koji mold, and yeast with hot water, keeping the mix at around 55 degrees Celsius, the best temperature for converting starch to sugar. The heat and bacteria-produced lactic acid kill off unwanted bacteria, so there's no need for additives." Justin Potts, an American who worked as a brewer at Kidoizumi and now assists with public relations there, explains, "We make our own all-natural lactic acid bacteria culture, and use it only at the start of the brewing season. After that, the bacteria living in the brew-house take over. Naturally fermented sake has a unique tartness and depth of flavor that match nicely with Western-style dishes too. Non-Japanese drinkers and even Japanese who don't ordinarily enjoy sake find naturally fermented sake easy on the palate. My wife and I are big fans, and that's why we moved here." With organic sake in vogue these days, Kidoizumi has attracted the attention of those who are partial to natural libations. In the words of owner Shoji, "We've stayed true to the kind of sake we feel is important, and we're happy that the world is beginning to think it's important too. My job is to continue the work of producing great-tasting, worry-free sake by our traditional methods."





Opposite page, top left: Hayato Shoji (right) and Justin Potts in front of Kidoizumi's brewing tanks.

Opposite page, top right: Transferring steamed rice from a large tub to a work counter. Two layers of rice have been steamed, one to culture the koji mold and the other for the main fermentation mash, or moromi.

Above: The first layer of steamed rice is sprinkled with koji mold and mixed quickly to spread the spores evenly. Under strict temperature control, the mixture takes about two days to become koji rice.

Opposite page, bottom left: The second layer of steamed rice is added along with koji rice, fermentation starter, and water to tanks holding the moromi. The mash bubbles as it ferments, producing alcohol and carbon dioxide.

Right: From left, Kokin, a blend of select 20- to 30-year aged vintages; a refreshingly tart new sake made with naturally grown Hanafubuki rice from Aomori; and afs, a traditional sake made in a rare one-step fermenting process.

**Kidoizumi Sake Brewery**  
7635-1 Ohara, Isumi, Chiba  
Tel. 0470-62-0013  
[www.kidoizumi.jp](http://www.kidoizumi.jp)



## Learn all there is to know about sake

### Sakeology Center, Niigata University

Niigata prefecture is one of Japan's prime sake-producing areas. In a tie-up with the prefecture and the Niigata Sake Brewers Association, Niigata University opened Japan's first Sakeology Center in 2018. A facility devoted to sake research, it addresses the whole gamut of sake-related concerns: fermentation and brewing, development of rice strains suited for sake, brewing equipment, marketing and distribution targeting domestic and foreign markets, sake taxation issues, and more. The center's objective is to raise the profile of sake at home and abroad through comprehensive research that will broaden and deepen understanding of Japan's flagship liquor. In 2019, it began a partnership with the Institute of Vine and Wine Science at the University of Bordeaux, France. With its doors open to students from around the globe, the Sakeology Center is poised to grow into the world's premier authority on sake.

**Sakeology Center, Niigata University** [sake.niigata-u.ac.jp](http://sake.niigata-u.ac.jp)



A new research discipline created by Niigata University, sakeology is in the spotlight today. Lectures at the Sakeology Center cover everything from traditions associated with sake and its main production areas to the history of the brew and its drinking vessels, as well as the relationship between sake drinking and health.





*Sunomono* vinegared dish of *hamaguri* clams and spring vegetables paired with sake. The drinking cup here is adorned with a colorful flower-petal pattern and a traditional poem about spring blossoms penned in minute calligraphy.

## Choosing your sake cup to taste

### Fushikino

A former geisha quarter, Tokyo's Kagurazaka district is known for its many famous eateries. Fushikino, owned by sake sommelier Yusuke Miyashita, is tucked away in one of the neighborhood's little alleys. Working with a head chef who trained in traditional Japanese cuisine in Kyoto, Miyashita selects the right sake to complement each dish in pairings that have won Fushikino a devoted following. But what makes this restaurant unique is its insistence that patrons drink their sake from the right cup.

Miyashita is convinced that the shape of the cup influences the taste of its contents. He's proud of his establishment's Asobi Sake series of three-cup sets of varying diameters (below left). Drinking the very same sake from three different vessels makes for a surprisingly varied experience, with the sweet-sour balance of the flavor differing noticeably from cup to cup. This, Miyashita explains, is because "the shape of the cup determines which spot on the tongue the sake will hit, activating different taste receptors. Unlike with wine, the type of sake served doesn't dictate the shape of the vessel, so customers can choose any cup they like."

The sommelier's frequent visits to sake brewers have taught him that a multitude of factors contribute to the distinctive flavor of each sake—the brewery's environment, the microbes that dwell in the brewing room, even the way koji mold is sprinkled on the steamed rice to ferment it. "Living bacteria cause fermentation, and sake is the result. There are so many ways to enjoy sake, and a choice of drinking cups adds to the pleasure." Sharing the story behind each cup in Fushikino's vast collection, Miyashita makes sure his customers' experience is nothing short of sublime.

Below: From 7 to 10 different brands of sake are offered as pairings to go with the cuisine.

Bottom: The restaurant's tranquil atmosphere resembles that of a traditional tea house reinterpreted with a modern feel.



#### Fushikino

Kagurazaka Tsunasho Terrace 2F,  
4-3-11 Kagurazaka, Shinjuku-ku,  
Tokyo; tel. 03-3269-4556  
6:30 to 8:30 PM (last entry)  
Closed Sundays and some  
holidays. Multicourse dinner  
from ¥12,000 (optional sake pairings  
from ¥6,000). Reservations required.  
[fushikino.com/en](http://fushikino.com/en)



Type Dry: Guides the flow of sake to the sides of the tongue, leaving a tart, dry aftertaste. Makes sake enjoyable even for those who aren't partial to it.



Type Mild: Gently directs sake into the mouth, producing a mellow flavor well balanced between sweet and sour.



Type Rich: This cup's narrow diameter directs a stream of sake toward the center of the tongue for a full-flavored experience.





Chefs from abroad at work in the lively open kitchen. After their meal, patrons can ask for a tour that includes the test kitchen as well.

## Cosmopolitan innovations in flavor

### Inua

Opened just two years ago, Inua has already garnered two Michelin stars. Head chef Thomas Frebel, who hails from Germany, came to Japan from Denmark's fabled Noma restaurant, said to have the most hard-to-get tables on the planet. The kitchen crew at Inua is almost entirely non-Japanese, but all ingredients are sourced in Japan and the chefs personally scour the country for them, in the process learning firsthand about the food culture of Japan's different regions. Frebel and his team create innovative dishes with these rigorously selected ingredients, weaving a tapestry of Japanese and world culinary traditions.

One of Inua's attractions is the unrivaled battery of culinary techniques it marshals in the use of fermented foods. In addition to the open kitchen, Inua has a test kitchen on a separate floor that's devoted to research and development. On this floor, one finds seven fermenting vats and a centrifuge, food dryer, and other equipment. *Garum*, kombu tea, vinegar, and other fermented condiments are all made in-house, and certain dishes are aged or fermented to maximize their umami. Utilizing state-of-the-art food preparation methods, Inua offers cuisine that's good for the body as well as a novel taste experience not found anywhere else.

#### Inua

2-13-12 Fujimi, Chiyoda-ku, Tokyo

Tel. 03-6683-7570

From 6 PM

Closed Sundays (open some Sundays for lunch) and Mondays

Multicourse dinner from ¥19,800 including tax and service charge

Reservations required

[inua.jp/en](http://inua.jp/en)



Above: Maitake mushrooms, aged for five days and smoked for three more, are simmered with miso in a kombu kelp and pine needle broth. Salt-cured cherry blossoms are served as an accompaniment. Right: Beeswax, used to add a fragrant accent, is topped with plum fruit leather and spiced with rose petals and Okinawa island pepper to complete this creative dish.







Hacco's Table takes its name from *hakko*, the Japanese word for fermentation. The six-dish starter of the multi-course lunch includes boiled greens seasoned with bonito flakes, potato salad with pickles, and turnip and beet soup with *shio-koji* seasoning. All are made with fermented ingredients.

## Eat microbes, stay healthy

### Hacco's Table



**Hacco's Table**  
2-9-10 Hanakawado, Taito-ku, Tokyo  
Tel. 03-6231-7855  
11:30 AM to 3 PM, 5 to 10 PM;  
11:30 AM to 8 PM Saturdays, Sundays, and holidays  
Closed irregularly  
Multicourse lunch or dinner with testing kit, ¥12,000  
haccos.com



Top: Beet pickles in a risotto made from bonito-flavored broth.  
Above: The popular matcha and soy milk koji cocktail.  
Bottom left: Cabbage, lemon, shio-koji, and soy-marinated beans are all fermented in-house.

Located in the Tokyo tourist mecca of Asakusa, Hacco's Table was one of the first restaurants in Japan to promote fermented foods for their health benefits. With immunologist Koichiro Fujita on board as an advisor, the café operates on the concept of “eating bacteria” through fermented dishes that help regulate intestinal flora. Meals feature house-made fermented sauces and pickles. The menu, which ranges from fermented appetizers to spaghetti Bolognese with soy-cured koji rice to curry made with Hatcho miso, is hardly limited to traditional Japanese dishes. This eclectic selection aims to make the food more appealing to today's patrons, who are accustomed to a wide range of cuisines—Italian, French, Korean, and more—not just Japanese.

The café also takes advance reservations for a special meal combined with a talk about intestinal flora (offered in Japanese only). Customers answer a health questionnaire and receive advice on preparing meals best suited to their constitution. They also get to take home a testing kit with which to collect and send a urine sample to a laboratory that will mail back a detailed analysis of one's intestinal environment. The café's aim is to help its clientele get into the habit of healthful eating with every meal, not only at Hacco's Table.



# Yakitori meets hakko

## Moto

Among the great pleasures of going to a yakitori eatery are watching the cook work over the grill and sniffing the sweet-salty aroma of *tare* dipping sauce in the smoky air. But some people are likely to get tired of the same old flavoring options, usually limited to tare and salt. To complement its grilled chicken, Moto offers not only a selection of wines but also fermented seasonal side dishes. The tang of fermentation in *shiozuke* salt pickles or kimchi enhances the flavor of both the yakitori and the wine. Another secret to Moto's popularity is its specially prepared dipping sauces. The tare for white-meat *sasami* fillets consists of a thick shrimp and raw cane sugar sauce, while vegetables are accented by a dip containing *shottsuru* fish sauce, a traditional fermented condiment from Akita prefecture. The people at Moto say they are

working on ever more inventive ways of incorporating fermentation into yakitori cuisine.



### Moto

Shigemi Bldg. 1F, 3-8-7 Roppongi,  
Minato-ku, Tokyo  
Tel. 03-3475-6333  
5 to 10:30 PM (last order)  
Closed Sundays  
Multicourse dinner from ¥5,500  
[izakaya-moto.jp/yakitori](http://izakaya-moto.jp/yakitori)



Fermented dishes, from front to back: purple cabbage sauerkraut, spicy marinated mushrooms, *shungiku* greens and sesame in tofu dressing, spicy-sweet apple kimchi, aged duck tartare, and Chinese cabbage, paired here with orange wine.



Above: Five varieties of Kubota sake and seven original sake cocktails are on offer. Based on your response to the tasting, AI will select the drink that suits you best. Right: It takes only 15 minutes to do the blind tasting and get your results.



## Let AI recommend sake for you

### Mirai Sake Store/Kubota Sake Bar

Tucked in the basement of the newly renovated Shibuya Parco department store, the Mirai Sake Store and Kubota Sake Bar are a cutting-edge combination shop and watering hole specializing in Japan's traditional brew. Be sure check out "Yummy Sake," a program Mirai developed to identify customers' sake preferences. First you participate in a blind tasting of 10 sake varieties and record your impressions via an online service. From there artificial intelligence takes over, classifying your palate as one of 12 different types with evocative names like AwaAwa and ToroToro. Finally, you'll be rewarded with a straight shot or original cocktail of sake from the Asahi-Shuzo Sake Brewing Company's popular Kubota line. The results may surprise some folks who are sure they know what kind of sake they like, but that's part of the fun.

### Mirai Sake Store / Kubota Sake Bar

Shibuya Parco B1F, 15-1 Udagawa-cho, Shibuya-ku, Tokyo  
Tel. 03-6455-3975  
11 AM to 11:30 PM (last order 11 PM); closed irregularly  
Yummy Sake & Kubota Tasting Kit, ¥2,000 (including one drink)  
[www.kubota-sake-bar.com/english.html](http://www.kubota-sake-bar.com/english.html)



# EYE ON CULTURE

## [Ohagi: A Sweet Evolution]

For a small confection, the traditional sweets called ohagi carry big symbolism. The pounded sticky rice on the inside represents the hope for a bountiful crop, and the azuki beans in the sweet paste that enrobes the rice are a charm against evil. For this reason, mothers and grandmothers all over Japan used to make ohagi for the twice-annual weeklong Buddhist periods of commemoration and respect for ancestors that took place over the spring and autumn equinoxes. Though that custom has largely died out, ohagi remain beloved. Satisfying and easy to eat, they go extremely well with strong green tea. Not surprisingly, ohagi are gaining new recognition as one of Japan’s real soul foods.

Photography by Hoshito Omija. Text by Toko Suzuki



**Yuzuki ohagi**  
(with *mitarashi* sweet soy glaze)



**Hangetsu**  
(with matcha powdered green tea)



**Baizuki**  
(with *hojicha* roasted tea)



**Shingetsu**  
(coconut)



**Mangetsu**  
(with *kinako* roasted soy flour)

### Ohagi3

In Nagoya, a city where traditional Japanese tea culture is still strong, there are a lot of traditional confectioners. Among them is Ohagi3, which has three outlets in Nagoya and recently opened a fourth in Tokyo. Its playful ohagi are made with the best ingredients and use no artificial colors, flavors, or preservatives (from ¥220 each). Yuzuki ohagi has sweet bean paste in the center and is lightly char-grilled on the surface, with a salty-sweet topping. The distinctive Baizuki, with the tang of roasted green tea, is sold only at the Tokyo store. There’s an ohagi parfait on the menu (below, ¥700), too, combining ohagi, *warabimochi* (a wobbly jellied treat made from bracken starch), and ice cream—a perfect accompaniment to a stroll though Asakusa, one of the oldest districts in Tokyo.



### Takeno to Ohagi

Owner Hiroki Ogawa says his grandmother used to make ohagi with a particularly refined taste; they were less sweet than most. That memory is what inspired him to start his own business specializing in the traditional treats. As well as the regular ohagi wrapped in either coarse or smooth bean paste, the other five options on sale each day depend on what he decides in the morning (from ¥250 each). The choice often reflects small changes in the seasons around him—a flower he notices blooming, or the way a breeze feels in the air. The ohagi are made in the morning and sold through the afternoon. The store sells only ohagi, and closes once they are sold out. Every day a line of eager customers gathers at the door.

**Tsubu-an**  
(coarse bean paste)



**Hemp seed and roasted soy flour**



**Chopped nuts**



**Kumquat and Hidaka kombu**



**Coconut and lemon zest**



1-21-11 Sakura-shinmachi,  
Setagaya-ku, Tokyo  
Tel. 03-6413-1227

Noon to 6 PM  
Closed Monday and Tuesdays, as  
well as for an extended period  
during summer



1-31-4 Asakusa, Taito-ku, Tokyo  
Tel. 03-5830-3103  
10 AM to 6 PM  
Closed irregularly  
ohagi3.com (Japanese only)



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Answer the questionnaire via the *KIJE* website at <https://int.kateigaho.com> or send us an email with the information below at [kg-ie@sekaibunka.co.jp](mailto:kg-ie@sekaibunka.co.jp) by **June 30, 2020**.

**Two winners** will be chosen to each receive two pairs of Wakasa lacquered chopsticks from Ginza Natsuno (featured on pages 6–9).

We look forward to hearing from you!

## Please tell us:

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2. Your email address
3. Your age
4. Your occupation
5. Your country of residence
6. Your nationality
7. Where you purchased your copy of *KIJE*
8. Which articles appealed / did not appeal to you, and why
9. How many times you have been to Japan
10. If you have been to Japan, how long you stayed and about how much you spent
11. Where you want to go next in Japan
12. What you want to purchase in Japan
13. What you want to experience in Japan
14. The countries you have traveled to in the past year
15. Any comments about *KIJE*



Photography by Shunsuke Musashi

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Shipment of your gift may take time. We ask for your understanding.





Photography by Sadaho Naito (pages 52–53, 63, and 66–67), Hiroshi Abe (pages 54–55, 59, 64–65, and 68), Masayuki Sakamoto (pages 57 and 60–61), Kazuhiko Suzuki (pages 58 and 68), and Kunihiro Fukumori (page 62)  
Text by Mami Naoe. Contributions by Hiroko Kawai (page 54), Shiro Matsumoto (page 55), Kei Segawa (pages 56, 58, and 60–61), Chie Nakano (page 57), Keiko Moriwaki (pages 59, 64, and 68), Shoko Nishimura (pages 62–63 and 66–67), Izumi Shibata (page 63), Masue Kaku (page 65), and Saika Inubushi (page 68)



# Michelin-Star Magic in Japan

Michelin awards its star ratings only to restaurants that meet the strictest criteria concerning, among many things, the quality of ingredients, food preparation skills, and proven ability to come up with unique creative ideas. With more Michelin-starred restaurants than almost anywhere else in the world, Japan offers limitless options for lovers of fine food. Read on for a carefully curated collection of distinguished dining options too delectable to miss.



## Ryori Komatsu

Be seduced by the finest *kappo* skills in Kanazawa

The capital city of the former Kaga domain, famed for its rich artisan traditions, is also a gourmand's paradise today. Thanks goes to the ready availability of a dazzling array of ingredients. One name sure to appear on any list of famous Kanazawa kappo establishments (kappo dining being less formal and more intimate than the better-known kaiseki) is Ryori Komatsu. It offers counter seating only, in spare and understated surroundings. Key to the cooking here is the dashi stock that forms the foundation of Japanese cuisine. Ryori Komatsu's own version, made from Rishiri kombu and dried bonito from Makurazaki, brings out the best in local ingredients and renders soups sublime.

Midway in the meal combining early- and peak-season elements, the focus is on the *hassun* course (left), which has the liver and soft roe of sea bream and spring rape blossoms. Choice items of tableware, old and new, add to the festive spirit. This is the place to enjoy kappo dishes crafted with the finest authentic techniques.

11-29 Saiwai-machi, Kanazawa, Ishikawa  
Tel. 076-224-0118  
6 to 9:30 PM (last order)  
Closed Sundays  
Chef's multicourse selection from ¥8,500  
Reservations required



# L'Osier

## An elegant interlude at one of Ginza's greatest *grandes maisons*

Since opening in 1973, French restaurant L'Osier has captivated countless customers with its consistently cutting-edge cuisine, sophisticated service, and attractive furnishings, fixtures, and art. Food created by the restaurant's third French chef, Olivier Chaignon, artfully meshes classic techniques and innovative ideas. L'Osier also incorporates Japanese ingredients to expressive effect. A typical example is the appetizer below: soft-boiled egg from Tottori in a spinach-shiso purée with girolle mushrooms, sweetbreads, autumn truffle, and mushroom-broth foam. Every plate served at this Ginza stalwart is a culinary voyage of surprise and discovery.

7-5-5 Ginza, Chuo-ku, Tokyo

Tel. 03-3571-6050

Noon to 1:30 PM (last order), 6 to 8:30 PM (last order)

Closed Sundays, Mondays, and some holidays

Multicourse lunches from ¥11,000, dinners from ¥23,000

Reservations required

[losier.shiseido.co.jp/e](http://losier.shiseido.co.jp/e)







## Azabu Yukimura

Simmering *sansho* blossoms suffused with the scent of spring

The sansho-flower hot pot at Tokyo's Azabu Yukimura is one dish definitely worth sampling in spring as the trees begin to bud. Owner Jun Yukimura notes, "Sansho pepper tends to be viewed as a condiment, but it's actually far more versatile than that. Not only does it boost the appeal of any food it's paired with, but it's also delicious enough to take center stage in its own right. So in this hot pot the beef is relegated to a supporting role." Generous handfuls of early-spring sansho blossoms grown in Tanba are added to the stock, and the beef is cooked shabu-shabu style, then served with the flowers. It's an exquisite dish that combines sansho's subtle bouquet and hint of bitterness exclusively found at this time of year.

Yuken Azabu Juban Bldg. 3F, 1-5-5 Azabu Juban,  
Minato-ku, Tokyo  
Tel. 03-5772-1610

5:30 to 7 PM (last entry); closed irregularly  
Course menu including hot pot with sansho flowers,  
¥40,000, available in April through end of May  
Reservations required  
[www.azabu-yukimura.com](http://www.azabu-yukimura.com)





## Restaurant Esquisse

### Impeccably creative French cuisine in Ginza

The kitchen at Esquisse is under the command of Lionel Beccat, who worked for many years alongside the legendary Michel Troisgros. Distinctive dishes on white plates, such as the roasted duck above, resemble still-life compositions—in keeping with the restaurant’s name, which is French for “sketch.” The chefs treat food with reverence, incorporating Japanese ingredients and fermented products into French cuisine and bringing it all together in vibrant ways that provide a feast for the eyes and taste buds. With an interior decor and menu updated last year, plus a new pastry chef, this radically reborn, ever-evolving restaurant remains one to watch.

Royal Crystal Ginza 9F, 5-4-6 Ginza,  
Chuo-ku, Tokyo  
Tel. 03-5537-5580  
Noon to 1 PM (last order), 6 to 8:30 PM  
(last order)  
Closed on Sundays for dinner (or on  
Monday for dinner if Monday is a holiday)  
Lunch from ¥10,000, dinner from ¥20,000  
Reservations required  
[www.esquissetokyo.com/en](http://www.esquissetokyo.com/en)



# Chisou Nakamura

## Savor traditional aesthetics and flavors in Fukuoka

Chisou Nakamura conveys the authentic world of traditional Japanese cooking in a setting rare in the city of Fukuoka. A sophisticated space with a seasonal sensibility, the *sukiya*-style building—featuring walls of Juraku clay from Kyoto—is situated on Daikoku-dori, part of the parade route for the Hakata Gion Yamakasa, one of Japan's major festivals. Inside the restaurant fresh flowers, Hakata clay dolls, and *mizubiki* twisted paper cords decorate an interior that, like the food, is true to the heritage of Japanese cuisine. Owner Akira Nakamura's determination to "offer the traditional aesthetic of Japan in a Hakata setting" is reflected in the menu: the location of Hakata, a district of Fukuoka, makes it a collection point for superb seafood and all the finest Kyushu ingredients. Nakamura's hassun (below), made from the best local items with subtle creative tweaks, is picture-perfect and the epitome of elegance.



2-10 Tsuma-shoji, Hakata-ku, Fukuoka  
Tel. 092-292-7663  
11:30 AM to noon (last entry), 6 to 7:30 PM  
(last entry)  
Closed on Sundays and Mondays for lunch;  
closed some Mondays for dinner  
Kaiseki multicourse lunch from ¥10,000,  
dinner from ¥15,000  
Reservations required  
[chisou-nakamura.jp](http://chisou-nakamura.jp)



# Dominique Bouchet Tokyo

## A touch of the contemporary in traditional French cuisine

Dominique Bouchet is a long-standing star of the French dining scene. Modeled on a Parisian apartment, the inviting dining space of his restaurant in Ginza has an elegant yet cozy ambience, while the brick wine cave is the ideal setting for an apéritif, or tea after dining. Blue lobster Parmentier with caviar butter is a dish Bouchet served when he was executive chef at the Hôtel de Crillon in Paris, but he has now given it a light and subtle sauce. With this new twist, responsive to changing times, the result (below) is a specialty in which the sauce is truly the star.

Ginza Renga-dori Fukujin Bldg. 2F, 1-5-6 Ginza, Chuo-ku, Tokyo  
Tel. 03-6264-4477  
Noon to 1:30 PM (last order), 6 to 8:30 PM (last order)  
Closed Wednesdays  
Lunch from ¥7,500, dinner from ¥15,000  
Reservations required  
[www.dominique-bouchet.jp/en](http://www.dominique-bouchet.jp/en)





# Jo

## Where beef in all its permutations takes center stage

Jo serves tantalizing morsels of meaty kappo delights prepared in multiple ways. The Tokyo restaurant uses only the finest beef, including some of the less common cuts, from cattle raised in stress-free environments. Presentations that ring with fresh ideas include such surf-and-turf variations as sashimi with beef *consommé en gelée*, and a small bowl combining raw beef with horsehair crab, sea urchin, Japanese glass shrimp, and caviar (below). The restaurant's course menus offer classic meat dishes such as chargrilled beef steak, breaded cutlets, and sukiyaki, giving diners a uniquely Japanese beef bonanza that tempts to the very last bite.

Barbizon73 B1F, 2-24-14 Nishi-Azabu, Minato-ku, Tokyo  
Tel. 03-3486-2929  
5:30 to 11:30 PM  
Closed Sundays and holidays  
Multicourse dinner from ¥20,000  
Reservations required  
jo-tokyo.jp







# Dinner as performance for the senses

Watching the polished handiwork of chefs in action is one of the treats of dining out in Japan. Sushi and tempura are among the best-known examples of foods prepared before your eyes. Dinner enjoyed in close proximity to the sheer energy and concentration of those creating is an unforgettable part of any visit.

## Meet the chef while dining on dishes with deep Kyoto roots at this Tokyo counter restaurant

### Nanzenji Hyotei Hibiya

Amid the numerous dining options at Tokyo Midtown Hibiya, Nanzenji Hyotei Hibiya stands out as a cut above the rest. That's hardly surprising considering its status as the sole branch of the venerable kaiseki restaurant of the same name in Kyoto. Unlike its parent, however, the Tokyo locale serves meals in the slightly less formal *kappo* style.

Manning the work space shown above is Yoshihiro Takahashi, the 15th-generation owner and head chef of Nanzenji Hyotei. He is set to prepare a meal for Tomohiro Uyeda, the fourth-generation owner of Uyeda Jeweller, Japan's oldest jewelry store, and his wife, Mari. The couple tucks eagerly into a succession of dishes placed on the counter while enjoying a chat with Takahashi, who notes, "People's sense of taste changes with the times, so ingredients and cooking techniques gradually change, too. The Hibiya branch is fun-

damentally the same as my Kyoto restaurant, but with a few enjoyable twists that are unique." This means coming up with menu ideas more in tune with the tastes of Tokyoites. For example, he experiments with different soy sauces on the sashimi, or serves lightly flame-grilled *kinmedai* alfonso, a fish he does not use in Kyoto.

After dining Uyeda says, "This Hyotei in Hibiya has built something perfect for the times, in a style different from Kyoto. We, too, pour our heart and soul into our work—in our case, jewelry—trying new things along the way. I feel that's something we have in common here." Cooking that bursts with creative ingenuity, while maintaining Kyoto traditions, points strongly to a centuries-old heritage that continues to evolve.





**Top:** Diners seated at the counter can enjoy some lively conversation with 15th-generation Hyotei owner Yoshihiro Takahashi.

**Above:** Grilled alfonsino is topped with gelée citrus dipping sauce.

**Right:** The *hassun* appetizer is loaded with visually appealing items such as the famous Hyotei soft-boiled egg, sea bream and shrimp *temari* sushi balls, and grilled miso-glazed wheat gluten.



Tokyo Midtown Hibiya 3F, 1-1-2  
Yuraku-cho, Chiyoda-ku, Tokyo  
Tel. 03-6811-2303  
Noon to 1:30 PM (last entry), 5 to  
8 PM (last entry)  
Closed Mondays (or Tuesday if  
Monday is a holiday)  
*Tenshin* (light) lunch ¥7,000, kaiseki  
lunch ¥12,000, kaiseki dinner from  
¥18,000  
Reservations required  
[hyotei.co.jp/tokyo/en](http://hyotei.co.jp/tokyo/en)





**Left:** Sushi toppings include a full range of seasonal Hokuriku delicacies such as red bream, akanishigai whelk, kombu-cured bream, horsehair crab, spear squid, Japanese Babylon sea snail, and yellowtail. **Below left:** Ark shell from the Sea of Japan comes with kombu-cured rape blossoms. **Bottom:** Horsehair crab from Noto is sweet and succulent. Its flaked flesh is also mixed into the sushi rice.



## Discover new types of Hokuriku seafood in snacks and sushi

### Kawaramachi Hajime

Sushi shop Kawaramachi Hajime is situated in an atmospheric old house in the retail district of Kanazawa. The owner, Shinji Hamamoto, trained locally for 15 years to be a sushi chef. He sources most of his fish from selections that the city's Omi-cho market offers fresh from the rich waters of the Hokuriku region. He prepares them carefully to optimize flavor and, in an unusual practice, serves certain seafoods as both side dish and *nigiri* sushi, together or in succession.

According to Hamamoto, "Kanazawa sushi is characterized by mild-flavored rice with less vinegar and salt, and fresh seafood from the Sea of Japan. The seas off the Noto peninsula at the tip of Ishikawa prefecture are among the country's best fishing grounds, with different species caught inshore and offshore. That allows us to serve a wide variety of fish throughout the year." His box of sushi toppings contains around 25 different types daily, dominated by what is in season and including some species not readily available in other parts of Japan such as *akanishigai* whelk and *gasuebi* shrimp. Served with perfect timing as the drinks flow are nigiri and side dishes that showcase the unique Kawaramachi Hajime style, for example through the addition of *kobujime*, a curing technique using seaweed.

Best of all is the friendly, thoughtful hospitality of the proprietor and his wife, who work seamlessly as a team. Here you'll find sushi that will surprise you.

1-6-15 Kata-machi, Kanazawa, Ishikawa; tel. 076-223-7355  
6 to 9 PM (last entry); open for lunch on Sundays only, 11:30 AM to 2 PM (reservations required two days in advance)  
Closed Mondays  
Chef's selection lunch and dinner from ¥15,000  
Reservations required  
mikizo1.com



## Savory skewers with style

### Wasabi

The deep-fried crumbed morsels known as *kushiage*, held in the hand and slipped straight off the skewer for munching, are Osaka soul food. Kushiage tends to be viewed as a second-tier treat, but the offerings here at Wasabi are, as you can see, a visual delight. Restaurant owner Takako Imaki describes kushiage as “a flexible dish with great scope for variation,” and says she takes inspiration from many styles of cooking. She finds ingenious ways to combine ingredients and play with sauces. Elaborate care in preparing the skewers results in flavors ranging from plain to spicy. Diners find a constantly varying menu with around 30 tempting offerings fried to crisp perfection in rice-bran oil. Devour them piping hot for the quintessential Osaka foodie experience.



1-1-17 Nanba, Chuo-ku, Osaka  
Tel. 06-6212-6666  
5 to 9 PM (last entry)  
Closed Sundays and Mondays  
Chef's multicourse selection from ¥5,000 to ¥13,500 (depending on number of skewers)  
Reservations required  
[www.hozenji-wasabi.jp/en](http://www.hozenji-wasabi.jp/en)



**Above:** A stylishly presented croquette of truffle and Comté cheese awaits, with crisp vegetables. Champagne from ¥1,300.  
**Left:** Imaki makes fresh kushiage.



## Seasonal tempura in an historic Kanazawa restaurant

### Tenkane

Located in the grounds of the historic ryotei Kinjohro, Tenkane is a tempura eatery with the sophisticated vibe that comes from being operated by an upscale traditional restaurant. Tempura here gives full expression to the delights of Hokuriku-region ingredients from land and sea, which are fried to crisp, refined, light-as-air perfection. Offerings include the classics such as prawns and *taranome* fatsia sprouts, with guest appearances by local specialties like *kinjiso* greens and Gorojima Kintoki sweet potatoes. In the set menu, Tenkane also serves morsels prepared with extra delicacy to showcase ingredients' natural flavors in vibrant fashion; one example is bamboo shoots served in a simmered style. Diners can choose to finish with a *kakiage* tempura rice bowl or *tencha* (tea and tempura over rice). Besides the irresistible plates of seasonal Kanazawa delights, there are beautiful gardens just outside.



**Above:** Clockwise from top left are Gorojima Kintoki sweet potato, prawn, butterbur bud, ostrich fern and fatsia sprouts, tilefish, and kinjiso greens.  
**Left:** Dine with views of the historic garden of Kinjohro, former residence of a Kaga-domain retainer.

2-23 Hashiba-cho, Kanazawa, Ishikawa  
Tel. 076-224-2467  
11 AM to 2 PM, 5 to 8 PM  
Closed Wednesdays and the first and third Thursdays of the month  
Multicourse lunches from ¥5,000, dinners from ¥10,000  
[kinjohro.co.jp/english/tenkane.html](http://kinjohro.co.jp/english/tenkane.html)





**Top:** Head chef Takaaki Tsuneyasu presents meat cuts at the start of the meal.  
**Above:** Sukiyaki includes the fresh flavors of tomato and Manganji pepper.  
**Right:** Walls by Naoki Kusumi, one of Japan's top plasterers, contribute to a cozy ambience.

## Sparing no effort to showcase meat with traditional Japanese culinary techniques

### Towa

The kappo meat restaurant Towa lies tucked away, without even a sign, on the second floor of a mixed-use building on a back street in Tokyo's Nishi-Azabu area. Through the discreet door lies a sleek modern Japanese interior dominated by a pale wood counter. At the start of the meal, head chef Takaaki Tsuneyasu presents a box containing the day's meat selection: sirloin, chuck flap, beef tongue, fillet, and more.

Having first trained at a Michelin-starred restaurant in Japan, Tsuneyasu further honed his skills in Paris. This talented professional says his love of barbecuing inspired him to come up with a kappo style of serving meat. He has creatively added beef preparations to the traditional Japanese multicourse style of dining. The result is a restaurant not so much exclusively about meat as about achieving the right balance of dishes, including orthodox seasonal Japanese fare such as sashimi and soups between beef courses. Combinations are surprisingly exquisite.

Tsuneyasu chooses to work mainly with Kobe beef from Kawagishi Ranch in Hyogo prefecture. It's nongreasy, fragrant, and full of flavor. While he places the chargrilled fillet in the starring role, he also serves three to five other cuts, depending on diners' budget and preference. Tsuneyasu always takes care not to duplicate preparations, for example following grilled tongue with a breaded fillet. His willingness to vary the pace and style of courses is a big draw at Towa.



Modern Form Nishi-Azabu Bldg. 2F,  
 4-11-25 Nishi-Azabu, Minato-ku, Tokyo  
 Tel. 03-6433-5680  
 6 to around 10 PM (last entry)  
 Closed Sundays and holidays  
 Multicourse dinner from ¥25,000  
 Reservations required



# A feast of aged beef grilled with the flash and fragrance of charcoal flames

## The Burn

The Burn is a Tokyo grill focused on serving meat and seafood cooked over high-grade Bincho charcoal. The chic, airy interior is reminiscent of somewhere in New York, Brooklyn perhaps, and includes an open kitchen, a dining area for all occasions, plus a bar for light meals and drinks.

Every seat offers a close-up view of the grill action in the kitchen. The sizzling sounds, flash of flame, and delicious aromas add to the dining experience. Chef Fumio Yonezawa, who trained at a top-tier New York restaurant, sees the charring of meat as an important element in its flavor, and he deploys the powerful flame produced by Bincho charcoal with consummate skill, adjusting the heat carefully to produce grilled meat that's crusty and fragrant on the outside, tender and rare within. The dry-aged Agano-hime beef, matured for more than 100 days, has the rich juiciness characteristic of aged meat. Yonezawa seasons simply, with sea salt from Chichibugahama and the restaurant's own mustard.

The Burn also offers an extensive vegan menu with vegetable dishes that can make delightful adjuncts to the meat options. The menu is mainly à la carte, and orders are served on large plates intended for sharing—the perfect way to enjoy unpretentious gourmet food with friends.



Aoyama Bldg. B1F, 1-2-3 Kita-Aoyama,  
Minato-ku, Tokyo  
Tel. 03-6812-9390  
11:30 AM to 2 PM (last order), 5:30 to  
10 PM (last order)  
Closed Sundays and holidays  
À la carte menu available from ¥1,000  
[salt-group.jp/shop/theburn](http://salt-group.jp/shop/theburn)

**Top:** Meat is grilled in robust but meticulous fashion over a powerful Bincho-charcoal flame.  
**Right:** Dry-aged Agano-hime beef on the bone can be ordered in quantities from 600 grams, ¥2,600 per 100 grams including tax.  
**Left:** An open, industrial, New York-style space.







## Never a dull moment with kappo cooking, Osaka-style

Yu

For centuries Osaka has enjoyed a reputation as Japan's kitchen, a place where fresh local ingredients meet dried goods transported via the old *kitamaebune* northern shipping route from more distant sources. While cooking in nearby Kyoto tends to be light in flavor to avoid masking the subtleties of the ingredients, cuisine in Osaka is characterized by richer fare with robust flavors catering to customer preferences, as reflected in the saying "Original flavor in Kyoto, seasoned flavor in Osaka." Yu is a chef-owned kappo restaurant that prizes Osaka "seasoned flavor" above all else.

According to owner-chef Hideto Furuike, "When it comes to producing that rich, smooth flavor, stock is all-important. We use *ichiban-dashi*—or "first stock," very pure, made with the highest-quality ingredients—to produce flavors that are not too sweet, not too salty, not too strong, and

not too thin." The menu at Yu contains more than 80 items from sashimi to fried fish, seasonal vegetables, snacks, and rice dishes. Among native Osaka favorites are bream, pike conger, and duck; for vegetables there are Naniwa *yasai*, the heirloom vegetables of Osaka, plus herbs and other greens. Ingredients are sourced all over the country and prepared in imaginative ways with scrupulous attention paid to sauces, condiments, and visual presentation. Amazingly, Furuike still personally writes his menu list every day, varying it according to the ingredients he has in hand and the preferences expressed by customers with reservations.

With a huge range of ingredients and superlative skill, cooks at Yu keep prepping right up to opening time. Then they serve as dynamic hosts at this famous establishment embodying the friendly flexibility of the Osaka cook.





**Left:** The constantly changing bill of fare lists in excess of 80 items, ranging from ¥1,000 to ¥2,700.

**Below left:** Translucent sea bream is used generously in sashimi and in simmered as well as grilled dishes.

**Below center:** This local herring and eggplant dish is prepared differently from the home-cooked version by topping the grilled and pickled vegetable with a starchy sauce.

**Below right:** Owner Hideto Furuike (center) and his staff serve up the tastes of Osaka.

1-9-17 Higashi-Tenma, Kita-ku, Osaka

Tel. 06-6232-8558

5:30 to 10:30 PM (last order)

Closed Sundays and holidays

Chef's selection from ¥9,000

Reservations required

kcct600.gorp.jp







**Above:** Boiled tailfin of salmon shark is served piping-hot with Koshi-hikari rice cooked in a pot.  
**Right:** Choice ingredients including horsehair crab, grouper, and shark's fin. The restaurant handles fins from some five species of shark.

## Enjoy prime seafood prepared in modern Chinese style

### Shintomicho Yuasa

Tokyo chef Daisuke Yuasa honed his skills at a renowned Chinese restaurant and undertook further training at high-end fish wholesaler Dairiki Shoten, now relocated from Tsukiji to Toyosu. Yuasa is a true connoisseur of seafood, a consummate professional in handling it. His knowledge and experience ensure that every fish he sources is of superior quality. With confidence and ease he turns premium ingredients into fare that never fails to surprise and delight. Calling on precise showmanship, he pours his boiled shark's fin piping-hot into a clay pot in front of his guests; complete with sizzling sounds, the effect is mesmerizing. Look for even more imaginative offerings from this chic Chinese establishment.

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## A chef's kitchen just for those in the know, in Tokyo

### Cantonese Kazen

Down a passageway along the side of the dining area at Cantonese Kazen lies a secret space: the “chef's table” with a view of the kitchen, seating just four and known only to a select few. Here, chef Kei Yanada, previously of the Mandarin Oriental, Tokyo, and Marina Bay Sands in Singapore, crafts tempting banquets by adding unconventional touches to traditional Cantonese cooking. He incorporates French ingredients such as truffles and foie gras, for example, and accompanies the Hong Kong specialty of fried pigeon, cooked the conventional way, with an original sauce. Watching the action in the kitchen as you eat adds excitement to the dining experience.

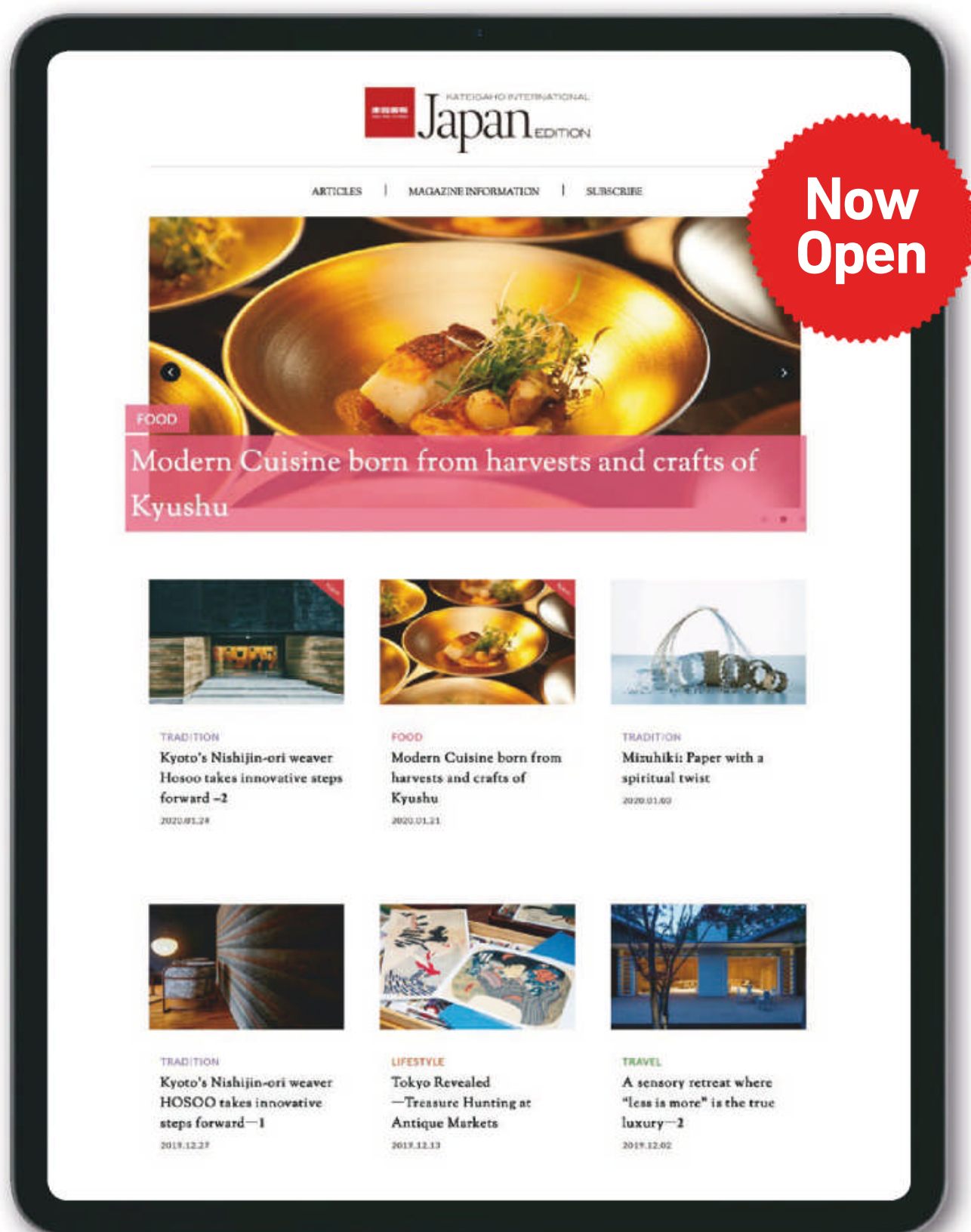


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**Above:** Whole fried pigeon has Thai-style sauce containing sweet basil and coriander. The popular dim sum menu of four dishes includes vegetable and truffle dumpling varieties.  
**Left:** Counter seats have a close-up view of the kitchen.





# New *KIJÉ* Website

The *KIJÉ* website was redesigned to update its content and visuals last September. It has a great new look and added features to convey the appeal of *KIJÉ* magazine more powerfully than ever. From the latest buzz on hotels and restaurants to up-and-coming arts events, you'll find plenty to do, see, and read about.

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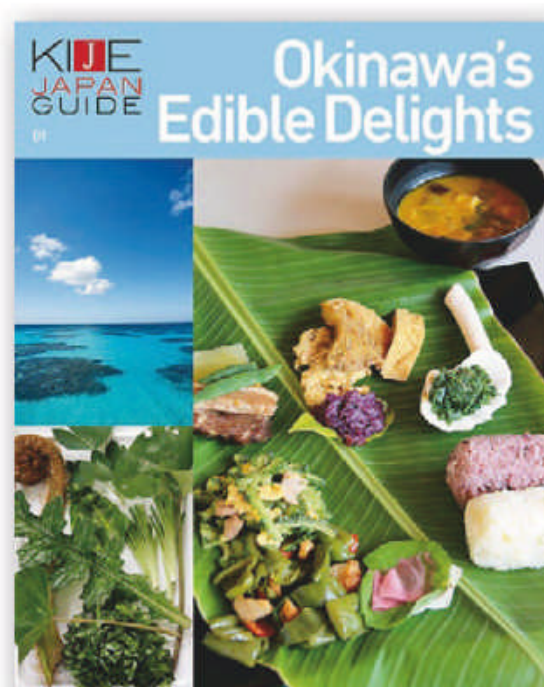


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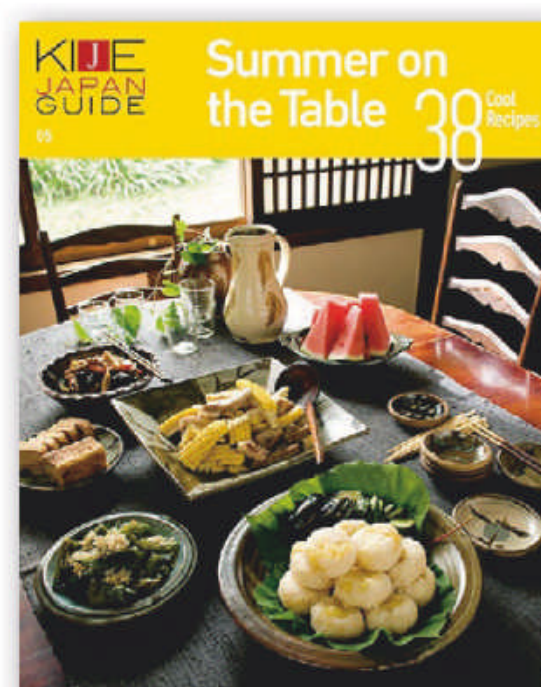


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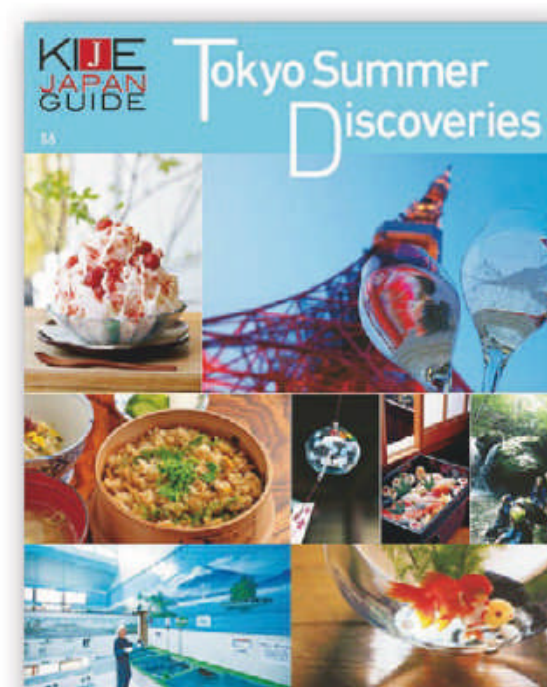
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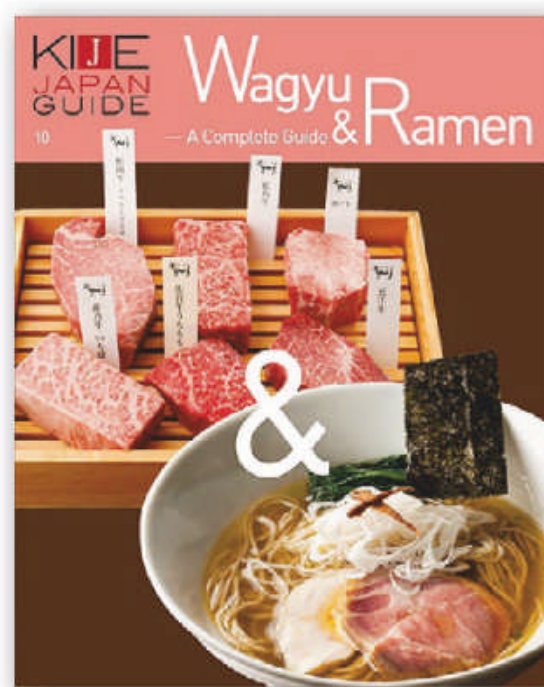
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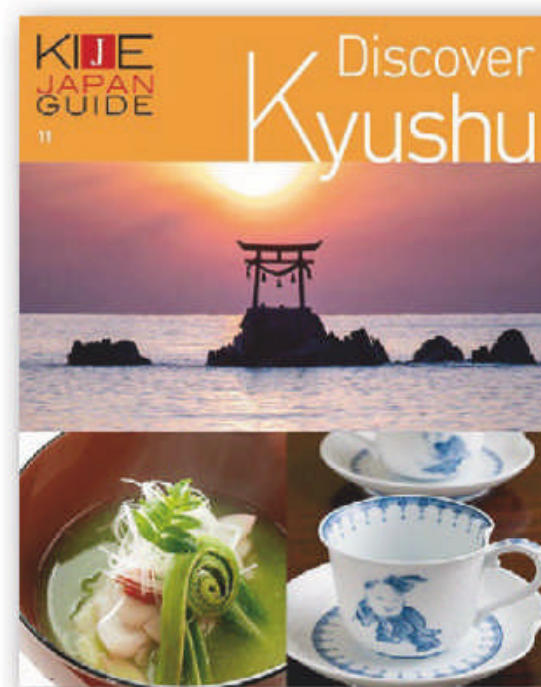
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# Shun

## —The peak of perfection and plenty

*Text by Hiromi Suzuki*

The Japanese appreciation for the cycle of the seasons—and the magnificent power of nature in that eternal cycle—is ever present in the nation's culinary culture. Seasonal delicacies feature in superb feasts, beautifully served in traditional ryokan. On these pages are three accommodations renowned for their dining; they dish up relaxation and revival in the truest sense.





# Ryokan Kurashiki

Sensing in subtle signs the arrival of a new season, and lamenting the one on its way out, illustrate the Japanese affinity for transitions, which has helped shape a unique cultural landscape. Evident in art and literature, to give just two examples, it is also true for food. As a long, narrow string of islands, Japan is blessed with bounties of both sea and land, including sublime spring water sourced from majestic mountains. The natural features of a nation with four well-defined seasons nurture a diversity of foods only available in a particular location during a particular time—from fruits, vegetables, and grains to meat and fish—encouraging the development of a culinary culture rich in variety and seasonal pleasures.

In Japan, the period of a food's greatest abundance is referred to and revered as *shun*. This focus on seasonality is partly because the food is then at its tastiest, of course, but *shun* also conveys a wish for good health and feelings of gratitude toward nature. Ancient Japanese saw seasonal change as something magical, leading plants and grains to bear fruit and animals to go forth and multiply. Beyond the pattern of changes within seasons, the seasons themselves adhere to a constant cycle year in and year out. In this immutability of continuous change, the people of old sensed the presence of the gods. Ingesting foods in *shun*, suffused with life force, meant taking the precious energy of nature into one's own body. As we humans are just another life form dwelling amid the cycle of the seasons, Japanese have believed since early times that eating seasonal foods helps to restore balance to body and mind.

The Japanese fixation with *shun* is also evident in the meticulous subdivision of each season for a particular food. First comes *hashiri*, or early season; then *sakari*, peak season; and finally *nagori*, or "holdover," when it's time to savor the last of a delicacy and anticipate its return the following year. Japanese enjoy the subtle

**Left:** In an elegant tribute to the arrival of spring, this sashimi selection presents fresh fish and shellfish that come into season just as the cherry trees bloom.

**Below left:** Ryokan Kurashiki is situated amid the Edo-period surroundings of Kurashiki's old quarter, where the historic streetscape highlights the beauty of the inn's traditional buildings. Photograph by Kenji Kudo.

**Below:** The ryokan's Inui no Ma guest room—the converted second floor of a 160-year-old former sugar storehouse—reflects its hardworking past in hewn crossbeams and sturdy construction.





# Auberge Maki no Oto Toyama



shifts in flavor at each phase. In the world of traditional cuisine, serving a combination of hashiri, sakari, and nagori foods is considered one of the highest forms of hospitality, giving expression to the changing seasons and the passage of time from past to present to future.

Dining in new destinations can be one of the greatest joys of travel, and a stay in a ryokan famed for its cooking is hard to beat. Whether you encounter the flavors of spring, suffused with the joy of new life and the knowledge that warmer days are on the way, or the tastes of summer, shot through with vigor and vitality, you'll enjoy in-season dishes that make you glad you visited a particular place at a particular time of year. Perhaps nothing offers a better boost than fine food, and just like the natural bounty of shun, time spent savoring the ultimate in seasonal gastronomy, served with gracious hospitality, will reenergize and hearten you.

**Top:** Inspired by French haute cuisine, dinner offerings reflect a commitment to regional ingredients, including the ryokan's homegrown rice and vegetables, and seafood from the Sea of Japan. Every dish is a delicious testament to the delights of seasonal eating.

**Above right:** The Edatsubaki guest room has generous windows and a relaxation deck for taking in the view throughout the seasons.

**Right:** In the restaurant, bucolic vistas help diners forget everyday cares.





# The Hiramatsu Hotels & Resorts Sengokuhara



**Above:** Inventive dishes combine Italian principles with traditional French and Japanese flourishes. Adding an element of fun are presentations inspired by the natural wonders of Hakone.

**Far left:** Artworks add distinctive touches to the elegant dining room.

**Left:** Beyond its beautiful Italian-made furniture, the Presidential Suite (1201) has stunning mountain views.

## Ryokan Kurashiki

This inn in Kurashiki's old quarter offers accommodations in the former building of a sugar wholesaler dating back to the Edo period (1603–1867) and in converted storehouses once used for sugar, rice, and tools. Robust pillars and beams, traditional *honkawarabuki* tiled roofs, whitewashed walls, and latticed windows all give guests a sense of historic structures, beloved by generations of writers and artists. Another charm of the ryokan is its kaiseki cuisine featuring fresh regional delicacies such as oysters, bream, and octopus from the Seto Inland Sea.

4-1 Hon-machi, Kurashiki, Okayama  
8 rooms

## Auberge Maki no Oto Toyama

Located near the UNESCO World Heritage site encompassing the villages of Shirakawago and Gokayama, this exclusive ryokan hosts a maximum of three parties per day. Blending harmoniously with the nearby farming community, the inn is a magnet for lovers of fine food eager to sample exquisite fare using ingredients from the gastronome's haven of Hokuriku. Breakfast is renowned for homegrown seasonal vegetables, and rice cooked on a traditional wood-fired stove. Each room has an outdoor-facing bath with views of the rustic landscape.

140 Noguchi, Nanto, Toyama  
3 rooms

## The Hiramatsu Hotels & Resorts Sengokuhara

This boutique hotel—a sister venue of Restaurant Hiramatsu, one of Tokyo's most venerable purveyors of French cuisine—is in a premier resort area nestled amid forest and grasslands, yet only 90 minutes by car from Tokyo. The hotel's main building opened in winter 2016, and autumn 2019 welcomed a separate “residence,” which offers a more self-contained experience on an adjacent site. In addition to superlative cuisine made with the finest ingredients from all over Japan, this Hiramatsu tempts guests with hot-spring baths famed for their beauty benefits.

1245-337 Sengokuhara, Hakone-machi, Kanagawa  
20 rooms

**The Ryokan Collection** is Japan's first consortium of 38 individually owned and operated luxury ryokan and small hotels with a mission to continue the hospitality traditions of *omotenashi*. For reservations and concierge services at these prestige properties, please use the contact information below.

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The July 2020 issue of *Kateigaho International Japan Edition* will focus on Tokyo. As the center of Japan, Tokyo is a locus for continuing traditions, while at the same time being futuristic, creative, and unique. It is like no other city in the world. Our special issue will cover this city of past and future from a variety of angles.

*Photography by Shunsuke Musashi*

*Editorial plans are subject to change.*

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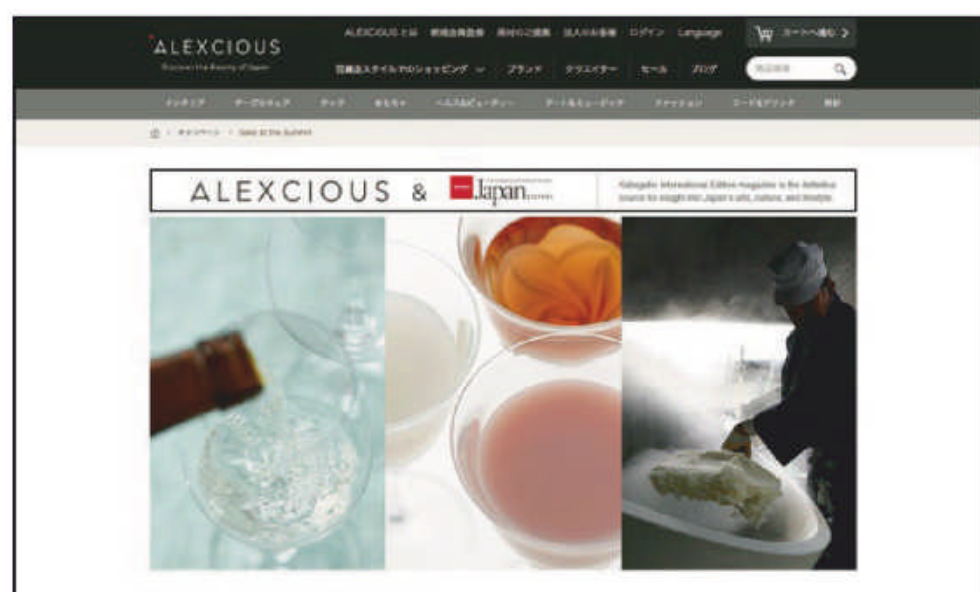
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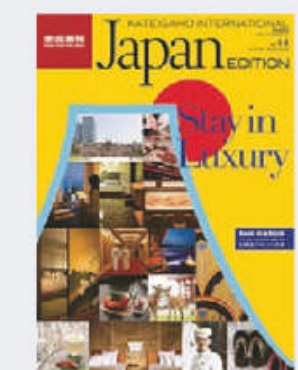
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Text by Robert Cameron

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フォーシーズンズホテル丸の内 東京

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57 rooms, ¥84,955–¥1,012,200 for double occupancy

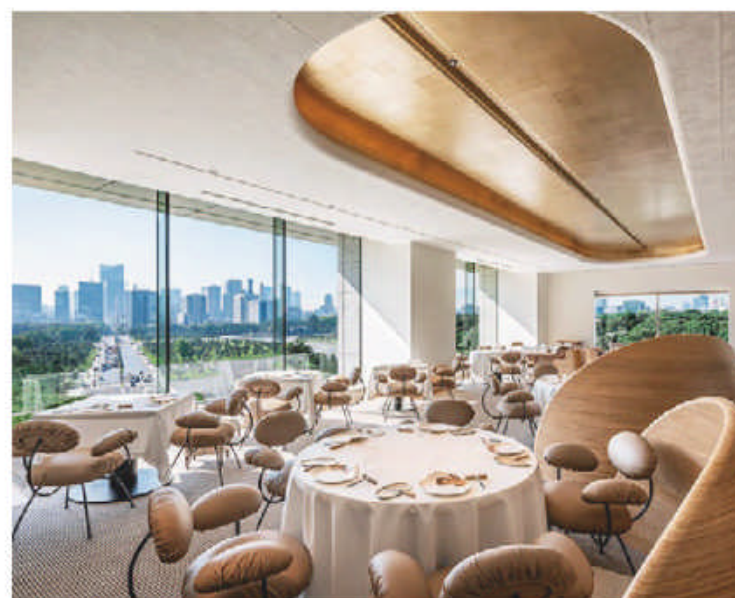
Trains for Tots from ¥116,255 for two adults and up to two children staying in the same room. Includes breakfast at dining facilities, Plarail set with Shinkansen train (for use only during the stay), framed photo, and gifts of Plarail-related goods.

## Marunouchi, Tokyo

### Palace Hotel Tokyo

パレスホテル東京

With its spectacular views overlooking the Imperial Palace gardens, Palace Hotel Tokyo is an iconic presence and a leader among the upper echelon of the city's hotels. An easy walk from major subway stations and Tokyo Station, it is convenient for sightseeing and perfectly placed for business in the capital's central district of Marunouchi. Its elegantly appointed rooms are cozy and luxurious, and most of them boast private balconies. Palace Hotel Tokyo is now home to an exciting new restaurant, Esterre, which serves exquisite French haute cuisine made from the finest ingredients from Japan.



Esterre—whose name means “Mother Earth” in chef Alain Ducasse's Occitan dialect—takes its inspiration from nature, using natural ingredients cooked in a contemporary style that allows the flavors to shine. The menu emphasizes grains, vegetables, fruit, and other foods sourced from small-scale farmers and independent fishermen. The decor emphasizes nature too, with earthy hues to express the Esterre ethos.

1-1-1 Marunouchi, Chiyoda-ku, Tokyo; tel. 03-3211-5211; [en.palacehoteltokyo.com](http://en.palacehoteltokyo.com)  
290 rooms, ¥70,000–¥1,000,000, excluding consumption tax and 10% service charge. Esterre open 11:30 AM to 2 PM, 6 to 9:30 PM. Multicourse lunch ¥8,000, ¥11,000, and ¥17,000; Multicourse dinner ¥17,000, ¥21,000, and ¥28,000. Seats 60; three private dining rooms. Tel. 03-3211-5317. [esterre@palacehotel.jp](mailto:esterre@palacehotel.jp)



## Shinjuku, Tokyo

### Park Hyatt Tokyo

パークハイアット 東京

Park Hyatt Tokyo is justly famous as one of the premier hotels of the world. Its attributes are unsurpassed, including residence-style rooms decorated with original artworks; world-class restaurants and bars; the Club On The Park spa and fitness center; and breathtaking views over the city and beyond to Mount Fuji. Add to these its renowned service and enviable location high above the busy streets of Shinjuku in the heart of the city, and the Park Hyatt Tokyo is the perfect base for sightseeing or business activities. The “Peak of Joy” plan at The Peak Lounge is one of its more popular recommendations.



Surrounded by stands of bamboo under the atrium's glass roof, guests to The Peak Lounge can enjoy a pleasant evening with friends and loved ones while gazing out upon the skyscrapers of Tokyo. With the “Peak of Joy” plan, guests can choose from an array of cocktails, wine, and other beverages, along with delicious cuisine specially prepared by Park Hyatt Tokyo chefs.

3-7-1-2 Nishi-Shinjuku, Shinjuku-ku, Tokyo; tel. 03-5322-1234; [tokyo.park.hyatt.com](http://tokyo.park.hyatt.com)  
177 rooms, ¥82,225–¥1,265,000  
Peak of Joy at The Peak Lounge, 5 to 9 PM, ¥5,800 per person for 2 hours excluding tax and service charge; tel. 03-5323-3461.

## Shinjuku, Tokyo

### Keio Plaza Hotel Tokyo

京王プラザホテル

Despite its location in the heart of the capital's Shinjuku district, the Keio Plaza Hotel Tokyo is a calm haven amid the noise and the haste of the city. Conveniently close to tourist, shopping, and business destinations, the hotel offers a comprehensive slate of services for visitors. The Club Lounge of the luxury-class Premier Grand Club Floor has a magnificent panoramic view over the city. A concierge is available to provide attentive, professional service and a wide range of support, including restaurant reservations and meeting-room bookings as well as easy check-in while the guests enjoy a welcome drink.



Guests staying on the Premier Grand Club Floors enjoy exclusive access to the special club lounge on the 45th floor, which boasts magnificent views and various ways of relaxing. The six zones, including the dining area and library, have 22 types of chairs and 15 varieties of tables with designs tailored to the respective space. Guests can relax in luxury with an original coffee blend by the hotel barista.

2-2-1 Nishi-Shinjuku, Shinjuku-ku, Tokyo; tel. 03-3344-0111; [www.keioplaza.com](http://www.keioplaza.com)  
1,435 rooms, from ¥45,000; Premier Grand Club Room from ¥45,000, Premier Grand Suite from ¥90,000, including all-day use of the Club Lounge and breakfast

## Shinagawa, Tokyo

### Tokyo Marriott Hotel

東京マリオットホテル

The Tokyo Marriott Hotel is a study in contrasts—it's a tranquil oasis next door to the greenery and beauty of the Gotenyama garden, while surrounded by the hustle and bustle of the vibrant Shinagawa district. Pretty scenery, with *sakura* blossoms, blooming flowers, and leaves changing color, is only a few minutes' walk from one of the largest train stations in the world, with connections to every part of the city and Shinkansen bullet trains to the rest of the country. The peaceful vibe with spectacular views of the city and Mount Fuji, along with the latest in modern conveniences, makes the Tokyo Marriott a premium hotel with everything a business or pleasure traveler might desire.



Lounge & Dining G serves a deluxe menu of American-style dishes created from seasonal ingredients in a variety of ways, including at the renowned grill. The restaurant is known for its generous portions and its excellent breakfast buffet. Situated in a soaring atrium overlooking the beautiful greenery of the Gotenyama garden, it offers a fabulous dining experience.

4-7-36 Kita-Shinagawa, Shinagawa-ku, Tokyo; tel. 03-5488-3911;  
[www.tokyo-marriott.com](http://www.tokyo-marriott.com)  
249 rooms, ¥59,000–¥415,000

## Hakone, Kanagawa

### Hyatt Regency Hakone Resort and Spa

ハイアット リージェンシー 箱根 リゾート&スパ

Hyatt Regency Hakone Resort and Spa is a comfortable, modern hotel that carries on the age-old tradition of hospitality in the resort town of Hakone. The area is famous for its beautiful scenery and plentiful attractions, including museums, world-class art galleries, onsen hot-spring baths, and historical sites. The hotel offers spacious rooms in both Western style and Japanese style with tatami mats in the living and sleeping spaces. The Deluxe Twin and Tatami room has a living-room area that includes a low-rise table and floor-level seats and that is also convertible to a futon sleeping area. The hotel has six dog-friendly rooms for guests wishing to stay with their beloved canines.



The hotel's main restaurant is the Western Cuisine Dining Room, with a dynamic open kitchen at its center. There are various types of seating—spaces where diners can enjoy the lively vibe and watch the chefs work, semiprivate areas surrounded by warm natural brick and wood, and areas by the hotel's wine cellar for wine lovers. The menu consists of simple but sophisticated Western-style dishes made from the finest ingredients.

1320 Gora, Hakone-machi, Kanagawa; tel. 0460-82-2000; [hakone.regency.hyatt.jp](http://hakone.regency.hyatt.jp)  
80 rooms, ¥37,350–¥141,550 including spa tax  
Western Cuisine Dining Room open for breakfast 7:30 to 10:30 AM, lunch 11:30 AM to 2:30 PM (last order 2 PM), dinner 5 to 10 PM (last order 9 PM). Vegetarian menu available.



# KIJE PARTNER HOTELS

## Kyoto

### Hiiragiya Ryokan

柊家旅館

In the 200 years since it first opened its doors in 1818, Hiiragiya Ryokan has established itself as one of the premier ryokan traditional inns in Kyoto. Nestled in a leafy traditional residential neighborhood, the ryokan has long thrived as an integral part of the ancient city, preserving the customs and culture of *omotenashi*, the Japanese art of hospitality, with the highest-quality accommodations, food, and service. Its unsurpassed Kyoto kaiseki haute cuisine—carefully marking the seasons and served on exquisite ceramics and lacquerware—as well as its convenient central location has been attracting devoted return guests for generations.



Hiiragiya's staff cherish Japan's traditions and strive to pass them on to future generations. They put extra time and effort into changing the guest rooms into their summer attire when the season turns. This helps the guests experience the delights of Kyoto culture through staying in a room with traditional *ajiro* wicker mats, *noren* curtains, and other fine fittings made by Kyoto craftsmen.

Nakahakusan-cho, Fuyacho Anekoji-agaru, Nakagyo-ku, Kyoto; tel. 075-221-1136;  
www.hiiragiya.co.jp  
28 rooms, ¥36,720–¥97,200 per person with two meals based on double occupancy

## Kyoto

### Suiran, a Luxury Collection Hotel, Kyoto

翠嵐 ラグジュアリーコレクションホテル 京都

The beautiful Suiran sits serenely and comfortably on the banks of the Hozu River, amid the leafy lanes and ancient history of the Arashiyama district of western Kyoto. Inside, a lovingly restored building harks back to a simpler time, more than a century ago during the Meiji era, when entrepreneur Shozo Kawasaki built his summer villa here. The 39 guest rooms, including six specialty rooms, are accented by touches of traditional Japanese culture, and the grounds contain a host of traditional Japanese delights such as charming little gardens, tinkling brooks, and spots to admire the cherry blossoms and autumn leaves. Seventeen of the guest rooms boast onsen hot-spring baths, and private spa rooms are available, each equipped with an open-air bath.



Suiran is offering a new "Sparkling Anniversary" plan. Guests stay in a room with a view of the Arashiyama scenery or a private *rotenburo* open-air bath, and enjoy free-flow champagne at a special table. Dinner is French and kaiseki fusion cuisine at the Kyo-Suiran restaurant, built as a summer residence during the Meiji era. A special dessert tops off the anniversary celebration.

12 Saga Tenryuji Susukinobaba-cho, Ukyo-ku, Kyoto; tel. 075-872-0101;  
www.suirankyoto.com. 39 rooms from ¥95,000.  
Sparkling Anniversary through December 31, from ¥152,200 excluding tax and service charge. Includes one night accommodation, breakfast, dinner, free-flow champagne, and transportation by taxi from Kyoto Station or rickshaw from Arashiyama Station. Tel. 075-872-1717. reservations@suirankyoto.com



■ Use this QR code to subscribe to KIJE.



## Kyoto

### Hotel Nikko Princess Kyoto

ホテル日航プリンセス京都

Hotel Nikko Princess Kyoto is an excellent choice for visitors to the ancient capital. Its location in the Shijo-Karasuma district is perfect for business and shopping, and the city's famous sightseeing destinations, including Gion, Ponto-cho, and Nishiki Market, are just a short walk away. On-site restaurants offer a variety of fine dining, including Japanese cuisine at Sagano, Chinese at Hisuien, teppanyaki at Hoen, and cocktails in the comfortable Darley main bar as well as an 80-item breakfast buffet at the Amber Court café. The rooms are comfortably large, the staff is attentive and fluent in English, and guests are invariably delighted with this top-notch hotel.



The guest rooms are elegantly furnished in classic style and feature beautiful views over the city. They come fully equipped with all the modern conveniences one expects at a premium hotel, as well as a full range of brand-name amenities. The en-suite baths are lovely and spacious, and draw their water from natural underground sources that are loaded with minerals to soothe both body and spirit.

630 Takahashi-cho, Karasuma Takatsuji Higashi-iru, Shimogyo-ku, Kyoto;  
tel. 075-342-2111; [www.princess-kyoto.co.jp](http://www.princess-kyoto.co.jp)  
216 rooms, ¥24,200–¥242,000

## Kyoto

### Hyatt Regency Kyoto

ハイアット リージェンシー 京都

Situated in a quiet neighborhood in the ancient city of Kyoto, Hyatt Regency Kyoto is surrounded by history. Across the street is the Kyoto National Museum, next door is the 13th-century Sanjusangendo Buddhist temple, and within easy walking distance are many of the city's most famous attractions. The guest rooms are comfortable and tranquil, with big, beautiful Japanese cypress bathtubs in the suites and views of the hotel garden. The Hyatt Regency Kyoto offers its guests a variety of fascinating cultural experiences, including traditional dance performances and a chance to meet *maiko* apprentice geisha in the evenings.



Performances by *maiko* are held daily starting at 6:15 PM. After the performance, the *maiko* come to the hotel restaurants to meet and chat with the guests until 8 PM. The Hyatt Regency Kyoto is home to three excellent restaurants: Touzan for Japanese cuisine, Trattoria Sette for Italian, and The Grill.

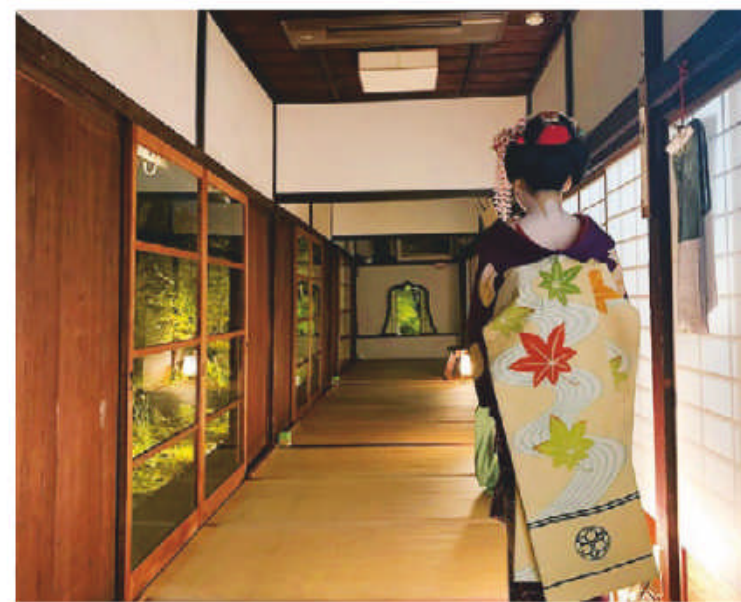
644-2 Sanjusangendo-mawari, Higashiyama-ku, Kyoto; tel. 075-541-1234;  
[kyoto.regency.hyatt.com](http://kyoto.regency.hyatt.com)  
187 rooms, from ¥41,493

## Kyoto

### Mogana

モガナ

In ancient Japanese, the word *mogana* expresses expectation, or “I wish.” Kyoto's beautiful Mogana boutique hotel offers a new type of experience and thoroughly modern design with traditional Japanese beauty at its core. Kyoto architect Takashi Yamaguchi built this unique property on one of Kyoto's traditional long, narrow *unagi no nedoko* (“eel's bed”) plots, centrally located near popular tourist sites. Mogana cherishes the beauty of Japanese culture and the traditions of hospitality that create indelible memories of exceptional journeys. Custom-made tours provide guests rare and fascinating glimpses of life and history in the timeless city.



One “Mogana Experience” plan includes a tea ceremony in a private space at Tofukuji temple, followed by dinner catered by the venerable restaurant Tankuma-Kitamise and accompanied by *maiko* and *geiko* performances. These tours give Mogana's guests insights into Japanese traditional culture by providing exclusive access to temples, high-end restaurants, and other fascinating places.

450 Tsuboya-cho, Ogawa-dori Oike-sagaru, Nakagyo-ku, Kyoto; tel. 075-606-5281;  
[yadomogana.com](http://yadomogana.com)  
23 rooms, standard rooms from ¥50,000 and Mogana Rooms from ¥70,000 per night for double occupancy with breakfast

## Lake Toya, Hokkaido

### The Windsor Hotel Toya Resort & Spa

ザ・ウインザーホテル洞爺リゾート&スパ

With its premium accommodations, extra-fine dining, and spectacular mountaintop views overlooking Lake Toya, the Windsor Hotel Toya Resort & Spa ranks among the finest hotels in the country. Everything about the hotel is top-notch—elegant rooms and suites in Western and Japanese styles; fully equipped fitness center, pool, and spa; and 11 food and drink establishments—not to mention the breathtaking scenery and clean mountain air. The Windsor Hotel Toya Resort & Spa has opened a new fast-food restaurant, Capucin, which serves stuffed buckwheat pancakes of the same name, an original creation of chef Michel Bras.



Capucin's cone-shaped buckwheat pancakes are freshly cooked on the spot and stuffed with four different delicious fillings—Viande (pork seasoned with Dijon mustard, carrots, and mashed potatoes), Poisson (smoked trout, cabbage and egg vinaigrette, and mashed potatoes), Végétal (ratatouille, olive seasoning, and mashed potatoes), and Sucre (sweet mousse, rhubarb compote, and strawberry sauce). This outlet is the first in Japan.

336 Shimizu, Toyako-cho, Hokkaido; tel. 0142-73-1111; [www.windsor-hotels.co.jp](http://www.windsor-hotels.co.jp)  
386 rooms, ¥42,930–¥1,302,000, excluding spa and consumption tax and service charge  
Capucin open 10 AM to 8 PM. Eat-in ¥1,452 and ¥1,694, including 10% consumption tax and 10% service charge; takeout ¥1,296 and ¥1,512, including 8% consumption tax.



# Book in a Book

This issue's contents in Japanese

## 家庭画報国際版 2020年春夏号 日本語テキスト

※本誌に掲載されている商品などの価格は原則として本体価格であり、2020年2月17日現在のものです。

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口絵

いただきます

撮影=武蔵俊介 スタイルング=阿部美恵

文=編集部 取材協力=銀座夏野本店

p.006

日本語の「はし」という言葉にはいくつかの文字がある。もともとの語源は向こうとこちらを繋ぎ合わせるということである。川のこちら側と対岸を繋ぐ「橋」や、高低差を繋ぐ「梯子」などがあり、「箸」も同様で、食事の際に神様と食物そして人間の命を繋ぐ道具の意味を持つ。

アジアの広い地域に箸文化は存在するが、日本の独特なところは、誰もが「自分だけの箸」を持っていることだ。手になじむ自分だけの箸で食べたい、という粋で清潔好きな国民性に加え、和食はほかのアジアの国のように大皿ではなく、一口サイズの料理が小さな器に銘々に盛られて供されるため、自然と細く繊細な箸が主流となった。

質実剛健な武士の文化を土壌とする江戸（現在の東京）では素材にこだわった箸が、雅な文化がもてはやされた京都では蒔絵や漆、そして海沿いの地域（特に福井県若狭）では螺鈿などの加飾が発展してきた。さて、あなたの好みはどんな箸だろう。お気に入りの一膳で、日本の食を味わい尽くしてほしい。

上から：ずっと細い箸先がエレガントな2膳。染竹箸 8470円 胡麻竹箸 4950円  
木肌の風合いが清々しい2膳。本桜箸 6050円 楓（虎空）8250円 外側が明るく  
内側が黒い木を削り出した。漆黒木箸 1万8700円 硬く重厚な黒檀を使った  
最高級の箸。本黒檀箸 2万2000円（すべてA：9ページ参照）

p.008

貝殻の内側の真珠層を切り出して加工したものが螺鈿。雅やかなものを好む京都から一番近い海辺、福井県若狭で多く作られている伝統工芸品だ。左から：瓢箪螺鈿箸 3300円 黒柿螺鈿箸 5500円（ともにB）京漆器螺鈿玉虫箸 1万6500円（C）若狭塗松葉 2万2000円（D）江戸漆器黒檀天削げ螺鈿箸 1万8700円（C）

p.009

華やかな金蒔絵を施した艶やかな漆の箸は、東北や北陸の伝統工芸として広く知られている。特に豪雪地帯で作られるものは漆を何度も薄く塗り重ねるといわれる。左から：輪島塗高蒔絵初音図箸 44万円 輪島塗蒔絵小槌 2万7500円 山中塗桜ちらし（大）5万5000円 同（中）5万5000円（すべてC）会津塗松竹梅 5500円（D）

A 京都 おはし工房 [www.kyoto-ohashi.com](http://www.kyoto-ohashi.com)

B 松田蒔絵 Tel.0778-65-0760

C 銀座夏野本店 [www.e-ohashi.com](http://www.e-ohashi.com)

D 伝統工芸 青山スクエア [kougeihin.jp](http://kougeihin.jp)

朝ごはん

目覚めの口福

撮影=武蔵俊介(p.10~12)、大見謝星斗(p.13~14)、大道雪代(p.16~17)

文=編集部

p.010

身体に染み渡る和朝食、朝の光に包まれ味わうフレッシュな産地の恵み、ローカルの魅力溢れる特別な体験——明日は少し早起きをして、こんな一日のスタートを切ってみよう。

「八雲茶寮」の滋味溢れる"朝茶"膳は、端正な一汁三菜の、日本の朝ごはんのかたち。禅僧が使用する入れ子の漆器（応量器）に盛られた、極めてシンプルながら美しい佇まいと、素材のクリアな味わいに心身が浄化されるよう。朝一番に身体に優しい、炊きたてのお粥でご飯を選べる。

p.012

茶事の心に浸る静謐な時間

八雲茶寮

庭園の緑が垣間見える空間は、柔らかい光に満ち、聞こえてくるのは茶釜にお湯が沸くかすかな音だけ。都心の住宅街にある、昭和の個人邸を改装した敷地に、重厚な石塀と緑陰にひっそりと抱かれるここは「八雲茶寮」の茶房。古来、季節と旬の移り変わりを大切にした日本の食文化や祭事を基礎に、和菓子やお茶、オリジナルの器で展開される料理など、独自のクリエイションが好評を博す。ディナータイムは紹介制となるが、茶房での"朝茶"は予約をして味わうことができる。茶の湯における懐石料理のエッセンスを気軽に日常に取り入れる朝茶のコースは、お茶にはじまりお茶に終わる、約1時間半のゆったりとした朝のひととき。まず、朝一番に口にするものに心地よいインパクトを、と供されるのは季節の香りのお茶。春なら桜、夏は爽やかなシソとすだち、冬は柚子など、月替わりの素材で折々を一服に映し出す。香りで身体をだんだんと目覚めさせた後は、煎りたてのほうじ茶で胃を整え、いよいよお膳へ。魚の干物、玉子焼き、味噌汁、佃煮に漬物と、通年の定番料理



を基本として、具材やお米はその時季に一番美味しいものを。食後には数種から選べる和菓子とお薄で満たされる、こんな豊かな朝時間はいかがだろう。

上から：流れるような点前による一服を楽しんで。強火で手早く焙じられ華やかに香り立つほうじ茶には、京都産のてん茶（抹茶の原料）の、あまり出回らない茎の部分を使う。細部まで洗練された敷地内には、伝統をベースに素材やフォルムを刷新し、職人が丹念に仕上げる和菓子を購入できるショップ「<sup>ばいしんか</sup>模心果」ほか、工芸作家の展示を行うギャラリースペースなども。

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12歳以下の来店は原則お断り。

yakumosaryo.jp

p.013

## 緑煌めくオアシスで一日の活力をチャージ

### CONNEL COFFEE

いけばな草月流の本拠地である草月会館は、1970年代に建て替えを経て、赤坂で時を刻んできた丹下健三氏による名建築。その2階に、心地よくジャズが響くカフェ「CONNEL COFFEE」はある。駅から少し離れた静かなエリアだが、近隣で働く常連客や草月流の生徒さんたちの憩いの場となっている。朝のビュッフェには、千葉の契約農家から仕入れる彩り野菜や、濃厚なヨーグルトにフルーツなど、身体をエネルギーで満たしてくれる品々がずらり。数種類の自家製パンは、トースターで好みの焼き加減に。こだわりのコーヒーは、150年以上続くローマの老舗ロースターbondolfi boncafféの豆を直輸入し、自家焙煎したものがドリップで提供される。店内で目を引くのは20席が並ぶ長いカウンター、そして天井まである壁一面の窓。隣接する高橋是清翁記念公園の緑が空間いっぱいに取り込まれるようで、思わず深呼吸したくなる。4年ほど前に会館内に事務所を構えたデザインオフィスnendoが、もとはレストランだった場所の全面改装を手がけ、ミニマルながら温もりあるこの空間が誕生した。内装はもちろん、コーヒーカップ、シリアルボウル、カトラリーなどもすべてオリジナルで、世界でも高く評価され人気を誇るnendoデザインの遊び心がそこかしこに。イタリアの本場の味わいと、日本の旬の恵み、そして空間とデザインが織り成す力を弾みに、今日一日を始めよう。

右上、左上：ビュッフェには、イタリアから取り寄せるチーズのほか生ハム、サラミが並ぶことも。

左下：草月会館のもうひとつの見どころは、吹き抜けの空間をダイナミックに生かした、イサム・ノグチによる石庭「天国」。草月流の生け花の展示や、アートイベントなども開催される。カフェでオーダーしたものは、石庭「天国」を見下ろす2階にあるガラス張りの談話室（画面左上）でいただくこともできる。

撮影協力：一般財団法人草月会

東京都港区赤坂7-2-21 草月会館2階

Tel. 03-6434-0192

9時～18時、土曜 11時～17時

日曜・祝日定休

モーニングビュッフェ 850円（税込）9時～11時

ドリンクは1杯目以降は追加料金。

11時45分からはランチビュッフェに切り替わる。

connelcoffee.jp

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## 朝一番、“東京の台所”の活気を味わう

### 築地魚河岸 仲家

2018年秋に築地から移転した豊洲市場は、水産をはじめ、青果や業者向けの物販など、東京の食シーンを支える屋台骨ともいえる。活気あるマグロのセリ場を展望デッキから見学できるなど、見どころ満載だ。そして朝が早い市場で味わいたいのが、全国から集まる新鮮な魚介類。寿司、定食などの人気店がひしめくなか、ひときわ行列が目立つ海鮮丼の「仲家」は、築地市場の前店舗でも20年近く、来場者だけでなく市場のプロフェッショナルたちにも愛されてきた専門店だ。店舗外の立て看板にはメニュー写真に番号がふってあり、海外からのゲストも簡単にオーダーできる。ヘルシー志向の高まりで人気のまぐろ丼のなかでも、彩り美しく豪華な「うに・いくら・まぐろ丼」（写真右上）は、さっぱりとしたマグロの赤身にぷりぷりのうにといくらが黄金のコンビネーション。シャキッとやや硬めに炊かれたご飯は、しっかりと効いた塩気にほんのりと鮭酢が香り、魚介の甘み、旨みが引き立つ。その日の一番美味しい新鮮な素材で手頃な価格の品を提供できる、仲卸直営店だからこその自慢の品をぜひ。

東京都江東区豊洲6-5-1 豊洲市場 6街区水産仲卸売場棟3階

Tel. 03-6636-0211

5時30分～13時30分

日曜・祝日・休市水曜ほか定休（以下カレンダー参照）

www.shijou.metro.tokyo.lg.jp/calendar

うに・いくら・まぐろ丼 2000円

## 相撲部屋で体感する、特別な朝

東京で朝を迎えるなら、こんな体験もいかがだろう。

現在、東京都と近郊に40以上ある相撲部屋の多くでは、稽古風景などを一部公開している。一般的には、8時ごろからの朝稽古見学にはじまり、なかには特別に、具沢山で滋養たっぷりの力士たちのパワーフード“ちゃんこ鍋”をふるまってもらえる体験プランなども。身の引き締まるような朝の空気のなか、伝統の中で育まれた四股やすり足などの基本動作や、神聖な土俵でのぶつかり合いの迫力を間近に感じ、日本での旅の記憶に刻みたい。



写真の稽古風景、ちゃんこ鍋はイメージ。相撲部屋によって見学の受付体制などは異なるので、各部屋の情報や、旅行代理店などの特別体験プランをチェック。  
大相撲の観戦情報はこちら： [www.sumo.or.jp](http://www.sumo.or.jp)

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## めくるめく朝ごはん体験へ

プラスアルファの価値があるユニークな朝ごはんをご紹介します。ローカルの魅力を最大限に生かした、いずれ劣らぬ個性派揃いだ。

### 美術館併設の老舗ブーランジェリー

日本屈指の別荘地、軽井沢にある「軽井沢千住博美術館」。日本画家・千住 博の作品約50点が展示されるここは、建築家・西沢立衛が手掛けた光と緑に溢れた空間だ。この美術館をより満喫したいなら、開館に先立ち9時にオープンする併設の「ブランジェ浅野屋」へ行くことをお勧めする。焼きたての香り漂う老舗ブーランジェリーには、目移りするほど美味しそうなパンが並んでいる。写真手前の一番人気の菓子パン、トマト&モッツァレラ（264円税込込み）、左奥の軽井沢限定ブリオッシュオランジュ（ハーフ396円税込込み）など、ここでしか食べられないソパンもある。イートインスペースでお腹いっぱいになったら、いざアートを楽しみに出かけよう。

長野県北佐久郡軽井沢町長倉815  
Tel. 0267-46-0211  
9時～17時（7月～8月は8時～18時）  
11月第2週～3月第2週火曜定休（12月26日～2月末休業）  
軽井沢千住博美術館 [www.senju-museum.jp](http://www.senju-museum.jp)

### 列車で楽しむ東日本の美味

車窓に美しい景色を映しながら、東日本から北海道までをひた走るラグジュアリートレイン「TRAIN SUITE 四季島」。1泊2日から3泊4日まで季節に応じてさまざまなコースが用意され、東日本各地の名所や文化を巡る旅を提供している。土地ごとの素材を活かした料理の数々も素晴らしく、もちろん朝食も期待通りの美味しさ。たとえば山形県庄内地方を巡りながらいただく朝食に腕を振るうのは、ご当地の有名イタリアン「アル・ケッチアーノ」の奥田政行シェフ。多種多様な野菜やフルーツ、滋味深い山の幸や新鮮な海の幸を、日本海を眺めながらゆっくりといただける。

TRAIN SUITE 四季島 は10両編成。先頭と最後尾は展望車、中央部にはラウンジとダイニングがあり、残り6両に17室（すべてスイートルーム以上）。問い合わせ、申し込みはウェブサイトから: [www.jreast.co.jp/shiki-shima](http://www.jreast.co.jp/shiki-shima)

### 足湯しながら和みの朝ごはんを

箱根・宮ノ下で300年続いた奈良屋旅館の跡地に誕生した「ナラヤカフェ」は、旅館時代の源泉を使った足湯を中心に、カフェやギャラリー、ショップが集う和みのスペース。天下の嶮といわれる箱根の山並みを眺めながら、開放感溢れる足湯に浸かりつつ、少し遅めの朝ごはんを楽しんでみてはいかがだろう。ホットドッグ（480円）や窯焼きピッツァ（1,100円～）といったメニューのほか、カフェの名物、ひょうたん形の最中「ならやん」と抹茶のセット（700円）などSNS映えしそうなスイーツも。施設を一部改装し、5月からはさらにパワーアップしたスペースに生まれ変わる予定だ。

神奈川県足柄下郡箱根町宮ノ下404-13  
Tel. 0460-82-1259  
10時半～18時（12月～1月は～17時）  
水曜・第4木曜定休  
[naraya-cafe.com](http://naraya-cafe.com)

### 朝ごはんレシピを旅のお土産に

出汁の素や醤油、味噌など、素材にこだわり手間ひまをかけた調味料を製造・販売している茅乃舎<sup>かやのや</sup>が、外国人に向けた朝ごはん料理教室を開催している。会場は福岡県博多、博多リバレインモールという商業施設内にある茅乃舎のイベントスペース。お湯を注ぐだけで美味しい味噌汁になる味噌玉や、卵焼き、おにぎりといった日本の朝ごはんの定番料理の作り方を学び、できたてをいただく1時間半のコースだ。食べるだけでなくレシピをお土産に持ち帰ることで、ぐっと和食が身近になることだろう。

福岡県福岡市博多区下川端町3-1 博多リバレインモール 1階  
要予約 10時30分開場 12時10分終了予定 参加費用3000円  
予約はウェブサイトから: <https://suito.inboundhub.jp/ja/experiences>  
茅乃舎 [www.kayanoya.com](http://www.kayanoya.com)

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### 寧々の茶室で優雅な朝のひとときを MOGANA

戦国の世で天下統一を果たした武将、豊臣秀吉が亡くなった後、正室の寧々が秀吉の菩提を弔うために、建立した高台寺。自身も尼となり晩年を過ごしたその寺は、京都駅から車で15分ほどの京都市東山にある。幾度もの火災に見舞われ多くの堂宇を失ったが、高台寺開山の祖を祀る「開山堂」や、千 利休の意匠といわれるお茶室「傘亭」や「時雨亭」などは今もそのまま残されている。

ホテル「MOGANA」はそんな由緒あるお寺の朝を貸し切り、拝観と朝食が楽しめる貴重な体験プランを用意している。朝8時からスタートし、傘亭や時雨亭、そして斜面につくられた渡り廊下<sup>が</sup>「臥<sup>リゅうろう</sup>龍廊」など非公開の場所をお寺の方の案内のもと巡る。その後、



30分ほどで住職のご法話を聞き、普段は立ち入れない茶室「湖月庵」に場所を移す。障子の外に輝く新緑の庭園を眺めながらいただくのは、人気小料理店「東山 吉寿<sup>よしひさ</sup>」のお弁当。旬の食材を使用した京都らしい繊細な味付けの料理を堪能した後は、お口直しのお抹茶まで供される。なんとも贅沢な朝の過ごし方だ。

上：開山堂へと続く廊の途中にある観月台。寧々がこの小さな屋根の下で月を眺めたという。中：東山 吉寿のお弁当には温かいお椀と、釜炊きのごはんもつく。下：春には方丈庭園のしだれ桜が美しく咲き乱れる。右：MOGANAの和モダンかつシックなフロントロビー。

京都府京都市中京区小川通御池下る壺屋町450  
Tel. 075-606-5281  
高台寺 ねねさまの茶室「早朝貸切拝観＆特製朝食」プラン  
1室2名利用で1泊朝食付き1名 4万3450円～(税・サ込み)  
到着日の40日前までに申し込みが必要  
yadomogana.com

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## 80年の歴史が息づく京町家 THE GENERAL KYOTO

「京都に溶け込む」をコンセプトにした分散型ホテル「THE GENERAL KYOTO」は、京都の四条周辺に点在する5棟で構成されている。昨年、5つのホテル棟に加え、和朝食をいただける「富小路通SALON」が誕生。昭和初期に建てられた京町家を当時の雰囲気や趣そのままに丁寧に改修した。

中に入ると高い天井の土間が目の前に広がり、おくどさんからは炊きたてのごはんがふんわり香る。客間に入ると、古い日本建築にうまくマッチした様々なアートや工芸品が出迎えてくれる。畳の上にはテーブルと椅子が置かれており、そこで地元の魚店から仕入れた焼き魚や、京都風のだし巻き卵、そして豆乳鍋までボリュームたっぷりの朝食が提供される。まさに昔ながらの京都を体感できる朝食だ。

上：こだわりの食材を使用した和朝食。日本人と外国人のどちらにもおいしく食べてもらえるよう、内容や味付けは今後も改良していくという。左：毎朝、京丹後産コシヒカリの釜炊きごはんを提供。中：踏み石が敷かれたサロンの入り口にも京町家の風情を感じる。

京都府京都市下京区富小路通高辻下る 恵美須屋町190  
Tel. 075-746-3697(ホテル代表番号)  
globalhotels.jp/facility/tomikojidorisalon

## 日常から離れ心とからだを整える 両足院

忙しい日々を追われ疲れている現代人に、ぜひ一度試してもらいたいのが坐禅だ。座った状態で、心を落ち着かせ精神統一をする禅の修行。初心者には実践するのが難しそうなイメージもある

が、その方法を丁寧に教えてくれるお寺がある。京都の「両足院」では副住職の伊藤東凌<sup>とうりょう</sup>さんの指導のもと、緑が生い茂る本堂の庭園を前に、まずは座り方から学ぶ。「良い姿勢をとることで体の力をゆるめ、呼吸に意識を委ねることで邪念を手放し、自然と一体になる感覚を得ることができます」と副住職は話す。60分かけ坐禅を組んだ後は、朝粥をいただく。「目の前の食事と食べることに意識を向けて、命に感謝しながら召し上がってください」。日常のしがらみを忘れ、一度ここで心をリセットしてみてはいかがだろうか。

上：坐禅と朝粥体験は20名以上の団体での事前の予約が必要。副住職は英語でも指導してくれる。下：京都の仕出し店が作る朝粥セット。季節の煮物や、切り干し大根、漬物と一緒に粥をいただく。

京都府京都市東山区大和太路通四条下る4丁目 小松町591  
Tel. 075-561-3216  
坐禅と朝粥体験 4000円(所要時間120分、団体20名から／英語対応可)  
ryosokuin.com

## ランチ

## お腹を満たす最旬グルメ

撮影＝西山 航(p. 18、20上、24～25、27下)、武蔵俊介(p.19、20下、21下、26)、大見謝星斗(p.21上、22～23、25右、27上)  
文＝平山亜紀(p.22～23)、編集部

p.018

東京の名所などさまざまな魅力に触れたあとは、そろそろお腹が空く時間。ニューオープンの店から話題のあの店まで、注目の食事処でカジュアルに楽しむランチタイムをどうぞ。

p.018

行列ができるうどん店「つるとんたん」の定番、「きつねのおうどん」はジュシーな特大お揚げが主役。カウンター席の眼下には、東京屈指のフォトジェニックスポットが。

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ジュージューと音を立てて香ばしく焼き上がる、沢山の具の正体は、オマール海老。下町のソウルフードを進化させた「もへじ」のフレンチもんじゃは、魚介と白ワイン仕立ての出汁が素材の旨みを引き立てる。

p.020

## 最新スポットで堪能する“ネオ・粉もん” TsuruTonTan UDON NOODLE Brasserie SHIBUYA もへじ

100年に一度といわれる規模の再開発で、近年進化し続ける街・渋谷。おなじみスクランブル交差点に臨みそびえる新たなランド



マークのひとつ、「渋谷スクランブルスクエア」が、2019年秋にオープンした。ショッピングの楽しみはもちろん、12・13階のレストランフロアには、どこも行列が絶えない注目店が目白押しだ。

東京、大阪、そしてアメリカでも店舗を運営する「つるとんたん」は、ユニークなメニューで、本来ファストフードであるうどんの概念を変革した専門店。各店舗を異なるコンセプトで展開するが、共通するのは、創業以来30年受け継がれる素材と製法へのこだわりと、ゲストを楽しませる遊び心だ。味の決め手である出汁や、コシと喉ごし抜群の自慢の麺は、大阪の1号店から伝統のレシピが丁寧に受け継がれる。「きつねのおうどん」(18ページ)といった定番ほか、渋谷店での一番人気は、「明太子クリームのおうどん」(写真左上)などのクリーム系。つるとんたんのシグネチャーともいえる、インパクトあるサイズの器は、渋谷店のために美濃の窯で職人の手作業によって作られた8代目の器。店内では、柱のLEDスクリーンに映し出される映像や音楽で、最先端カルチャーの発信地としての渋谷が表現され、多彩なアラカルトとともにコース仕立てでゆっくりと味わうディナータイム、バーで過ごす食前食後など、多彩に楽しめるうどん店の“next style”を打ち出している。

一方、MONJAという看板がレストランフロアでひとときわ輝く、「もへじ」。もんじゃは、小麦粉と出汁を合わせた生地をたっぷりの具とともに鉄板で焼く、お好み焼きなどと並び“粉もん”と呼ばれるカジュアルグルメ。焼きあがりを小さなへうですくって食べる楽しさもあり、とろける食感と香ばしく焼けた部分とのハーモニーがたまらない。もんじゃ店が軒を連ねる東京・月島が拠点の人気店「もへじ」だが、“フレンチスタイル”がコンセプトの渋谷店のメニューに躍るのは、「traditionnel(伝統)」と「innovante(革新)」というキーワード。定番の「明太子ともちもんじゃ」(写真左・下)に対し、「オマール海老のビスクもんじゃ」(同・上)といった具合だ。トッピングやソースも選べ、幾重にも食体験を豊かにしてくれる。ほかにも、コンセプトにふさわしく繊細なアラカルト、ドリンクも豊富で、もんじゃとワインとの新感覚のマリアージュも外せない。

#### TsuruTonTan UDON NOODLE Brasserie SHIBUYA

渋谷スクランブルスクエア13階

11時～24時(23時LO、ドリンク23時半LO)

「きつねのおうどん」880円、「明太子クリームのおうどん」1380円(いずれも税込み)

www.tsurutontan.co.jp

#### もへじ

渋谷スクランブルスクエア12階

11時～23時(22時LO)

「オマール海老のビスクもんじゃ」2800円、「明太子ともちもんじゃ」1600円

http://kano-corp.tokyo/store/

#### 渋谷スクランブルスクエア

45階の屋上にある展望台SHIBUYA SKYは、地上約230メートルからの360度パノラマビューが圧巻。新たな東京の名所となっている。

東京都渋谷区渋谷2-24-12

Tel. 03-4221-4280 (ショップ&レストラン)

Tel. 03-4221-0229 (SHIBUYA SKY)

www.shibuya-scramble-square.com

p.021

### 日本の家庭の味に、ほっと一息 おにぎり浅草宿六

日本人ならきっと誰しもの思い出す、安心できる家庭の味といえ  
ばおにぎり。観光名所としても人気の東京・浅草で、70年近く地元  
で愛されてきた専門店「宿六」は、おにぎり店として初めてミシュラ  
ンガイド東京のビブグルマンとして2年連続で掲載された。大きな  
話題を呼び、今や開店前から行列が絶えない。昼の部は、3代目の  
三浦洋介さんが店に立つ。店内は創業以来変わらぬカウンタース  
タイルで、常時15種類ほどの具材がずらりと並ぶ。一番人気のさ  
けや、おかかにこんぶ、食感の良い山ごぼうなどについ目移りして  
しまう。カウンター越しに渡されるおにぎりはふんわり温かく、そし  
て優しい。ふっと香り立つ大きめの海苔がダイナミックに巻かれて  
いるのが宿六流で、にぎりたてをほおぼるのはまさに至福の瞬間  
だ。子どもの頃から親しんだ祖母のおにぎりの記憶を辿り、自身な  
りの美味しさを追求している三浦さん。ミラノ万博など国際的なス  
テージでもおにぎりを披露し、現地の素材を具にしてみた経験か  
ら、「何でも入れられる自由度がおにぎりの魅力」だということを実  
感したという。「ご飯と海苔、具材があれば誰でも簡単に作ること  
ができる和食のファストフード。世界中、嫌いな人はいないと思い  
ます」。

東京都台東区浅草3-9-10

Tel. 03-3874-1615

昼 11時30分～、夜 18時～(いずれもご飯がなくなり次第終了)

火曜・水曜夜、日曜昼定休

おにぎり270円～

味噌汁との各種セットもあり

onigiriyadoroku.com

p.021

### 日本の美意識と精神性が宿る、蕎麦体験 港屋2

入り口すらも見落としてしまいそうな、真っ黒な箱に包まれたよう  
な店の外には、券売機にボタンがひとつ。メニューは「冷たい肉そ  
ば」一品のみ。このどこまでもミステリアスな佇まいの正体は、知  
る人ぞ知る立ち食い蕎麦店「港屋2」だ。熱心なファンたちが連日  
行列をなし、閉店前に売り切れてしまうことも少なくない、隠れた  
名店。シンプルながらこだわりぬかれた肉そばは、食べ応えある  
太い蕎麦に、薄切りの豚肉とネギ、ごま、海苔がたっぷり。甘めの  
つゆにはラー油のパンチを効かせ、好みで生卵や揚げ玉を足して



味の変化も楽しめる。その圧倒的なボリュームは、働く人たちへの応援の気持ちを映した、“ご褒美”のイメージだという。スモークガラスが内外の様子を遮り、店内には10人ほどが立てるカウンターがひとつ。究極に削ぎ落とされた空間とサービスはまるで、禅の精神性を湛えているようにも、はたまた茶室で展開される主人のもてなしのようにも感じられ、ユニークでエキサイティングな体験がわずか15分ほどの滞在時間に凝縮される。

東京都千代田区大手町1-9-1 星のや東京1階  
11時30分～20時(売り切れじまい)  
冷たい肉そば 1000円

## ヘルシー 元気になる安心のひと皿

p.022

大地の力を引き出す農業の現場、仏教の精神が根付く精進料理の世界、多様な食習慣に寄り添うホスピタリティのかたち。現在の日本ならではの、多彩な食体験を巡る。

### 農業の革新が食文化を豊かに フードカルチャー・ルネサンス

オーガニック農業では有機肥料が使われるが、無農薬であることはもちろん牛糞や豚糞などの動物性堆肥さえ使わない農業方式は「自然栽培」と呼ばれ、近年、注目されている。

静岡県三島市で自然栽培を行う農園「フードカルチャー・ルネサンス」。代表の鈴木達也さんは、東京でIT関連会社のサラリーマンをしていたとき、担当した農業支援事業を通して、日本の農業の問題と将来性をともに感じた。自分でも農業をしたいという思いが高まって、家族とともに箱根西麓三島の中山間地に移り住む。農業は素人だったが、専門書で研究しながら実践を重ね、やがて、料理人からも注文がくるような美味しい野菜が作れるようになった。

以前は動物性堆肥などの有機肥料を使用していたが、それらの肥料なしでも美味しい野菜ができることに気づいてからは、草を生育させ土にすき込む緑肥を活用した自然栽培に移行した。箱根西麓三島のこの地は、関東ローム層のミネラル豊富で保肥性・保水性に富む、良質で肥沃な赤土と、13世紀前半頃に箱根山から噴出したとされる、同じくミネラル豊富で水はけに優れた火山灰土から成る。そのような性質を併せ持つ土と、標高差のある地形が生む寒暖差と日照の差が、さまざまな品種を育むのに適している。自然栽培にとって非常に恵まれた環境だったのだ。

ここで栽培される旬の野菜は、日本古来の固定種・在来種からヨーロッパ原産の珍しい野菜まで年間300種を超える。野菜の味わいはそれぞれ個性が際立ち、味が濃く、食べた人を魅了する。朝

採りでレストランや個人客に直送されるほか、県内の直営店舗にも並ぶ。とにかく鮮度を大切にしているため、店頭に並ぶまでの日数がかかる一般の青果流通には頼らない。

「野菜は、太陽や、大地と微生物など自然そのものが育ててくれます。我々の仕事は、科学的根拠を用いて微生物の営みを手助けすること」と鈴木さんは話す。大地の恵みと気鋭の農法で育まれる箱根西麓三島野菜が、日本の食卓に“美味しい”をもたらし、より豊かな食文化を育んでいる。

#### 三島野菜をマルシェやデリで

フードカルチャー・ルネサンス直営の、旬の野菜と果物のマルシェ＆デリカテッセン「72veggie」。

右：同農園の野菜ほか、日本各地の産直野菜が彩り豊かに並ぶマルシェ。

左：その季節の野菜が堪能できる無添加のデリ。人気は3種のデリとご飯が選べる「4 box deli」864円(左)。西浦みかんジュース346円(右)。イートイン可。

#### 72veggie ららぽーと沼津店

静岡県沼津市東椎路字東荒301-3 1F

Tel. 055-941-6510

マルシェ 10時～21時

デリ 11時～21時(LO 20時)

フードカルチャー・ルネサンス

www.facebook.com/FoodCulture.R/

p.023

上：富士山を望む箱根西麓三島の地に広がるフードカルチャー・ルネサンスの農園。5haの範囲に点在する畑のひとつで、冬場の寒おこしをする代表の鈴木達也さん(左)と農園スタッフの高橋日菜子さん(右)。

下、左から：豊潤な土壌で、色も味も濃い野菜が育つ。世界一大きい品種の大根、桜島大根はこれでもまだ生育途中の大きさ。鮮やかなカーリー・ケールは透明感のある味わい。害虫対策になる植物を組み合わせることで、農薬や化学肥料を一切使わず土壌の性質と自然の恵みを活かして知的な農業を行う。

p.024

### 精進料理の矜持と革新 宗胡

食習慣が多様化し、健康食として人気が高まる和食の中でも、近年注目されているのが精進料理。六本木にオープンして6年目の「宗胡<sup>そうこ</sup>」では、仏教の修行僧の食事から発祥したその伝統と精神を、オーナーシェフの野村大輔さんが確かな技術とインスピレーションにより美しく昇華させている。「その時季、その日に一番美味しい食材を、色々な調理法で楽しんでもらいたい」と常に新しさを追求し3週間ごとに変わるメニューには、西洋の食材も取り入れるなど、溢れるアイディアともてなしの心が反映される。動物性の素材を一切使わない本格的な“精進コース”ほか、野菜中心だが一部に卵や乳製品を使い、かつお節の出汁を使用する“お野菜懐石コース”が人気だ。一般的に精進出汁には昆布にかんぴょうやしいたけ、大豆を用いるが、野村さんは試行錯誤の末、昆布をベースに、野菜の旨みがストレートに響く澄み渡った味の出汁にたど



り着いた。季節ごとの野菜の皮や軸を使うため、一年を通して少しずつ味わいが変わるというのが奥深い。日本のベジタリアンやヴィーガンフードとして捉えられることが多い精進料理だが、食材の共通点はあれど「命をいただいているということ、そして生産者や料理の作り手に対しても、感謝の気持ちをもつ精神性を常に大切にしていることが特徴です」と野村さん。殺生を禁じる仏教の戒律がルーツだが、野菜であっても命をいただいていることに変わりはなく、その命を無駄なく使いきる手法が受け継がれてきた。ゆえに、普段は捨ててしまう皮を出汁に、葉は刻んでアクセントに添えたりと、「制限がある中で工夫を凝らし、美味しく美しく仕上げる、その“手間を召し上がっていただく”料理でもある。そんな唯一無二の魅力を味わっていただきたいです」。

p.025

どれも優しい味わいながら、素材の存在感が鮮烈な品々。海藻、きくらげ、大根、菊の花を敷き詰めた宝石箱のような“海と里のサラダ”(左ページ上)は、シャキシャキと爽快な歯ごたえ。コクのあるごまドレッシングで。同下は、常にコース料理の一品として出している精進寿司。出汁で煮含めしっとりと仕上げたトマトの寿司には、わさびの代わりにバジルの葉を挟み、香りよく。芳ばしい筒ごぼう、菊花の手まり寿司など、いずれもシャリにごまを混ぜて風味をアップ。  
下:野村大輔シェフは精進料理の教室で講師を務めるほか、近年は海外での普及活動も精力的に行う。

東京都港区六本木 6-1-8 六本木グリーンビル3階  
Tel. 03-5414-1133  
ランチ 11時30分～15時、ディナー 18時～23時  
不定休  
ランチの完全精進コース 8000円  
お野菜懷石コース 6000円  
www.sougo.tokyo

p.025

## 京都の隠れ家 精進ラーメン 豆乳ラーメン専門店 豆禅

京都下鴨の閑静な住宅街にひっそりと佇む「豆禅<sup>とうぜん</sup>」は、精進料理と同じく動物性の食材とねぎやにんにく、にら、らっきょう、のびるなどの五<sup>ご</sup>葷<sup>くん</sup>を一切使わず、ヴィーガンにも安心なラーメンを提供。店主が料理長を務めていた湯豆腐料理店のまかないから着想を得たという看板メニューの「武蔵」は、豆乳をベースに、干しいたけと2種の昆布からだしをとる。そのだしがらをミキサーでペースト状にしてスープに加えることで、とんこつのようなとろっとした食感と、力強いだしの風味、食べ応えのあるコクが生まれる。さらに柚子や梅、きのこの山椒煮、湯葉のトッピングで上品な味わいに。麺は卵不使用の小麦細麺、米粉麺、クロレラ麺の3種から選ぶことができ、米粉麺を選べばグルテンアレルギーにも対応可能。ラーメン以外では鰻の蒲焼風茄子の押し寿司も人気メニューだ。

京都府京都市左京区下鴨東高木町13-4  
Tel. 075-703-5731

11時30分～14時30分(LO) 18時～21時30分(LO)  
木曜定休  
武蔵 1200円(税込み)  
鰻の蒲焼風茄子の押し寿司 550円(税込み)  
www.mamezen.com

p.026

## 完全菜食の極上フレンチ サンス・エ・サヴール

きっかけは2年ほど前、日本におけるフレンチシーンを牽引してきたひらまつが運営する「サンス・エ・サヴール」料理長の鴨田<sup>かもだ たけし</sup>猛さんが、シェフ向けのある勉強会に参加したときのこと。かつお節が原料の麺つゆが食べられず、蕎麦に塩をかけたり、グルテンフリーやハラールの制限で醤油が使えなかったりと、海外からのゲストの多様な食習慣に対応できていない状況を初めて知った鴨田シェフは、「東京の食のおもてなしのレベルを上げていかなければ」と決意。「食事制限がある方とない方がテーブルを囲んだときに、感動を共有していただけるように」と、フレンチでは珍しいヴィーガンのジャンルに挑み、1年をかけメニューを開発、2018年に提供を開始してからもさらに進化させてきた。健康や美容への意識のみならず地球環境保護や動物愛護の観点から、ベジタリアン志向よりさらに厳格なヴィーガン向けには、乳製品、肉、魚はもちろん、ハチミツなど動物由来の素材は料理に一切使えない。一般的にはバターなどのコクやまろやかさが身上のフレンチを、制限のあるなかで満足度高く仕上げられるのは、南仏の本店から受け継ぐ“プルセル・キュイジーヌ”の流儀が活かされているからこそ。甘みや酸味など対照的な味わいを組み合わせ、素材のもつ旨みを増幅させる“シュクレ・サレ”の技法などが駆使され、五味と食感の重なりと変化で魅了する。ここだから味わえる極上のヴィーガンフレンチが目当てのリピーターも多いという。

東京都千代田区丸の内 2-4-1 丸の内ビルディング35階  
Tel. 03-5220-2701  
ランチ 11時30分～15時30分(13時30分LO)  
ディナー 18時～22時30分、土曜・日曜・祝日 17時30分～22時30分(いずれも20時30分LO)  
年中無休  
ヴィーガンランチコース 5800円、ディナーコース1万円  
前日までに要予約。ラクトベジタリアン、ポロタリアン、グルテンフリーほか、細やかなメニュー対応が可能。  
www.hiramatsurestaurant.jp/sensetsaveurs

p.027

## シグネチャーメニューをグルテンフリーで 木春堂 ―ホテル椿山荘東京

世界各国から集まるゲストの食嗜好に細やかに対応するのは、ホテルレストランの矜持。小麦類に含まれるタンパク質を摂取しな



いグルテンフリーダイエットは、アレルギー対策としてだけでなく健康志向の高まりとともに注目されている。ホテル椿山荘東京の、四季折々に散策を楽しめる庭園を抜けた先の木立に佇む「木春堂」では、“茶釜料理”や富士山溶岩石の上で焼く“石焼料理”など、オリジナリティ溢れるシグネチャーメニューを、いずれもグルテンフリー仕様で提供。茶釜料理（右上）はオイルフォンデュのような感覚で、旬の海鮮や野菜、肉を素揚げにして贅沢に味わう。“椿”の漢字を冠するホテル名にちなんで、風味のよい椿油をブレンドした、粋な伝統の一品。一方、石焼料理（左下）は国産和牛ほか季節の素材を、油を用いずヘルシーに調理。富士山の恵み・溶岩石の遠赤外線効果でふっくらジューシーに焼き上がり、素材の旨みが引き出される。昭和初期に移築した日本家屋の風情ある空間で、存分に堪能したい。

東京都文京区関口2-10-8 ホテル椿山荘東京 庭園内

Tel. 03-3943-5489 (レストラン予約9時～20時)

ランチ 11時30分～14時30分 (LO)、土曜・日曜・祝日 11時30分～15時 (LO)

ディナー 17時～22時(20時LO)

年中無休

ランチの石焼会席 5100円～

ランチの茶釜会席 1万3900円～ 2日前までに要予約

www.hotel-chinzanso-tokyo.jp/restaurant/mokushundo

## ムスリム・フレンドリーな和食とりどり 日本料理「さくら」 ―ヒルトン東京お台場

旅先では、その土地ならではの食体験がひとつの醍醐味だが、素材や調理法における安心感は何より大切。多国籍のゲストを迎えるホテルレストランでは、なおさらだ。ヒルトン東京お台場の日本料理「さくら」は、季節の会席を日本各地の銘酒とともに味わえる人気店だが、実は都内のホテルレストランでは初めてハラール認証を受け、10年目を迎えた先駆的存在でもある。調理場や機材、器などすべてをハラール用に分け、食材から調味料に至るまで豚由来の素材やアルコール成分を一切省いたものを使用し、厳格な認証規定をクリアしている。ハラール対応の松花堂弁当（左上）は、寿司、てんぷら、牛すき焼きなど、人気の和食の品が勢ぞろいの、ムスリム・フレンドリーな豪華メニュー。和食に欠かせない醤油、みりん、酢なども一般的な市販品は調理に使用できないため、上質な味わいはそのままに、ハラール認証された醤油や砂糖を使うほか、酢をレモンに置き換えるなどの工夫がなされる。店内には寿司カウンターやてんぷらカウンター、鉄板焼きカウンターを備えたインティメイトな空間もあり、レインボーブリッジや東京タワーを望む湾岸エリアの絶景や、日本庭園の眺めもご馳走に。良い季節には海風を感じるテラス席も利用できる。

東京都港区台場1-9-1 ヒルトン東京お台場3階

Tel. 03-5500-5580 (レストラン総合案内)

ランチ 11時30分～14時30分 (LO)

ティータイム 14時30分～16時 (LO)

ディナー 17時30分～21時30分 (LO)

年中無休

ハラール対応 松花堂弁当 (味噌汁、デザート付き) 7000円 ほか各種

2日前までに要予約

www.hiltonodaiba.jp/restaurants/sakura

デザイン

## デザインラボ

### プロダクツ

### ―― 素材は段ボール! エコでアートな紙鞋

撮影＝大見謝星斗 文＝清水千佳子

p.028

軽くて通気性がよく、100%再利用できるエコな素材。そんな優れた特徴を持つ段ボールで作られた世界初の履物が、紙鞋だ。草鞋とは稲藁を編んで作る日本古来のサンダルで、かつては旅の必需品。その伝統ある草鞋を紙の一種である段ボールで作り、美しい絵を印刷することで、アートとしても楽しめる傑作が誕生した。

考案者で、ブランドマーケティングの分野で活躍する渡辺雅之氏は、制作の経緯をこう話す。「きっかけは、2014年に観光庁の仕事で、私たちの会社、ペンギン株式会社が訪日促進を目的とした日本のブランディングを担当したことです。インバウンドのかたがた約400人と接する機会があり、彼らが日本の文化や商品をことごとく『クール!』『キュート』と称賛してくれることに感激しました。そんなみなさんに最高の日本土産をと思い、考え出したのが紙鞋です」。

この斬新なアイデアを形にしたのは、東京の下町、江戸川区の箱製造会社。段ボールの履物作りは当然初めてだったが、渡辺さんの要望に応じて試作を重ね、強度や履き心地を改良。桜や錦鯉など日本らしい絵柄は、発色がよく、繊細な表現が可能なシルクスクリーンで印刷した。

完成した紙鞋は、渡辺さんも驚くほどの反響を呼ぶ。東京都内で外国人200人を対象にサンプリングしたところ、全員が大絶賛。見本品を目にした複数の企業からオリジナルデザインでの注文が舞い込み、会社は大忙しに。「嬉しい反面、土産品としての展開が遅れ、現在、販売している店は大阪城そばの土産物店『大阪城本陣』のみ。この春から本格的に販売していきます」と渡辺さん。興味のある方はぜひ、ウェブサイトで最新情報をチェックしてみよう。

紙鞋誕生の地は緑豊かな東京・羽根木。制作会社の名にちなんだペンギンのオブジェとともに撮影（紙鞋は屋内用）。

上・ペンギン株式会社のコミュニケーションデザイナー兼クリエイティブディレクターの渡辺雅之氏。伝統とエコ、アートを融合させた紙鞋を考案した。下・ホテルや機内で履けば、蒸れ知らずで快適。



強化段ボールの5層構造で鼻緒は綿100%。ソールには滑り止めが付いている。

紙鞋 (ペンギン株式会社プロデュース)  
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p.029  
さくら：日本人が愛してやまない桜を優美に表現。木目：木目を全面にデザインしたユニークな作。波紋：紅葉と波紋の風情ある組み合わせ。錦鯉：観賞用として世界で人気の錦鯉は、日本で立身出世の象徴とされる鯉の一種。葉の文様：日本の伝統文様をベースにしたオリジナルの葉の文様。

サイズはS (22.5～24cm)、M (24.5～26cm)、L (26.5～28cm) の3段階で展開。各3000円。※サイズには多少の誤差あり。

日本  
ワイン

世界へ羽ばたく  
"キャメルファームワイナリー"の挑戦

撮影=大泉省吾 文=露木朋子

p.030

北海道・余市。日本のウィスキーの故郷として耳にしたことのある地名かもしれない。古くから果樹栽培が盛んであったが、昨今は良質のワイン用ブドウも多く生産されている。トスカーナやリオハと同緯度で、ワイナリーとしては日本最北に位置するここは、ブドウの樹が雪の下で越冬する世界でも類を見ない北の大地でもある。そんな余市に誕生した「キャメルファームワイナリー」は2014年農業法人設立、17年に自社醸造所完成。そして18年にはファーストヴィンテージをリリースと、まさに快進撃。造り手の熱い気持ち、土地の歴史と伝統の継承、地域の活性化、新たな人材の育成……、さまざまな想いや夢とともに、かつてない新しいスタイルで、世界に誇れるワイン造りを目指している。2019年秋のイタリア醸造家連盟総会でも称賛された、ワイナリーの挑戦を追う。

左ページ上：9月中旬、つやつやと輝くシャルドネ。糖度、酸度、pHのデータを測り、収穫のベストなタイミングを決定。すべての収穫が終わるのは10月下旬という長期戦だ。  
同中：ブドウの枝を斜めに仕立てるのが北海道特有の伝統的スタイル。雪が積もるとブドウの樹は大地に寝るような形となり、厳しい寒さから守られる。  
同下：標高45～55メートル。ブドウ畑はなだらかな丘陵に沿って広がる。収穫に備えて、収穫箱を置いていく作業車。  
右ページ：キャメルファームワイナリーのワインには、余市のテロワールが余す

ところなく映し出されている。

p.032

## 北海道・余市で新たなワイン造りの冒険が始まる

北海道屈指の醸造用ブドウ栽培の適地として注目される余市町。少量生産も可能なワイン特区として認定を受けてから、意識の高い個人ドメーヌも次々とオープンし、バラエティあふれるワインを生み出している。キャメルファームワイナリーも余市のワインシーンを牽引するワイナリーのひとつ。自然や環境に配慮し、世界中から安全・安心なものを日本の食卓に届けているキャメル珈琲グループの取り組みの一環として2014年に設立した。その理由は、世界の食材を求めて多くの国や産地を巡り、さまざまな出会いを繰り返しながら、人と自然の豊かな共存をサポートするなかで、キャメル珈琲グループがある“気づき”を得たことに端を発する。海外だけではない、日本にだって守るべき豊かな自然や独自の食文化、それを支える技術がある、そのことを世界に紹介したい――。

世界各地でテロワールを探求する醸造家、リカルド・コタレッラ氏とも、環境や人へのサポート活動を通じて出会った。日本特有の自然の恵みを世界へ発信しようと思うなら、世界に誇れるワインを造って見たらどうだろう？ ワインを通して日本の自然の素晴らしさを伝えられないだろうか？ そしてそれが地域を活性化することにならないだろうか？ その想いに共感したコタレッラ氏の協力のもとキャメルファームワイナリー プロジェクトはスタートした。「彼らとの友情、熱い想いに心が引き込まれていったのです」とコタレッラ氏は語る。多くの想いと素晴らしい縁、いくつもの偶然がプロジェクトを後押ししていく。

新たなワイン造りの地として選ばれたのは、北緯43度の北海道・余市。夏の平均気温が20度という冷涼の土地である。そこで藤本 毅さんのブドウ畑を見た瞬間、「この場所なら新しい挑戦が出来る」とコタレッラ氏は思ったという。「私がこの冒険に魅了されたのは気候的に極限の地での“挑戦”だから。結果が予測できないような場所に強く惹かれたのです」。山の地形を見事に利用し、しっかりと管理されたブドウ畑、風の向き、畝の間隔、株の形。元々日本人の畑はきれいだが、「藤本さんの畑には、とりわけブドウに対する情熱が強く感じられました」。それもそのはず、農園主・藤本 毅さんは余市のブドウ作りの草分けとして知られる名人。りんご農家からワイン用ブドウに切り替えて約40年、折しも藤本さんが畑や余市の将来、今後のことを考え始めた時期にこの出会いがあったのだ。幸運なタイミングが重なり、縁が繋がる。2014年に藤本さんの畑はキャメルファームワイナリーが受け継ぎ、新たなエポックに入った。

藤本さんの技や知恵を徹底的に学ぶために、その年の春から畑に携わるようになったのが、現在ワイナリー長を務める伊藤 愛さんだ。ブドウ栽培はおろか、農業経験もなかった伊藤さん。口数の少ない藤本氏の作業を黙々と追い、ひたすらに学ぶ日々が続



く。枝の選び方、ハサミの使い方、土の作り方……。最初の一年は「訳のわからないまま、あっという間に」過ぎたという。いつ誰にどこから見られてもいいよう、畑や作業場を美しく保つのはもちろんだが、作業中の姿勢にまで注意を受けたときは、一流農家としての誇りを厳しいまでに感じた、と伊藤さんは語る。今でも畑でどうすべきか迷う場面にぶつかると、隣地でブドウを栽培する藤本さんに教えを請いに行く。だからこそファーストヴィンテージを、ケルナーの個性がよく表現されていると藤本さんに褒められたときには嬉しくてたまらなかった。「私たちが受け継いだのは畑とブドウだけではない。自分のブドウだけで醸したワインを造りたい、という藤本さんの夢も一緒に受け継いでいるのです」。

左ページ上：畑から日本海を望む。海から畑に吹く風はミネラルを運び、山から吹き下ろす風はブドウの病気を防ぐという。

同下：年内最後の畑仕事は、枝の剪定。来季に育つ枝の形を考えながら、雪の中の作業に勤しむ。

左上：登川沿い、谷状の地形が広がる余市登地区にあるキャメルファームワイナリー。

上：ブドウの葉が鮮やかに色づく頃、収穫シーズンは終わりを迎える。

左：最も古いブドウの木は樹齢40年を超える。藤本さんの時代からのものだ。

下上：世界各地でテロワールを探索し続ける醸造家リカルド・コタレッラ氏。国際エノログ連盟会長兼イタリア醸造家連盟会長でもある。

下：ブドウ栽培の師匠である藤本 毅さんとキャメルファームワイナリー長の伊藤 愛さん。「藤本さんがいらっしゃらなければ何もできませんでした」。

左下：ワイナリーの看板犬・うに太と早朝のブドウ畑を散歩する伊藤さん。畑の状態をチェックする貴重な時間でもある。

p.034

## 畑を作る、ワインを造る。100年先を見据えた丁寧な手仕事

40年以上にわたり培われたブドウ栽培のノウハウ、徹底した栽培管理と収穫時期の見極め、イタリアのワイン醸造の歴史と最新技術。これらすべてを融合し、丁寧な手仕事でワイン造りに向き合っているのがキャメルファームワイナリーだ。現場は、ワイナリー長・伊藤さんを中心にした栽培チームと醸造チームの合計10人が連携している。誰もが、テロワールを最大限に生かした「クリーンで安心安全」な世界へ誇れるワイン造りへの想いを強く持つ。栽培から収穫、醸造、ボトリング、ラベリング、そして出荷まで、すべての工程に人の目が光り、手がかけられる。「大切なのはブドウの量よりも質。そのために一つ一つ芽を整え、その木に適切な房数のブドウ栽培を心がけています。クリアなワインのためには病果一つ許されません。収穫はすべて手摘みで、一粒一粒、人の手で選果され、すぐに敷地内の醸造所へ運び、仕込みを行います。こうした作業が華やかで香り高いワインを生み出すのです。」(伊藤さん)。

南側の斜面を生かしたブドウ畑は全部で16.2ha。ケルナー、シャルドネ、バカス、ピノノワール、レジェント、ブラウフレンキッシュ、ツヴァイゲルトレーベなど10種が栽培されている。その土地に合ったブドウを育て、そのブドウに合ったワインを造る。常に何よりも「テロワールありき」だ。その年のブドウの状態に合わせて、醸

造方法やセパージュを大きく変えているのも、どのスタイルがもっともテロワールを表現できるのかを探るため。最新の設備を持つ醸造所は、ブドウの糖度や酸度、pHなど、一年を通じて細部にわたる項目を正確に測定。データ化して、コタレッラ氏の本拠地があるイタリアのラボに送り、綿密に相談を重ねる。収穫時期からボトリングのタイミングまで、各工程の指標となる大切なデータだ。その積み重ねはキャメルファームワイナリーの大きな財産となる。

出来上がったワインは、酒販店やワイン取扱店のほか、グループが運営する直営店舗へと出荷される。人手が必要な収穫の時期にはカルディコーヒーファームをはじめグループのスタッフが全国から駆け付ける。つまりブドウの収穫から販売までを同じグループ内で行えるのだ。これはトレサビリティの実現として理想の形といえるだろう。収穫に携わったスタッフは産地と私たちの食卓を直接繋ぐ、キャメルファームワイナリーのアンバサダーなのだ。

「私たちが今行っていることは50年後、100年後のキャメルファームワイナリーの土台作り。企業だからこそ出来るかもしれない、持続可能なワイナリーを目指しています」と伊藤さん。次の世紀を見据えたキャメルファームワイナリーの挑戦は、始まったばかりだ。

1. 収穫はすべて手摘み。横に可動するカートに座りながら行われる。2. 一日の収穫を終えたら、最後にハサミの手入れも。3. 畑と醸造所は隣接している。ブドウの鮮度が保たれたまま、加工が始まる。この距離の近さもワインの質を決める大切な要素。4. 醸造所へ運ばれたブドウは選果の最終チェックを行うコンベアーへ。5. ブドウはつぶれぬようふんわりと収穫箱に入れられる。6. 晩秋、最後の収穫をする伊藤さん。7. 白ワインの葉は黄色に、赤ワインの葉は赤く色づく11月。8. 「アンバサダー」と呼ばれるグループ内のスタッフたちが、ブドウを一粒ずつ最終選果する。9. 最新の設備を誇る醸造所には、シャルマタンク6基を含む温度管理が出来るステンレスタンクが45基。生産量は最大約15万本分。10. 醸造中も常にチェックを怠らない。11. ラボで記録されたデータはすべてイタリアに送られる。12. 真冬のブドウ畑。ブドウの木はすべて雪の下に。13. ブドウ畑の冬支度。ブドウの枝を剪定し、雪の中に倒す。雪の中で越冬させることで、樹木が凍るのを防ぐ。14. 樽貯蔵庫の壁の銅線内部には冷水やお湯が流れるようになっていて、空気を大きく動かさず、年間を通して庫内を気温16度、湿度70%に保つことが可能。15. 瓶内二次発酵のスパークリングワイン用のピュピトル。毎日手作業でルミアージュが行われる。16. ラベリングやボトリングの最終チェックも人の目を通して。17. ミズレやエチケットには漢字とローマ字で「繋／tsunagu」の文字が。人と人の気持ちが繋がって生まれたワイナリーの象徴だ。

p.036

## 北海道のファームから、世界のテーブルへ

冬の余市を訪れたことがあるならば、スパークリングワイン「レガミ ブリュット 2018」をひと口飲んだ瞬間、その風景を思い出すかもしれない。豊かな酸と華やかな香り、クリアでフレッシュな味わい。キャメルファームワイナリーのすべてのワインに共通するのは、ブドウ品種の個性を生かした上品な果実味と芳醇さのバランスが取れたエレガントさ。余市のテロワールがあってこそ生まれる味わいだ。なかでも、2019年冬にリリースされた「キャメル ブリュット メトド トラディショナル 2014」は、圧倒的なまでのテロワー



ルが堪能できる。余市でなら「冷涼な地ならではの、きれいな酸のスパークリングワインが出来る」「寒い気候なのにボディとエレガンスがあるワインが造れる」と可能性を確信していたコタレッラ氏も「醸造所が出来て3年。短い期間でここまでのワインが出来るとは」となったという。2019年秋にイタリア・マテラで開催された「第74回イタリア醸造家連盟総会」では「ケルナー プライベート リザーブ」もお披露目され、イタリアを中心に各国から集まったワインの専門家から大きな支持を得た。1本のワインの中に凝縮された余市の自然、キャメルファームワイナリーと繋がる人々の想い、未来への希望。日本の風土の素晴らしさを広く伝える使者として、世界中の食卓へ羽ばたく日も近い。

右ページ：イタリア語で“繋がる、絆、結びつき”の意味を持つ「レガミ」をワイン名に。

左ページ上：ファーストヴィンテージをはじめ、これまでリリースされたワインは、世界各地のコンクールでさまざまな賞に輝く。

同左：2014年創業当初から仕込まれた「キャメル ブリュット メトドトラディショナル2014」。国を超えた多くの人々の情熱と夢が繋がって誕生した、記念すべき1本。

同右：ブドウ品種の個性を生かしたブレンドで果実味とタンニンのバランスに優れた「レガミ プライベートリザーブ」(右)と、ケルナーの魅力を最大限に引き出した酸とミネラル、樽のニュアンスが調和した「ケルナー プライベートリザーブ 2018」。キャメルファームワイナリーのワインは、ワインショップやキャメル珈琲グループ直営店で購入できるほか、レストランでも取り扱っている。

キャメルファームワイナリー  
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見学不可

## 発酵 豊かな食を支える伝統の技術

撮影=大泉省吾 (p.38-39、42-43)、大見謝星斗 (p.40-41、48-49)、角田 進 (p.47)  
文=編集部 文協力=賀来潤絵

p.038

日本食の基本は発酵にある。和食の背骨となる醤油も味噌も酒も、すべて微生物たちの働きと、そこに寄り添う職人たちの仕事によるものだ。近年の健康志向で改めて脚光を浴びている発酵の魅力をひもといてみよう。

p.039

## 大豆と小麦と塩、そして杉の木桶に棲む菌が生み出す醤油の不思議 柴沼醤油

孟宗竹を編んだ<sup>たが</sup>箍で締められた見上げるほどに大きな67本の木桶は、今から150年ほど前に作られたものだという。たゆまず醤油を醸し続ける木桶をいとおしそうに眺めるのは、茨城県土浦で創業330余年を数える老舗、柴沼醤油17代当主の柴沼和廣さん。「木桶の寿命は300年とも言われ、67本一つ一つに微妙に異なる菌が棲んでいます。職人たちはその菌の癖を熟知していて、攪拌作業を調整したり、発酵度合いを見極めたりします」と語る。桜川や霞ヶ浦といった豊かな水脈のもと、良質な大豆や小麦を育てきた茨城県。水路を使えば簡単に都まで商品を運べたことも大きな後押しとなり、江戸時代から醤油はこの地の特産品として成長してきた。

「日本の醤油の特徴は“うまみ”があること。それをもたらすのが麹菌による発酵です。蒸した大豆と小麦に種となる麹菌を混ぜて3日。菌が十分に繁殖したところで食塩水を混ぜて木桶へ入れると、蔵や木桶に棲む菌の発酵力で大豆や小麦のたんぱく質が分解されます。半年から1年をかけて発酵させたものをもろみと呼び、それを搾ると醤油となります」。使う木桶、使う蔵、そして仕込み時期などを変えることで、大豆と小麦と塩だけで300種類ものフレーバーの醤油が出来るという。海外向けには塩分を薄めたり、ハラル対応でアルコール分を抜いたり、ビーガン用に鯉節を使用しないポン酢醤油の開発などもしている。

「昨今、小麦アレルギーなどが話題となりますが、実は発酵力により、大豆や小麦のアレルゲンは分解されて無くなるんですよ、すごいでしょう」。木桶は洗わず、中身を搾ったらそこに新しいもろみを継ぎ足す。木桶に棲む菌は分解力に加え殺菌力も高いため、水で洗うよりもろみで満たしていたほうが健全な状態を保てるという。空調は一切使わず、日本の季節を感じながら、今この瞬間も醤油の発酵は進んでいるのだ。

左ページ：明治時代に作られた木桶が並ぶ<sup>おおしんぐら</sup>大新蔵。写真の木桶の容量は9000リットル。上から：「私が子供の頃はまだいたのですが、現在は木桶を作る職人がいなくなりました」と17代当主の柴沼和廣さん。1765年当時、土浦に19軒あった醤油蔵の組合仲間が取引先や価格などを記した證文帳。約300年前に建てられた母屋。30年前まで当主家族が暮らしていた。一番左：柴沼醤油の主力商品。右2本は海外向けで、スイスやパリのレストランで使われている。左：柴沼醤油はGFSI(Global Food Safety Initiative)承認の国際規格、食品安全マネジメントシステムFSSC22000を取得している。

茨城県土浦市虫掛374  
Tel. 029-821-2400  
www.shibanuma.com

p.040

## 菌と対話する発酵料理人 徳山鮓

「発酵王国」とも呼ばれるほど<sup>なれずし</sup>熟鮓や漬物、日本酒など、発酵食品が豊富な滋賀県。その北部の余呉湖沿いに、世界中の美食家たちがこぞって訪れる和のオーベルジュ<sup>とくやまずし</sup>「徳山鮓」がひっそりと佇む。



内臓をとりのぞいた鮎を米飯と塩で乳酸発酵させた鮎鮎をはじめ、地元の滋味を使ったひと癖もふた癖もある発酵料理を提供するこの店に、どうしてこれほどまでに人が惹かれるのか。その理由をご主人の徳山浩明さんはこのように語る。「誰も想像もしないような食べ方で提供し、“発酵”の概念を覆すのです」。そういつて出されたのは、鮎鮎をサンドしたプチパンだった。「一般的な鮎鮎はひと切れが大きく、またベタツとした米の食感も気になりますが、これは凍らせたものをかなり薄めにカットしています。カリッとしたパンではさむと、まさに予想外の味でしょ」。食べてみると、臭みなどは一切なく、パンの香ばしさとチーズのような濃厚な鮎鮎が絶妙に混じり合い、そのうまみがジワッと口の中に広がる。

なぜこのようにおいしい発酵料理を生み出せるのか、そう問いかけると徳山さんは「調理をするのは菌です。僕はただ菌と対話をし、その頃合いを見極める。ちょうどいいところまで発酵させ、それをお客様に提供するのです」と話す。さまざまな失敗も乗り越え、発酵を極めた徳山さんだからこそ、自由自在に菌を操り、人々があっと驚く絶品の数々を創り出すことができるのだろう。

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左ページ左：鮎鮎を薄くカットする徳山さん。同右：常連客しか立ち入れない特別な離れ。カウンターからは余呉湖を一望できる。

上から時計回りに、鮎鮎のサンドと特製はちみつをかけた鮎鮎。京都の老舗料亭で修業後、2004年より徳山鮎を営むご主人の徳山浩明さん。優しいまろやかな味わいで、もっちりとした食感のからすみは、パリパリの海苔ではさんでいただく。鮎鮎はご主人が夏に余呉湖で釣り上げた鮎をまず半年間塩漬にし、その後約1年間かけて米飯に漬けこむ。発酵がベストな状態になったら凍らせ保管し、ゲストに提供する。カチョカヴァッロチーズとトマトの発酵ソース、鯖の熟鮎の3種の発酵が織りなす目にも美しい一品。

滋賀県長浜市余呉町川並1408

Tel. 0749-86-4045

12時～14時30分、18時～21時

不定休

コース昼1万円～、夜 1 万5000円～

完全予約制

tokuyamazushi.com

p.042

蔵をゆりかごに、毛カビを毛布に。

ゆっくりと熟成する幻のねさし味噌

三浦醸造所

徳島県を流れる雄大な河川、吉野川の支流が入り組む豊かな土地で、1849年から味噌造りを生業としてきた三浦醸造所。徳島のごく限られた地域で生産されてきた「ねさし味噌」の老舗である。ねさし味噌とは大豆のみで造られる豆味噌のこと。独特の深いコクと癖を持ち、味に豊かな広がりをもたらす。「ブルーチーズと性格が似ています。ほんの少しで驚くほどコクが生まれる。フレンチやイタリアンのシェフ、ショコラティエも面白い調味料だと興味を

もってくれています」と語るのは、三浦醸造所5代目の三浦誠司さんだ。

ねさし味噌作りは国産の良質な大豆を「こしき」と呼ばれる木製の大きな蒸籠で蒸しあげるところから始まる。蒸しあがったらミンチ状にすりつぶして、熱いうちに「なまこ形」に成形、冷めたら2センチ程度の厚みにカットする。通常の味噌造りに欠かせない種麹菌は一切混ぜない。「それがうちのねさし味噌なんです。どうやって発酵させるかという、なまこを寝かせる筵と蔵に棲みついている菌の働きだけ」。筵に寝かせたなまこの湿気を栄養に菌が活動を開始、40～60日でふんわりとした白い毛カビがなまこを覆いつくす。「自然生え」というこの製法は他の菌の活動が鈍る真冬の時期に行われるため寒仕込みと呼ばれているが「気温や湿度の変化に敏感になる作業です。昨今の温暖化の影響か、仕込みに適した期間が短くなっているのが気になります」と三浦さん。十分に毛カビが生えたなまこは黒っぽく硬い。ここに塩と水を加えて攪拌し、杉の仕込み桶に入れて3年間熟成させると、創業当時そのままのねさし味噌の完成だ。「添加物は加えず、温度や湿度、時間、香りや色、手触りなどに意識を集中させながら発酵を見守ります。日々刻々と変化する、つまり味噌は“生きている食べ物”。その命をいただくことに感謝をし、味噌の声なき声を聞きながら真心を込めて造っていきたいと思っています」。

p.043

左ページ上：なまこをカットし、筵の上に斜めに寝かせる。徳島の方言で「寝かせる」ことを「寝さす」というのが名前の由来という説もある。同下：照りのある質感、深い味わい。海外での食品展示会での評価も高い、ねさし味噌。

もともと大豆の栽培が盛んだった徳島を中心とした国内産の大豆を使用。たっぷりの良質な水で戻してから蒸す。

蒸しあがった大豆は熱いうちにミンチの機械にかけてすりつぶし、なまこ作りの工程へと進む。

海に生息するなまこに形が似ているから、なまこ形。半円筒形の大豆ケーキのようだ。

創業当時そのままの瓦葺の味噌蔵。その中に敷かれた筵。170年余りここで繁殖してきた菌の働きで自然と毛カビが生え、発酵が進んでいく。

5代目とその奥様、お嬢様の3人で切り盛りしている三浦醸造所。ねさし味噌のほか、糀味噌や醤油なども製造している。

徳島県阿波市市場町市場字町筋468

Tel. 0883-36-4119

www.miura-jozo.com

p.044

半世紀続く安心安全の日本酒造り

木戸泉酒造

東京から車で1時間ほどの千葉県南東部の港町で、1879年から酒



造り続ける「木戸泉酒造」。防腐剤を使用した酒が主流であった戦後、先々代が「安心安全な日本酒を造りたい」と余分なものを添加しない自然醸造をいち早くとり入れた酒蔵だ。現在は孫の五代目・莊司勇人社長が「旨き良き酒」の伝統を受け継ぎ、4人の蔵人と1人のアメリカ人がそれを支えている。

「この蔵では、先々代の時代に独自に開発した<sup>こうおんやまはい</sup>高温山廃仕込みという、蔵棲みの乳酸菌を使用して高温で酒母を仕込む方法を採用しています。まず酒のもととなる酒母を、蒸し米と麴米、高温の仕込み水を混ぜ合わせ、糖化に最適な55度前後で仕込みます。温度と乳酸発酵で得た乳酸で雑菌が死滅するため添加物は必要ありません」と莊司社長は話す。「乳酸菌はすべて自家培養した天然のもので、シーズンはじめのみ酒母の仕込みの過程で添加します。その後は蔵に棲み付いた菌が自然と働いてくれるので添加の必要はありません」。そう熱心に説明してくれるのは、蔵人を経験し、今は広報を務めるジャスティン・ポッツさん。「日本酒本来の自然発酵から生まれる独特な酸味や奥深さが加わり、それが西洋料理にもよく合うんです。外国人の方や日本酒が苦手な方でも飲みやすいお酒で、僕と妻はこの日本酒のファンになり、千葉までやってきました」と笑う。自然派のお酒が注目を集め「ビオ日本酒」という言葉まで生まれた昨今。社長は「ようやく時代が追いついてきました。僕たちはこれからも昔からの方法で、旨くて安心な酒を造り続けるだけです」と淀みなく言う。

p.045

キャプション

左ページ左上：日本酒の貯蔵タンクの前に立つ莊司社長とポッツさん。同右上：<sup>こしき</sup>甑と呼ばれる巨大な機械で蒸された米を、作業台に移すところ。甑は2層式で、この日は、<sup>かけまい</sup>麴米と掛米用の米が蒸されていた。右ページ上：蒸し上がった1層目の米に種麴をふりかけ、均一になるよう素早くかき混ぜる様子。その後徹底した温度管理のもと、約2日間かけて麴米となる。左ページ下：2層目の米は掛米として、仕込みタンクに運び、酒母と麴米、高温の仕込み水とともに発酵させる。それが<sup>もろみ</sup>醪となり、アルコール発酵し、ぶくぶくと泡が立つように。右ページ右下：左から熟成20～30年の上質な原酒をブレンドした古酒「古今」。自然栽培された青森の米「華吹雪」を使用した爽やかな酸味のある新酒。稀有な一段仕込みで造られているため、より日本酒感が強い「afs」。

千葉県いすみ市大原7635-1

Tel. 0470-62-0013

www.kidoizumi.jp

## 日本酒を体系的に学ぶ

### 新潟大学 日本酒学センター

日本酒の一大産地である新潟県にある新潟大学が、新潟県や県の酒造組合と連携し、2018年に日本初の「日本酒学センター」を設立した。ここで研究されるのは醸造や発酵だけではなく、酒米の開発や製造機械の設計、国内外に向けたマーケティングや流通、酒税など、日本酒を取り巻くさまざまな事象。体系的に研究し、理解を深め、世界的に日本酒の価値を高めることを目的としている。

2019年にはフランス・ボルドー大学のブドウ・ワイン化学研究所とも提携。広く海外からも学生を受け入れ、発展と拡大を目指す。

講義内容は日本酒を育む風土や産地、歴史、酒器、健康と日本酒の関連性など多岐にわたる。新潟から発信される新しい学問 Sakeologyに今、注目が集まっている。

sake.niigata-u.ac.jp/

p.046

## 器で選ぶ日本酒の味わい

### ふしきの

数々の名店が軒を連ねる東京・神楽坂。<sup>ききさけ</sup>唼酒師の資格をもつご主人・宮下祐輔さんが営む「ふしきの」もその路地裏に店を構える。京都の老舗料亭で修業を積んだ料理長が作る和食と、ご主人がセレクトする日本酒のペアリングが人気の店だが、このユニークなところは酒器にもこだわっているところだ。

「器の形によって日本酒の味は間違いなく変化する」と断言するご主人の言葉通り、ふしきのが独自で開発した口径のサイズが異なる3種の酒器「asobi sake ceramics」で試飲をすると、同じ酒でも酸味と甘味のバランスが驚くほど違って感じられる。これは「器の形により、口に含んだ瞬間に舌のどの部分に酒が触れるかで味わいが変わるから」だという。「日本酒はワインのようにグラスの指定はない。だから、自分の味の好みに合わせて器を選べばよいのです」。

今までに多くの酒蔵を巡ったというご主人。それぞれ、環境や蔵内の菌、また種麴のふり方ひとつをとっても違いがあり、それが日本酒の個性を生むことを知った。「生きている菌の営みが発酵であり、その産物が日本酒です。個性豊かでその楽しみ方にはたくさんの余白がある。そして酒器はその幅をさらに広げてくれるのです」。形も作家もさまざまな酒器を取り揃えるふしきの。ご主人が語る器のストーリーを聞きながら、洗練された料理と酒を楽しんでほしい。

蛤と春野菜の酢の物と日本酒のペアリング。酒器には、花の色の移り変わりを詠んだ百人一首が細字で記され、カラフルな花びらが描かれている。

上：日本酒は料理に合わせ7～10種がペアリングされる。下：モダンな茶室を思わせる落ち着いた店内。

TYPE DRY：舌の両脇に酒が流れやすく、酸味が際立つドライな後口。お酒が苦手な人でも飲みやすい味に。

TYPE MILD：口の中に優しく酒が流れ込み、甘味と酸味のバランスが整ったまろやかな味わいを楽しめる。

TYPE RICH：口径が狭いため舌の中心に細く酒が流れ込む。濃厚な酒の味を堪能するならこれ。

東京都新宿区神楽坂4-3-11 神楽坂つなしょうテラス2階

Tel. 03-3269-4556

18時30分～20時30分(入店)

日曜定休、不定休



コース1万2000円～(日本酒ペアリングは6000円～)  
要予約  
fushikino.com

p.047

## イノベーティブな世界観を楽しむレストラン INUA

オープンからわずか1年半でミシュランの2つ星を獲得した、いま話題のレストラン「INUA」。ヘッドシェフのトーマス・フレベルさんはドイツ出身で、世界で一番予約が取りづらいともいわれるデンマークの名店「noma」で長年腕をふるった人物だ。そして厨房スタッフは彼を含めほとんどが外国人。しかし、食材は日本産にこだわり、シェフら自ら全国を訪れ、土地の文化を学びながら調達をしているという。厳選した食材を彼らの視点で、日本と世界の文化を織り交ぜたイノベーティブな料理へと落としこんでいるのだ。

この魅力のひとつは、なんといっても発酵をも巧みに操る、ほかとは一線を画す調理技術だろう。レストランはオープンキッチンとは別フロアに研究開発のためのテストキッチンを所有し、そのフロアには7台もの発酵機のほか、遠心分離機や食品乾燥機などのたくさんの調理器具がずらりと並ぶ。魚醤やコンブチャ、お酢などの発酵調味料はすべて自家製。さらにこだわりの食材を発酵・熟成させ、うまみを最大限に引き出す。最前線の調理法を駆使した料理は体にも優しく、よそでは味わえない新しい食体験を約束する。

活気あるオープンキッチンで調理する外国人シェフたち。希望すれば、食後に厨房とテストキッチンの見学も可能。

上：5日間熟成し、3日かけて燻製させたまいたけを、自家製味噌、昆布と松の葉のだしで煮た一品。別皿で桜の塩漬けも供される。下：香り付けのための蜜蝋の上に、国産プラムの果汁をシート状にしたものをのせ、ばらの花や沖縄県産の島こしょうを利かせた斬新な料理。

東京都千代田区富士見2-13-12  
Tel. 03-6683-7570  
18時～  
コース1万9800円～(税・サ込み)  
月曜・日曜定休(不定期で日曜にランチ営業あり)  
要予約  
inua.jp

p.048

## 食事から人の健康を考える発酵カフェ Hacco's Table

どこよりも早く、体質改善のための発酵料理に着目したカフェレストランが東京・浅草にある。「Hacco's Table」では「菌を食べる」をコンセプトに免疫学の第一人者である藤田紘一郎先生をアドバイザーに迎え、専門家の指導のもと、腸内環境を整えるための発

酵を中心とした料理を提供している。店内で作られる自家製の発酵ソースやピクルスを使用した食事は、和の発酵前菜から、醤油麴のボロネーゼ、八丁味噌のカレーまで、和食に限らず多国籍のメニュー構成。これは現代人が、和食だけでなくイタリアンやフレンチ、韓国料理など幅広いジャンルの料理を日常的に食べているため、急に和食へ切り替えると体に拒否反応が出てしまうからだという。

事前予約をすれば店おすすめのコース料理に加え、腸内環境を整えるためのレクチャーと検査を受けることができる(日本語対応のみ)。オリジナルの問診票に答え、その結果から、それぞれに適した食事を指導してくれるのだ。食後に腸内検査キットが渡され、自宅で採尿したものを専門機関に郵送すると、後日詳しい腸内環境の検査結果が送られてくる。店の外でも健康的な食事ができるよう習慣づけてくれる、体質改善を応援する体思いの店だ。

左：ランチコースの「発酵・前菜6種盛り合わせ」。青菜の本枯節のおひたし、ぬか漬けのポテトサラダ、カブとビーツの塩麴スープなど、すべて発酵素材が使用されている。右上：ビーツのピクルスと鰹だしがきいたリゾット。右下：人気の「抹茶と豆乳の麴菌カクテル」。左下：店内でキャベツやレモン、塩麴、醤油豆を自家発酵させている。

東京都台東区花川戸2-9-10  
Tel. 03-6231-7855  
11時30分～15時、17時～22時  
11時30分～20時(土・日・祝)  
腸内環境検査キット＆腸活ランチ・ディナーコース 1万2000円  
不定休  
haccos.com

p.049

## 焼き鳥を引きたてる発酵 焼き鳥とワイン 源

職人が火加減を見極めながら、じっくりと客の目の前で焼き上げる焼き鳥は、もくもくと立ち上る煙と甘じょっぱいタレのにおいが人々を惹きつける。しかし、塩とタレのみで味付けされるため、単調な味に飽きてしまうという人もいるだろう。「焼き鳥とワイン<sup>もと</sup> 源」ではそんな焼き鳥にアクセントを加えるために、つけ合わせとして季節の発酵惣菜が供される。発酵の酸味がきいた塩漬けやキムチなどが加わることで、焼き鳥とワインの相性も良くなる。さらに、この焼き鳥が人気の理由は特製のタレにもあった。ササミなど淡泊な肉にはエビと黒糖を煮込んだ濃いめのタレ、野菜には秋田の伝統発酵調味料である魚醤「しょつつる」の風味を加えたタレを使用。「今後も発酵を随所に取り入れていきたい」というこの店は焼き鳥の新境地を切り拓く予感がする。

発酵惣菜は、手前から紫キャベツのザワークラウト、熟成茸のスパイスマリネ、春菊と胡麻の白和え、林檎の甘辛キムチ、熟成鴨のなめろう、発酵白菜。ペアリングはオレンジワインがおすすめ。



東京都港区六本木3-8-7 茂海ビル1階  
Tel. 03-3475-6333  
17時～22時30分 (LO)  
日曜定休  
コース5500円～  
izakaya-moto.jp/yakitori

## 人工知能が教えるおすすめの日本酒 未来日本酒店 / KUBOTA SAKE BAR

昨年11月にリニューアルオープンし、話題となった渋谷パルコ。その地下1階、レストランフロアに最先端の日本酒ショップとバーが誕生した。なんとこの店、日本酒のセレクトショップ「未来日本酒店」が開発したAIによる味覚判定サービス「YUMMY SAKE」で、好みの日本酒を診断してくれるのだ。10種類の酒をブラインドテイastingし、自分の評価を専用のWEBサービスに記録する。すると、人工知能がその人の味覚を「アワアワ」や「トロトロ」など、全12タイプのオノマトペで表現。その結果に沿って、朝日酒造の人気シリーズ「久保田」の酒、もしくは久保田のオリジナルカクテルがいただける。自分の好みを理解しているつもりでも、意外な結果が出ることも。新たな嗜好を発見する良い機会になるかもしれない。

上：5種の久保田の酒と7種のオリジナルカクテルのメニューがある。AIが診断した、あなたの味覚に合った1杯が選ばれる。左：約15分で日本酒のブラインドテイastingと診断ができる。

東京都渋谷区宇田川町15-1 渋谷PARCO 地下1階  
Tel. 03-6455-3975  
11時～23時30分 (LO23時)  
不定休  
YUMMY SAKE×KUBOTAテイastingキット 2000円(ドリンク1杯を含む)  
www.kubota-sake-bar.com

和菓子

## 進化するおはぎ

撮影＝大見謝星斗 文＝編集部

p.050

五穀豊穡を象徴するお米を、邪気を祓うとされる赤い小豆で作った餡で包んだお菓子が「おはぎ」。古来日本では、ご先祖様に感謝の思いを伝えるお彼岸（春分の日と秋分の日を中日とし、その前後の合計7日間）の時期に、おばあちゃんやお母さんの手作りおはぎを食べるのが習わしだったが、その習慣も時代とともに廃れてしまった。しかしそれでも、日本人はおはぎが好きだ。甘くてもちもちと柔らかく、濃い日本茶にことのほか合う腹持ちのよいお菓子。日本人のソウルフードともいえるおはぎが、今また注目を集めている。

## Ohagi3 (オハギサン)

茶の湯文化が盛んで、和菓子の名店が軒を連ねる名古屋に本店と2軒の支店がある「Ohagi3」。2019年の夏、4号店として浅草店をオープンした。国産米と無添加の原材料にこだわったおはぎ（1個220円～）は、王道の美味しさの中に遊び心が感じられる味わい。餡を中に包み、表面に焦げ目をつけた上に甘じょっぱいみたらし餡をのせた「夕月」や、浅草店限定の焙じ茶風味の「焙月<sup>ばいづき</sup>」はぜひ食べてみてほしい個性派おはぎだ。アイスクリームやわらび餅とおはぎが一つになった新メニュー、Ohagiパフェ（700円～）も浅草散策のお供として人気がある。

夕月（みたらし）/半月（抹茶）/焙月（焙じ茶）/新月（ココナッツ）/満月（きなこ）

台東区浅草1-31-4  
Tel.03-5830-3103  
10時～18時  
不定休  
ohagi3.com/

## タケノとおはぎ

オーナーの小川寛貴さんのおばあちゃんの作るおはぎは、甘さ控えめの優しい味だった。4年前、その温かい記憶を胸におはぎ専門店をスタート。定番の粒餡とこし餡のほか、その日の朝に変わりおはぎのメニューを5種類決める（1個250円～）。旬や季節というところありきたりだが、花が咲いたり風が吹いたりといった身の回りの日常にある小さな“リアル”を、気のむくままにメニューにしているという小川さん。午前中に作り、お昼から販売をして売り切れたら店じまい。おはぎしかない、でもここにしかない味を求めて、連日驚くほどの行列ができる。

つぶあん/麻の実ときなこ/ナッツ/金柑と日高昆布/ココナッツとレモンピール

世田谷区桜新町1-21-11  
Tel.03-6413-1227  
12時～18時  
月曜・火曜定休、夏期休暇あり

ディナー

## 日本で味わう至福の ミシュランスター

撮影＝内藤貞保（p. 52～53、63、66～67）、阿部 浩（p. 54～55、59、64～65、68）、坂本正行（p. 57、60～61）、鈴木一彦（p. 58、68）、福森クニヒロ（p. 62）  
文＝直江磨美 文協力＝河合寛子（p. 54）、松本詩郎（p. 55）、瀬川 慧（p. 56、58、60～61）、中野智恵（p. 57）、森脇慶子（p. 59、64、68）、西村晶子（p. 62～63、66～67）、柴田泉（p. 63）、賀来潤恵（p. 65）、犬伏咲夏（p. 68）

p.052

素材の質や調理技術、そしてその店ならではの独創的なアイディア



など、厳しい基準を満たした店のみが獲得できるミシュランの星。世界でも群を抜いてミシュランスター獲得レストランが多い日本はまさに名店揃い。ぜひ訪れたい星付き店を厳選紹介しよう。

p.053

## 金沢随一の割烹の技に魅せられて 料理 小松

加賀百万石の伝統が息づく街・金沢は、山海の幸に恵まれ、美食の街でもある。その金沢で割烹の名店として必ず名前が挙がるのが「料理 小松」だ。客席はカウンターのみで華飾をそぎ落とした清々しい空間が広がる。日本料理の基本である“だし”を要とし、利尻昆布と枕崎かつお節でとっただしは、地場の食材が持つ力を最大限に引き出す。

だしの香り豊かな椀、そしてコース中盤の見せ場に供される八寸。旬の盛りと走りを取り混ぜた緩急ある料理は、古今の名器に盛られることで、さらに華やぎを増す。正統の技が生かされた割烹を楽しみたい。

石川県金沢市幸町11-29  
Tel. 076-224-0118  
18時～21時30分 (LO)  
日曜定休  
おまかせ8500円～  
要予約

p.054

## 銀座を代表するグランメゾンで優雅な時間を ロオジエ

常に時代の先端を行く料理、美しい什器やアート、そして洗練されたサービスなどで、フランス料理店「ロオジエ」は1973年のオープン以来多くの人々を虜にしてきた。三代目フランス人シェフのオリヴィエ・シェニヨンさんが生み出す料理は、クラシックな技法の上に斬新な発想をプラスした、芸術性あふれるもの。前菜「鳥取 半熟“天美卵”<sup>てんびらん</sup> ほうれん草と紫蘇のヴルーテ ジェロール茸とリー・ド・ヴォーのフリカッセ 秋トリュフ」など、日本の素材を取り入れた表現も見事。ひと皿ごとに驚きと発見に満ちた料理と出会える。

東京都中央区銀座7-5-5  
Tel. 03-3571-6050  
12時～13時30分 (LO)、18時～20時30分 (LO)  
日曜・月曜定休、祝日不定休  
コース昼1万1000円～、夜2万3000円～  
要予約  
losier.shiseido.co.jp

p.055

## 春の香りが詰まった花山椒鍋 麻布 幸村

芽吹きの子節である春にぜひ食したいのが「麻布 幸村」の「花山椒鍋」だ。「山椒は薬味のひとつと捉えられがちですが、それはほんの一面で、合わせる素材の魅力を引き出すだけでなく、その美味しさゆえに主役にもなりうる存在。この鍋は牛肉は脇役で花山椒を食べる鍋です」とご主人の幸村 純さん。春先に咲く丹波産の花山椒を大鉢から手づかみで惜しげもなくだしの中に加え、目の前で牛肉をしゃぶしゃぶにして花山椒とともに取り分けてくれる。その柔らかな香りとほのかな辛みは、春にだけ巡り合える逸品だ。

東京都港区麻布十番1-5-5 湯建麻布十番ビル3階  
Tel. 03-5772-1610  
17時30分～19時 (入店)  
不定休  
花山椒鍋の入ったコース4万円。 提供は4月～5月末まで  
要予約  
www.azabu-yukimura.com

p.056

## 独創性あふれるエレガントなフレンチ エスキス

長年、ミッシェル・トロワグロとともに仕事をしてきたリオネル・ベカさんがエグゼクティブシェフを務める「エスキス」。フランス語で「素描」という意味の通り、白一色のお皿の上に絵画のように描かれた独創性あふれる料理は、サーブされた瞬間に思わず見とれてしまうほど。写真はしなやかに焼き上げた鴨を芸術的に盛りつけた一皿。シェフは、食材に畏敬の念を持って向き合い、和の食材や発酵食品などもフレンチに取り入れ、すべてを鮮やかに集結させ、究極のひと皿に。昨年は、空間や器のリニューアル、そしてシェフパティシエを交代した。大きく生まれ変わったお店のさらなる進化から目が離せない。

東京都中央区銀座5-4-6 ロイヤルクリスタル銀座9階  
Tel. 03-5537-5580  
12時～13時 (LO)、18時～20時30分 (LO)  
日曜夜定休 (翌日の月曜が祝日の場合は営業、月曜夜休み)  
昼1万円～、夜2万円～  
要予約  
www.esquissetokyo.com

p.057

## 福岡で日本料理の伝統美を満喫 馳走なかむら

日本有数の祭りの一つ、博多祇園山笠が走り抜ける大黒通り沿いに佇む日本料理店。数寄屋造りの建物は、京都から運んだ聚楽土の壁、随所に飾られた季節の花、博多人形や水引など、その空間芸術も日本料理の本物の世界を伝える、福岡でも稀有な存在だ。「日本の伝統美を博多という舞台で伝えていきたい」というご主人中村 亨さんの思いは、料理にも貫かれている。博多には、土地柄、



九州各地から美味しい食材が集まり、魚種も豊富。最上の地素材に繊細な手わざを加えて見目麗しく盛り込んだ八寸も実に風雅。季節の風情を感じながら、この雅な世界観を堪能したい。

福岡県福岡市博多区対馬小路2-10

Tel. 092-292-7663

11時30分～12時、18時～19時30分(ともに最終入店)

日曜・月曜昼定休、月曜夜不定休

懐石コース昼 1 万円～、夜1万5000円～

要予約

www.chisou-nakamura.jp

p.058

## 伝統フランス料理に漂う現代のエッセンスを楽しみに ドミニク・ブシェ トーキョー

フランスガストロノミー界において、華やかなダイニングシーンを彩ってきたドミニク・ブシェ氏の銀座のレストラン。パリのアパルトマンをイメージした店内は、エレガントで温かみのある空間が広がり、レンガ造りのワインカーヴでは、アペリティフや食後のお茶を楽しむことも。「オマールブルーのパルマンティエ ブールキャビア」は、シェフがオテル・ド・クリヨン総料理長時代に提供していた料理で、時代の変化に敏感に対応しながら新しいエッセンスを加えたというソースは軽やかで繊細。ソースの美味しさが光るスペシャリテだ。

東京都中央区銀座1-5-6 銀座レンガ通り福神ビル 2 階

Tel. 03-6264-4477

12時～13時30分(LO)、18時～20時30分(LO)

水曜定休

昼7500円～、夜1万5000円～

要予約

www.dominique-bouchet.jp

p.059

## 多彩な調理法が光る、牛肉づくし 肉割烹 上

バラエティ豊かな調理がなされた肉料理を少しずついろいろと味わえる肉割烹スタイルの「上」。肉は、作り手の顔が見え、恵まれた環境の中で育てられた健康な牛を厳選して使用し、希少な部位も扱う。また、赤身肉と生うに、毛蟹、白海老とキャビアを添えた小井や牛のコンソメジュレを和えたお造りなど、魚介との取り合わせも新鮮。コースでは、炭火牛ステーキ、ヒレカツ、すき焼きなど王道の肉料理も供され、締めまでまったく飽きることなく日本ならではの牛肉づくしが楽しめる。

東京都港区西麻布2-24-14 Barbizon73地下 1 階

Tel. 03-3486-2929

17時30分～23時30分

日曜・祝日定休

コース2万円～

要予約

jo-tokyo.jp

p.060

## 五感を刺激するライブ感あふれるディナー

寿司や天ぷらに代表されるように、料理人たちの美しい手仕事を目の前で見られることは日本料理ならではの贅沢な体験だ。作り手の緊張感や勢いを間近で感じながらいただくディナーは、きっと旅のよい思い出になるだろう。

## カウンター割烹で京都老舗料亭の味を堪能 南禅寺 瓢亭 日比谷店

多くの飲食店で賑わう東京ミッドタウン日比谷の中でも、ひときわ格式ある店構えで目を引く「南禅寺 瓢亭 日比谷店」。京都の老舗懐石料理店の唯一の支店だ。こちらのお店は、京都本店とは異なる初の割烹スタイル。カウンターでは、十五代目の高橋義弘さんがにこやかに出迎えてくれた。

この日、訪れたのは、日本で最も古い宝飾店「ウエダジュエラー」の四代目、植田友宏さんと奥さまの麻里さん。ご主人との会話を楽しみながら次々と供される料理に舌鼓を打つ。「時代とともに味覚も変わりますし、食材や料理法も少しずつ変わっています。日比谷店もベースは京都と一緒にですが、ここならではの楽しみをちりばめています」と高橋さん。お造りもつけ醤油を替えてみたり、京都ではあえて使わない金目鯛を炙りでさっと使うなど、東京だからこそその献立を意識している。

「瓢亭 日比谷店は、京都とはまた違う形で時代に合ったものを築いておられます。私たちも新しいことに挑みながら、精魂込めてジュエリーを作り続けています。どこか共通するものを感じますね」と植田さん。京都の伝統を守りながら創意工夫に満ちた料理は、進化し続ける老舗の気概を強く感じさせてくれる。

p.061

上：カウンター席では食事を楽しみながら、瓢亭十五代目主人との会話も弾む。

左：金目鯛の炙りにはちり酢ジュレをかけて。

右：前菜の八寸には、名物の瓢亭玉子をはじめ、鯛と海老の手毬寿司、栗麩田楽など美しい料理が盛り込まれる。

東京都千代田区有楽町1-1-2 東京ミッドタウン日比谷3階

Tel. 03-6811-2303

12時～13時30分(入店)、17時～20時(入店)

月曜定休(祝日の場合は営業、翌日休)

昼の点心7000円、懐石1万2000円、夜の懐石1万8000円～

要予約

hyotei.co.jp/tokyo



p.062

## 北陸の魚介を肴と握りで、異なる味わいを楽しむ 河原町 一

石川県・金沢の繁華街に佇む風情ある一軒家のすし店「河原町はじめ」。すしを握る大将は、15年地元ですし修業をしてきた濱本慎二さん。扱う魚の多くは近江町市場から仕入れ、丁寧な仕込みでうまみを引き出し、口当たりをよくした食べ頃を独自のおまかせで楽しませてくれる。このお店のユニークなところは、同じ魚介をつまみと握りに仕立て、それを同時に、あるいは続けて出すところ。

「金沢のすしは、酢や塩を控えめにしたまるやかなシャリと、日本海の新鮮な魚介が特徴です。石川県の突端の能登沖は全国屈指の好漁場で、内海と外海とで獲れる魚も異なるので、一年中とても豊富な魚が提供できるのです」と濱本さん。ネタ箱には、旬の魚介を中心に毎日25種類ほどのネタを揃え、赤西貝やがす海老など、他の地域ではおそらく見ることはないネタも並ぶ。当地の調理法の一つである昆布締めなど随所に独自の仕事が光る握りとつまみが、お酒の進み具合を見計らいながら小気味よく出される。

そして何よりも大将と女将さんの笑顔溢れる接客がとても心地よい。まさに、ここでしか出会えないすしだ。

上：ネタ箱には、真鯛、赤西貝、鯛昆布締め、毛蟹、やりいか、ばい貝、ぶりなど北陸の旬の魚介を揃える。

左上：日本海の赤貝と昆布締めにした菜の花。

左下：うまみと甘みが濃厚な能登産の毛蟹。ほぐした身は、シャリにも混ぜ込まれている。

石川県金沢市片町1-6-15

Tel. 076-223-7355

11時30分～14時（日曜のみ、2日前までに要予約）、18時～21時（入店）

月曜定休

昼夜ともにおまかせ1万5000円～

要予約

mikizo1.com

p.063

## スタイリッシュな串揚げ ワサビ

手に持って串をスッと抜きながら食べる串揚げは、大阪の人たちのソウルフードの一つ。B級グルメのイメージを持たれがちだが、ここ「ワサビ」の串揚げは、ご覧の通りの美しさ。「串揚げは、自由で変化に富んだ料理。さまざまなジャンルの料理をヒントに素材の組み合わせやソースで工夫しています」と店主の今木貴子さん。手の込んだ仕事になされ、淡泊なもの、スパイシーなものなど、味に変化をつけているので食べ飽きることはない。米油でサクッと揚げた串揚げは常時30種類ほど用意。熱々を頬張るのが最高だ。

上：トリュフとコンテチーズのコロッケ。コースには野菜も組み込まれる。グラスシャンパン1300円～。

左：揚げたてを提供する店主の今木さん。

大阪府大阪市中央区難波1-1-17

Tel. 06-6212-6666

17時～21時（入店）

日曜・月曜定休 おまかせコース5000～1万3500円（本数で料金が変わる）

要予約

www.hozenji-wasabi.jp

p.063

## 金沢の老舗料亭が手がける旬が詰まった天ぷら 天麩羅専門店 天金

金沢の老舗料亭「金城樓」の庭園敷地内にある「天金」は、料亭が手がける特別感溢れる天ぷら専門店。北陸の山海の食材の魅力存分に表現した天ぷらは、品よくサクッと、フワツとした仕上がり。車海老やたらの芽など定番の具材はもちろんのこと、金時草、五郎島金時など地場の食材も登場する。そして、コースの途中では、揚げタケノコの若竹煮仕立てなど、素材の持ち味を鮮やかに表現し、繊細な手法が光る一品も。締めはかき揚げ丼か天茶から選択。金沢の旬と名庭を心ゆくまで味わいたい。

上：左上から五郎島金時、車海老、ふきのとう、金時草、甘鯛、こごみとたら芽の天ぷら。

下：加賀藩重臣の屋敷を継いだ金城樓の格式のある庭を眺める。

石川県金沢市橋場町2-23

Tel. 076-224-2467

11時～14時、17時～20時

水曜、第1・第3木曜定休

昼コース5000円～、夜コース1万円～

www.kinjohro.co.jp/group/karin.html

p.064

## 和食の技を肉料理でも惜しみなく披露 常

西麻布の路地裏の目立たぬ雑居ビルの2階に、看板もなくひっそりと店を構える肉割烹「常」。扉を開けば、そこは、白木のカウンターも清々しい、シンプルモダンな和の空間が広がる。

コーススタートとともに、肉箱に入ったサーロイン、ザブトン、牛タン、ヒレなど本日の肉を披露するのは料理長の常安孝明さん。ミシュランの星付き日本料理店で基礎を学び、パリの和食店でも研鑽を積んだ実力の持ち主だ。元来のバーベキュー好きが高じて、会席コースに牛肉料理を加えた肉割烹スタイルを思いついたそう。それゆえ、このお店では、肉づくしというよりも、お椀やお造りといった旬の食材を巧みに取り入れた正統派の日本料理が肉料理の合間にバランスよく登場し、その取り合わせの妙にも驚かさ



れる。

お肉は、脂がさっぱりとして香り高く、味のしっかりした兵庫県川岸牧場の神戸ビーフをメインに使用。「肉料理は、主役のヒレ炭火焼きのほか予算や好みに応じて3～5種類出しますが、味付けが重ならないように気をつけています」と常安さん。最初に牛タン炭火焼きを出したなら、ヒレはカツにといった按配。その緩急自在なコース運びも魅力だ。

上:コースの幕開きとともに肉箱を見せる常安孝明料理長。

左下:すき焼きは、トマトと万願寺唐辛子入りで爽やかな仕立て。

右:日本屈指の左官職人・久住有生<sup>くすみなお き</sup>氏の左官壁も、どこか温かみのある趣を醸し出す。

東京都港区西麻布4-11-25 モダンフォルム西麻布2階

Tel. 03-6433-5680

18時～(最終入店は22時前後)

日曜・祝日定休 コース2万5000円～

要予約

p.065

## 豪快に炭火で焼き上げる炎、香りもご馳走ザ・バーン

備長炭の炎で熟成肉や海鮮を焼き上げるグリル専門店。店内はニューヨーク・ブルックリンのような開放的でシックな雰囲気。オープンキッチンスタイルの厨房、シーンを選ばないダイニング、そしてお酒と軽い食事をいただけるバーエリアが設けられている。

どこの客席からもキッチンで豪快に肉を焼き上げる様子が肌で感じられ、そのダイナミックなライブ感、香ばしい匂いも醍醐味。米澤文雄シェフはニューヨークの名店出身で、肉の焦げもおいしさの要素としてとらえ、表面は香ばしく中は柔らかいレアになるよう備長炭の強力な炎を使って絶妙な火入れで焼き上げていく。100日以上熟成したという「あがの姫牛骨付きドライエイジングビーフ」は熟成肉ならではのしっとりとした風味で、味付けは、シンプルに父母ヶ<sup>ちち ぶ がはま</sup>浜の塩と自家製マスタードでいただく。有機野菜を使用したヴィーガン対応のメニューも取り揃え、メインの肉だけでなく、野菜を楽しめるのも魅力の一つ。

アラカルトメニューがほとんどで、大皿に盛られた料理をシェアしながら食べるスタイル。友人たちとカジュアルに美食を楽しみたいときにぴったりだ。

上:備長炭の強力な炎で豪快かつ丁寧に焼き上げる。

下:あがの姫牛骨付きドライエイジングビーフは、100 g 2600円(税込み)で600 g からオーダー可。

左:まるでニューヨークのレストランに迷い込んだかのような店内。

東京都港区北青山1-2-3 青山ビル地下1階

Tel. 03-6812-9390

11時30分～14時(LO)、17時30分～22時(LO)

日曜・祝日定休

アラカルト1000円～(税込み)

salt-group.jp/shop/theburn

p.066

## ライブ感たっぷりに味わいたい大阪流の割烹なにわ料理 有

昔から地元の新鮮な食材と遠方より届く乾物が集まる天下の台所・大阪。となりの京都の料理が素材を邪魔しない淡い味付けなのに対して、大阪の料理は、お客の好みの味に応え、まったりとした深く力強い味わいに仕立てるのが特徴で、“京の持ち味、大阪の喰い味”といわれる。「なにわ料理 有」は、まさにその大阪の“喰い味”を大事にする板前割烹だ。

「まったりとした味を出すには、何よりだしが大事。うちは一番だしを使い、甘すぎず、辛すぎず、濃すぎず、薄すぎずの味に仕立てています」とご主人の古池秀人さん。お品書きを見ると、お造りから揚げ魚、旬の野菜、酒肴、ご飯ものなどの料理が八十数品。それも大阪人好みの鯛や鰹、鴨肉、野菜は浪速野菜をはじめ、洋野菜やハーブなど全国の食材を一堂に取り入れ、たれや薬味、盛り付けにも凝って遊び心たっぷりに仕立てている。しかもそのお品書きは、仕入れた食材や予約客の好みを思い浮かべながら毎日、古池さんが自ら綴るというから驚きだ。

豊富な食材と卓越した技。オープンぎりぎりまで仕込みを続け、そして営業が始まったらライブ感たっぷりにもてなす。大阪料理人の懐の深さが味わえる名割烹だ。

p.067

左上:毎日変わるお品書きは80品超え。1品1000～2700円。

下左:鯛は、お造り、煮物、焼き物にして余すところなく使う。

下中:郷土料理の「にしん茄子」は焼いて地漬けにした茄子にあんをかけ、家庭料理とは違う仕立てに。北前船で運ばれてきた乾物を使うのも大阪ならではの。

下右:ご主人の古池さん(中央)を中心に浪速の味を提供。

大阪府大阪市北区東天満1-9-17

Tel. 06-6232-8558

17時30分～22時30分(LO)

日曜・祝日定休 おまかせ9000円～

要予約

kcct600.gorp.jp

p.068

## 高級魚介も楽しみなモダンチャイニーズ 新富町 湯浅

中国料理の名店で腕を磨き、豊洲に移転した高級魚を扱う仲卸業者「大力商店」で修業した経験を持つ湯浅大輔シェフは、魚介の目利きで、かつ扱い方のプロフェッショナル。その知識を駆使して仕入れた魚介はどれも一級品。極上食材を確かな腕で調理し、サブ



ライズ感溢れる料理として供する。ふかひれのあんをゲストの目の前で熱々の土鍋に注ぎ、ジャーツという音とともに味わう「ふかひれの姿煮」はそのプレゼンテーションの美しさと迫力に思わず見惚れてしまう。発想力豊かな料理の数々は今後も見逃せない。

上：毛鹿鮫もうかざめの尾ビレの姿煮込みは、鍋で炊いたコシヒカリとともに熱々をいただく。  
右：毛蟹、ハタ、ふかひれなどの極上素材。ふかひれは約5種類を取り扱う。

東京都中央区新富2-7-4 growth ginza east 1階  
Tel. 03-6222-8677  
17時30分～21時30分 (LO)  
土曜・日曜・祝日は12時～14時30分 (LO)、17時30分～20時30分 (LO)  
水曜定休  
ランチコース6000円～、ディナーコース1万円～  
要予約  
shintomi-yuasa.gorp.jp

## 知人ぞ知るシェフズキッチンへようこそ 新広東菜 嘉禪

ダイニングフロアの脇の通路を進んだ奥に密かに用意された空間。ここが、キッチンに臨む4席だけの知人ぞ知るシェフズテーブルだ。マンダリン オリエンタル 東京やシンガポールのマリーナベイ・サンズなどで研鑽を積んだ築田 圭シェフが伝統の広東料理をベースに独自のアレンジを加えたコースを振る舞う。ときにフォアグラやトリュフといったフレンチの素材を取り入れたり、香港名物「鳩の丸揚げ」も、従来の手法はそのままにオリジナルソースを添えるなど変化自在。シェフの躍動感あふれる調理風景を眺めながら味わえるのも醍醐味だ。

上：スイートバジルやパクチーで作ったタイ風のソースを添えた「鳩の丸揚げ」。人気の点心4種は野菜餃子やトリュフ餃子など。  
左：厨房を間近に望むカウンター席。

東京都中央区銀座6-5-13 銀座美術館ビル2階  
Tel. 03-6264-5851  
11時30分～14時30分 (LO、土曜・日曜・祝日15時30分LO)、17時30分～22時 (LO、土曜・日曜・祝日21時30分LO)  
不定休  
シェフズキッチンのおまかせコース3万円～  
ランチ2200円～、ディナー1万円～  
要予約  
ginza-kazen.therestaurant.jp

## 旅館 旬

文／鈴木博美

p.070

**季節の変化を敏感に感じ取り、四季の巡りに大いなる自然の力を見る日本人の精神は、食文化にも宿っている。季節の美味こそ最高のご馳走。料理自慢の旅館は、心身ともに元気を養ってくれる。**

p.071

新たな季節の到来をいち早く感じ取り、過ぎ去ってゆく季節を惜しむ。そのように四季が移ろう姿に心を寄せることで、日本人は美術や文学をはじめとする独自の文化を形づくってきた。それは食に関しても同様である。南北に細長い列島である日本は、山脈があることで美味しい水が湧く、山海の幸に恵まれた国だ。そして、明確に四季がある風土であることにより、野菜や果物、穀物、肉や魚といった、その土地のその時期にしか味わえない多種多様な食材が生まれ、料理に季節感を盛りこむ豊かな食文化が育まれてきた。

日本では、ある食材が一年の中で最も沢山採れる食べ頃を「旬」と呼んで尊ぶ。もちろん美味しいからという理由もあるが、その根底には無病息災への願いや自然への感謝が込められている。古来日本人にとって季節の変化は、植物や穀物を実らせて動物を生き残りやすパワーを有する、人智を超えた働きとして受け止められてきた。しかも、目に見える自然はたえず変わってゆくにもかかわらず、四季は常に循環して尽きることはない。常に変化するものの裏にある絶対に変わらないものに神の存在を感じた。生命力に満ちた「旬」を食することはその尊いエネルギーを我が身に取り入れることであり、人もまた四季の巡りの中に生きる一つの命であるがゆえ、季節に沿った食事が心身のバランスを整えてくれるものだとしてきたのである。

日本人の「旬」へのこだわりは、その時期を細かく分類していることからうかがい知ることができる。旬の中でも、出初めで季節を先取りしたものを「走り」、最盛期を「さか盛り」、盛りを過ぎて来年にまた出会えることを期待しながら余韻を味わうものを「なごり名残」と3つに分け、微妙な味の変化も楽しんできた。さらに和食の世界では、この「走り・盛り・名残」を組み合わせで供するのが最上のもてなしの一つ。料理の中に、過去、現在、未来という時間の流れ、季節の移ろいを表現しているのである。

訪れた地での食事は、旅の大きな楽しみである。ぜひとも料理自慢の旅館に滞在してほしい。ようやく巡ってきたという喜びが漂う春の味や、力強い生命がみなぎる夏らしい味など、「今の季節にこの地に来てよかった」と思えるような旬の美味にきっと出会えるはずだ。美味しい料理は、何より人を元気にしてくれるもの。季節感溢れる極上の料理に舌鼓を打ち、心づくしのもてなしにゆった



りとくつろぐひとときは、自然の恵みである「旬」と同じように、訪れる者に生きる活力を与えてくれるだろう。

左：桜の花が咲く頃に旬を迎えた新鮮な魚や貝が盛られたお造り。春の訪れを風流に表現した美しい盛り付けに心が躍る。

下：築約160年になる砂糖蔵の2階部分を改装した客室「乾の間」は、ダイナミックな梁と堅牢な蔵造りが見どころ。

左下：江戸時代の趣を留める倉敷美観地区に佇む「旅館くらしき」。歴史を感じさせる街並みに、伝統的な建物が美しく映える。

p.072

上：自家栽培のお米や野菜、日本海で獲れた魚介など、地産地消を大切にしたフレンチベースのコースを味わえる夕食。どの料理からも、旬を食す喜びを感じられる。

中：大きな窓から折々の自然を感じ、のんびりとリラックスできるデッキを備えた「枝椿」の客室。

下：レストランから眺める里山の景色に、ほっと気持ちが和らいでゆく。

p.073

上：供されるのは、イタリアンをベースに、フレンチや和食の手法を加えた独創的な料理。箱根の自然をテーマにしたプレゼンテーションも楽しい。

右：イタリア製の上質な家具を配したレジデンスの「プレジデンシャルスイート（1201）」。窓からは、季節ごとに異なる表情を見せる山々を望むことができる。

左：アートが飾られたエレガントな趣のダイニング。

#### 旅館くらしき

歴史と文化の香りが漂う街として知られる倉敷美観地区に位置する、江戸時代からの砂糖問屋として栄えた旧家の母屋と砂糖蔵、米蔵、道具蔵を改装して作られた宿。重厚な柱や梁、屋根の本瓦葺きや白壁、シャープな直線が美しい格子窓などを当時のまま生かした空間は、歴史的建造物としての味わいがあり、

多くの文豪や芸術家に愛されてきた。牡蠣や鯛、真だこなどの瀬戸内海の味覚をはじめ、年間を通して豊かな食材に恵まれた土地ならではの懐石料理にもファンが多い。

岡山県倉敷市本町4-1

8室

#### オーベルジュ 薪の音 富山

世界遺産として知られる五箇山、白川郷合掌集落にほど近い里山にある1日3組限定のオーベルジュ。田畑と集落からなる周囲の農村地域に溶け込むように佇むこの宿には、食材の宝庫と称される北陸地方の素材を使った極上の料理を目当てに、国内外から美食家たちが訪れる。自家栽培の旬の野菜や、薪火を使ったかまどで炊き上げるご飯が評判の朝食も格別の味わいだ。全客室に外を望む風呂が付いており、湯船に浸かりながら素朴でどこか懐かしい里山の風景を楽しむことができる。

富山県南砺市野口140

3室

#### ザ・ひらまつ ホテルズ&リゾート 仙石原

東京の老舗フレンチ「レストランひらまつ」を原点とする、スモールラグジュアリーホテル。東京から車でたった1時間半ほどでありながら、森と草原に囲まれた日本屈指のリゾート地である仙石原高原に立地している。2016年冬に産声をあげた本館に続き、隣接地に別荘のように過ごせるレジデンスが2019年秋にオープンした。日本全国から最高の食材を集めて作る極上の料理に加え、全ての部屋に美肌の湯として名高い温泉風呂が設えられているのも魅力。温泉と美食に浸る特別な時間を過ごせる。

神奈川県足柄下郡箱根町仙石原1245-337

20室

Next Issue

## 家庭画報国際版 増刊号刊行予定のお知らせ

2020年7月発売予定

# 東京 スペシャル 2020

2020年7月、家庭画報国際版より「東京スペシャル 2020」が刊行されます。

受け継がれてきた伝統と、近未来へとひた走る独創的でユニークな貌を併せ持つ、世界でも類を見ない都市・東京。

東京が持つデュアリズムを、様々な側面からご紹介していく特別な1冊です。

\*特集は変更になる可能性があります



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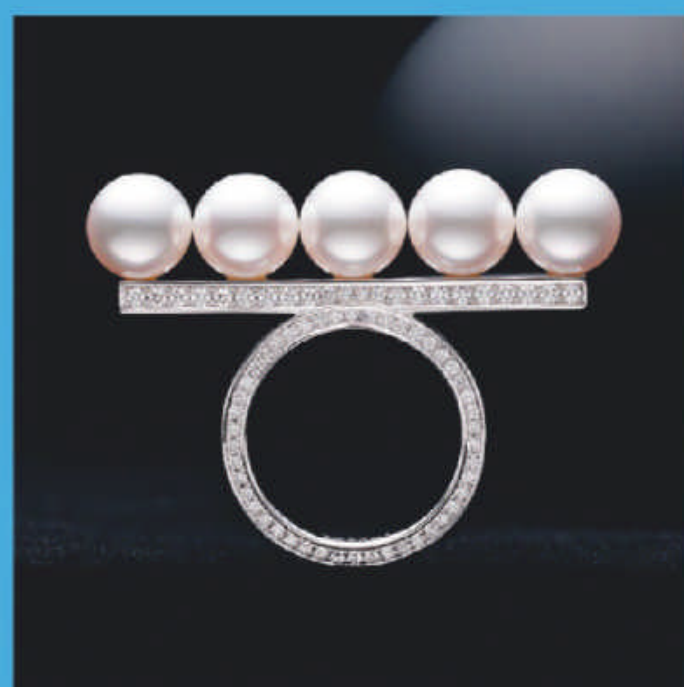
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KATEIGAHO INTERNATIONAL

# Japan

EDITION

## Prismatic Ginza



### Bonus Booklet

Kateigaho International Japan Edition  
Spring / Summer 2020 Vol. 45

別冊付録











[WWW.CHROMEHEARTS.COM](http://WWW.CHROMEHEARTS.COM)

Tokyo Ginza Harajuku Isetan Shinjuku Osaka  
Umeda Kobe Nagoya Fukuoka Hakata Daimaru



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Visit the *Kateigaho International Japan Edition* website  
[int.kateigaho.com](http://int.kateigaho.com)





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# Hands-on Ginza

## Create your own magical bonsai with an artistic touch

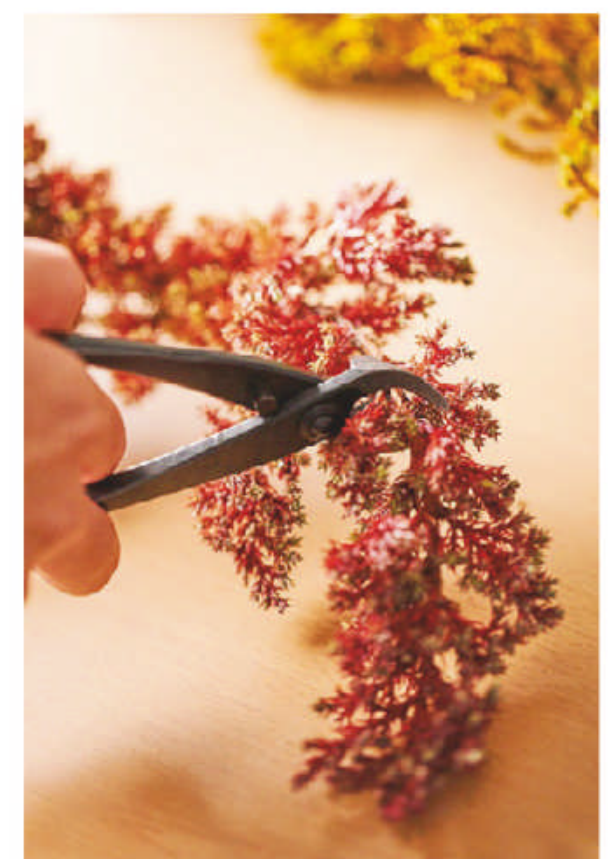
DRY BONSAI® Tokyo Ginza Salon

Try your hand at Japan's traditional cultural experiences, such as bonsai and tea ceremony. In a Japanese swordsmanship experience, you can even hold a real sword in your hands.

They never die, are easy to care for, and can be made in many colors. These are the three main features of DRY BONSAI®, which bonsai artist Shigeo Fujita launched in 2016. “Unlike conventional living bonsai, DRY BONSAI® is made with dead bonsai and preserved leaves. They do not need sunlight or water and will stay beautiful forever. We can even make the leaves different colors such as red and gold.”

Hotels and restaurants order large creations from Fujita, while at the shop individual customers can purchase DRY BONSAI® on display or order a custom piece in their preferred size and colors.

Fujita also teaches classes, at ¥10,000 per person for 60 minutes for the beginner course. The process, involving cutting the branches and leaves with special scissors and using a glue gun to shape your creation, is simple yet profound. Your completed creation can be sent directly to your home overseas.



Map **2**

Okazaki Bldg 6F, 1-20-9 Ginza, Chuo-ku, Tokyo

Tel. 050-3569-1577

11 AM to 6 PM; by reservation only

Closed Saturdays, Sundays, holidays, and New Year's

[drybonsai.art](http://drybonsai.art) (Japanese only)



# Try a time-honed custom of Japanese culture

Hisui Tokyo



Cultural school Hisui Tokyo introduces the essence of Japanese culture through the traditional cultural activities of *batto* (swordsmanship), *sado* (tea ceremony), calligraphy, and kimono dressing. Founder Suiju Kaito started the Japanese Culture Experience Plan, which attracts some 2,000 visitors every year, to give international tourists a firsthand experience of Japan's cultural arts.

Most popular are batto and sado. The former begins with learning the Japanese etiquettes such as how to bow, after which students practice swinging with a blunt train-

ing sword. After watching the instructor demonstrate, students try their hands at cutting straw posts with a real Japanese sword. In the sado experience, students watch as the instructor prepares the tea, then learn the correct way to partake of the tea and sweets. The tearoom's seasonal decor and display of tea utensils are added highlights.

A precious moment in time, bracing for both body and mind, awaits. A 30- to 45-minute experience is ¥10,000 per person per activity. All four activities can be experienced in the course of one day.



Map **4**  
Koizumi Building 5F, 4-3-13 Ginza,  
Chuo-ku, Tokyo  
Tel. 03-3562-7575  
Japanese Culture Experience  
Plan: Weekdays 10 AM to 5 PM by  
reservation; other days and time  
by request.  
[hisui-tokyo.com](http://hisui-tokyo.com)



# Glittering Ginza

Ginza, home to many luxury brands, is one of the world's most famous shopping districts. Here are some of the district's most eye-catching boutiques today.

## Modern pearls for modern sensibilities

Tasaki



Their white, smooth, and mystic luster has made pearls a classic jewelry for formal occasions such as weddings and funerals in Japan. Marking 66 years in business in 2020, Tasaki has elevated the pearl into a form of modish jewelry that the style-conscious can rely on for everyday use. With pearls and diamonds of the highest quality and finely honed craftsmanship, the brand continues to release pearl jewelry with an edge for a new era.

The Balance collection featured here is by far Tasaki's most popular range, one that has become a symbol of the brand. The slim bar topped with a line of beautiful pearls is like a work of art.

At the flagship store in Ginza, find a selection of pearl jewelry that appeals to the sensibilities of all generations and nationalities. Come and discover the best “balance” for you.





**Left page:** Balance diamonds pavé ring (Akoya pearls and diamonds in white gold), ¥1,480,000. **This page, clockwise from left:** Balance diamonds solo necklace (Akoya pearls and a diamond in white gold), ¥1,000,000; Balance unite ring (South Sea pearls and diamonds in white gold), ¥1,280,000; Balance diamonds pavé earrings (Akoya pearls and diamonds in white gold), ¥520,000; Balance era ring (Akoya pearls in yellow gold), ¥237,000. All by Tasaki.

**Tasaki Ginza Flagship Store**  
Map **7**  
5-7-5 Ginza, Chuo-ku, Tokyo  
11 AM to 8 PM  
[www.tasaki-global.com](http://www.tasaki-global.com)  
[info@tasaki.co.jp](mailto:info@tasaki.co.jp) (Customer Service)





## A sparkling jewel in Ginza's crown

### Cartier

From upper left: Love bracelet (pink gold and diamonds), ¥4,272,000; Love bracelet (pink gold and diamonds), ¥635,000; Ballon Bleu de Cartier watch, (33 millimeters, pink gold and diamonds, alligator strap), ¥2,016,000; Juste Un Clou necklace (yellow gold and diamonds), ¥405,000. All by Cartier.



Cartier, a preeminent house in the world of fine jewelry, is a glittering presence that stands at the pinnacle of luxury, even in the opulent surrounds of Ginza. All manner of glimmer and sparkle that tell the story of the Maison have been brought together to adorn the one basement level and three above-ground levels of the boutique in Ginza 2-chome, from beautiful chandeliers to numerous artworks and precious works from the Cartier archives.

The Love collection, which is so popular among sweethearts around the world as testaments to their love, the Juste Un Clou collection, which are like artworks with their nail motifs, and Ballon Bleu, the next iconic Cartier watch after the Tank—all reflect the luxury of the Ginza district. A noteworthy feature is the subtle hint of pink gold in all of these items.

Step inside Cartier's doors for that once-in-a-lifetime encounter on your travels.



#### Cartier Ginza Boutique Map 3

2-6-12 Ginza, Chuo-ku, Tokyo

Tel. 03-5159-3200

Noon to 8 PM

11 AM to 8 PM weekends and holidays

[www.cartier.jp](http://www.cartier.jp) (Japanese only)

Tel. 0120-301-757 (Customer Service Centre)



# Luster that deepens with time

## Chrome Hearts



**Front:** The highly practical handbag has two compartments and an inner pocket. The brand's worldview is evident in the smallest of details, such as the cross on the clasp, cross ball on the strap clips, and dagger motif on the inner pocket zipper pull. Bag (height 15.5 x width 19.5 x gusset 4.5 centimeters) ¥501,000.

**Back:** Glossy quilted leather combined with a cross motif exudes elegance. Compact, yet roomy enough to fit a wallet, smartphone, and other small essentials, its luxurious feel will suit many different scenes. Clutch purse (height 11.5 x width 25.5 x gusset 5 centimeters) ¥329,000.

Chrome Hearts, whose iconic silver jewelry, leather, and other fashion items are the favorites of celebrities the world over, is venturing into a new frontier in 2020. Bronze joins the brand's ever-popular ranges of silver, 22K gold, and white gold items for the first time. These exquisite items, with their soft characteristic shimmer, and color and texture that deepen with use, are sure to become cherished pieces in your wardrobe.

New arrivals are a clutch purse that gives a particularly feminine

and classical impression among the brand's range of bags, and a functional handbag that can be used with or without the detachable shoulder strap. Combined with fine black leather, the glistening bronze on both of these items adds a gorgeous touch. Belt buckles and other items will also be released.

At the Chrome Hearts Ginza store, be mesmerized by these sophisticated items, adorned with character that will grow richer and deeper as time goes by.

**Chrome Hearts Ginza** Map **8**  
B1-2F, 5-4-9 Ginza, Chuo-ku, Tokyo  
Tel. 03-6252-3681  
Noon to 8 PM  
11 AM to 8 PM weekends and holidays  
[www.chromehearts.com](http://www.chromehearts.com)



# Fragrant Ginza

Be it the soothing scents of incense or the latest exciting perfume product, in Ginza you can encounter the very best of both Japanese and Western aromas.

## Join a mini-salon to discover Japan's traditional scents

Shoyeido Tokyo Ginza Store



Map 12

Ginza 7th Place 1F, 7-3-8 Ginza, Chuo-ku, Tokyo

Tel. 03-3572-6484

10 AM to 7 PM; to 6 PM Saturdays, Sundays and holidays. "Hitotoki" sessions by reservation.

Closed New Year's holiday

[www.shoyeido.co.jp](http://www.shoyeido.co.jp)

Founded 300 years ago in Kyoto, Shoyeido produces and sells a variety of scent products, including *neriko*, the kneaded incense used in Japanese tea ceremony, incense sticks used in Buddhist rites, and scent sachets, created by skilled artisans using the finest natural fragrances.

Regular workshops and other events are held to pass on Japan's scent traditions. At the Ginza Store's monthly mini-salon "Hitotoki," participants enjoy the art of appreciating aromatic woods in a relaxed atmosphere (¥2,500 per

person for a 60-minute session; up to 10 participants). Highly knowledgeable staff members introduce the art in simple terms, and participants are then given four different aromatic woods to appreciate using the *monko* method. The session concludes with servings of tea and sweets.

The Ginza Store's exclusive scent sachet "Fuwarito" makes an excellent souvenir (photo above right; ¥630 each). Available in three fragrances, they are custom-made in your choice of at least 30 varieties of washi paper.



# Japan's venerated jeweler debuts its first-ever fragrance

Mikimoto Ginza Main Store

Map **5**  
4-5-5 Ginza, Chuo-ku, Tokyo  
Tel. 03-3535-4611  
11 AM to 7 PM  
Closed irregularly for New Year's holiday  
[www.mikimoto.com/en](http://www.mikimoto.com/en)



Mikimoto is a prestigious Japanese jeweler famed throughout the world. Its founder, Kokichi Mikimoto, was the first person in the world to succeed in cultivating pearls in 1893. Famously, Thomas Edison is said to have been in awe of Kokichi's invention of the cultured pearl, describing it as "one of the wonders of the world."

In January, Mikimoto launched its first-ever fragrance, Mikimoto Eau de Parfum (75 milliliters, ¥30,000). In-

spired by the richness of the oceans that nurture the pearls and lush forests, its scent evokes elegance and extravagance. It features a top note of fresh citrus, mystical floral middle notes, and ends with woody notes that evoke the forest. The alluring bottle, with its elegant luster and rounded shape, is designed in the image of a pearl in its shell. When in Ginza, be sure to test this new product, which is not yet available outside of Japan.



# Perfumed paper novelties evoke Heian-era culture

Tokyo Kyukyodo Ginza Main Store



Founded in Kyoto in 1663 as a purveyor of Chinese herbal medicine ingredients, Kyukyodo later expanded into producing and selling incense, and painting and calligraphy supplies. The Ginza Main Store opened in 1880 and today sells a vast array of letter-writing supplies and Japanese paper products as well.

Kyukyodo is famous for its aroma wares, which are made using closely-guarded incense production techniques from the Heian imperial court that Sanetomi Sanjo, then chancellor of the realm, taught to Kyukyodo's owner in 1877. Today, only Kyukyodo can make these products.

Flower-shaped *fumiko* (above) are small paper fra-

grance sachets that are placed inside an envelope with a letter to delight the recipient's senses. "Hana no Fumiko" (about 4.5 centimeters in diameter) are ¥300 each, while "Hana Fumika" (about 3.5 centimeters) are ¥500 for a pack of three. You could even keep one in your wallet or business card holder to enjoy their gentle, natural fragrance yourself.

Map 6

5-7-4 Ginza, Chuo-ku, Tokyo

Tel. 03-3571-4429

10 AM to 7 PM; from 11 AM Sundays and holidays

Closed January 1 to January 3, April 6 and

October 5, 2020

[www.kyukyodo.co.jp](http://www.kyukyodo.co.jp) (Japanese only)



# Flavorful Ginza

Ginza offers delicious foods from all over the world. Featured here is a selection of sweets that are recommended for teatime or as a souvenir of your travels.

## Delectable marriage of select wagashi sweets and Japanese tea

Higashiya Ginza



Opened in 2003, the first Higashiya store became an immediate hit for its highly creative and original *wagashi*. The small, stylish, and delicious confections—what store owner Shinichiro Ogata describes as “Japanese sweets that perfectly blend in with the contemporary lifestyle”—are made with the perfect combinations of seasonal ingredients and have garnered much popularity.

One of three Higashiya stores today, the Ginza Store celebrated its 10th anniversary last year. Patrons can enjoy 30 or more varieties of Japanese tea, sweets, meals, and alcoholic drinks in its spacious teahouse.

The highly recommended “Saka” course (¥4,100 including tax) features five different wagashi—fruit, nuts, and other ingredients enveloped in sweet bean paste—each paired beautifully with a different house-blended tea. The offerings change with the 24 seasons of the traditional Japanese calendar, but always include the highly popular pairing of “Natsume Butter” and house-blend *hojicha* (roasted green tea).



Map **1**  
Pola Ginza Bldg. 2F, 1-7-7 Ginza,  
Chuo-ku, Tokyo  
Tel. 03-3538-3240  
11 AM to 7 PM (last order 6 PM)  
Closed New Year's holiday  
[www.higashiya.com](http://www.higashiya.com)





## Sweet senbei crackers delight with seasonal motifs

### Ginza Matsuzaki Senbei

Founded in 1804, Ginza Matsuzaki Senbei's hallmark product is the Oedo-Matsuzaki Shamido (¥130 each), a *kawara senbei*, or tile-shaped cracker made with flour, sugar, and eggs. The shop's *kawara senbei* are softer than the more traditional hard, cookie-like texture. "The colorful pictures are stenciled and hand-painted on the smooth surface by our artisans, one cracker at a time," explains eighth-generation president Sohei Matsuzaki. The delightful pictures, representing seasonal flowers and events, change with the 12 solar terms of the calendar.

Map **9**  
Ginza F•S Bldg., 5-6-9 Ginza, Chuo-ku, Tokyo  
Tel. 03-6264-6726  
11 AM to 8 PM; closed New Year's holiday  
[matsuzaki-senbei.com](http://matsuzaki-senbei.com) (Japanese only)



## Setting a new standard for sweet potatoes—pot baked and piping hot

### Ginza Tsubo-yakiimo

*Yakiimo* (roasted sweet potatoes) have been a much-loved common folk's snack in Japan for centuries. At this store, ripe sweet potatoes are placed in specially handcrafted traditional Japanese pots to steam-bake over a charcoal flame for about two hours. They are then steamed some more in an insulation box, resulting in a soft, moist texture and gleaming nectar with an astounding sweetness. ¥700 for a whole large potato (pictured). Also available in half and quarter sizes. Try the quick-frozen iced *yakiimo* too.



Map **11**  
Ginza7 Bldg. 1F, 7-6-4 Ginza, Chuo-ku, Tokyo  
Tel. 03-6263-8773  
12 AM to 10 PM; to 6 PM Saturdays  
Closed Sundays, holidays and New Year's  
[www.imo-tsubo.com/guide-1](http://www.imo-tsubo.com/guide-1)



## Take home a taste of Japan Ginza Six

Ginza Six is a new landmark of the ever-evolving Ginza district. On the second basement level, find Japan-quality sweets that capture the flavors of Japan.



1



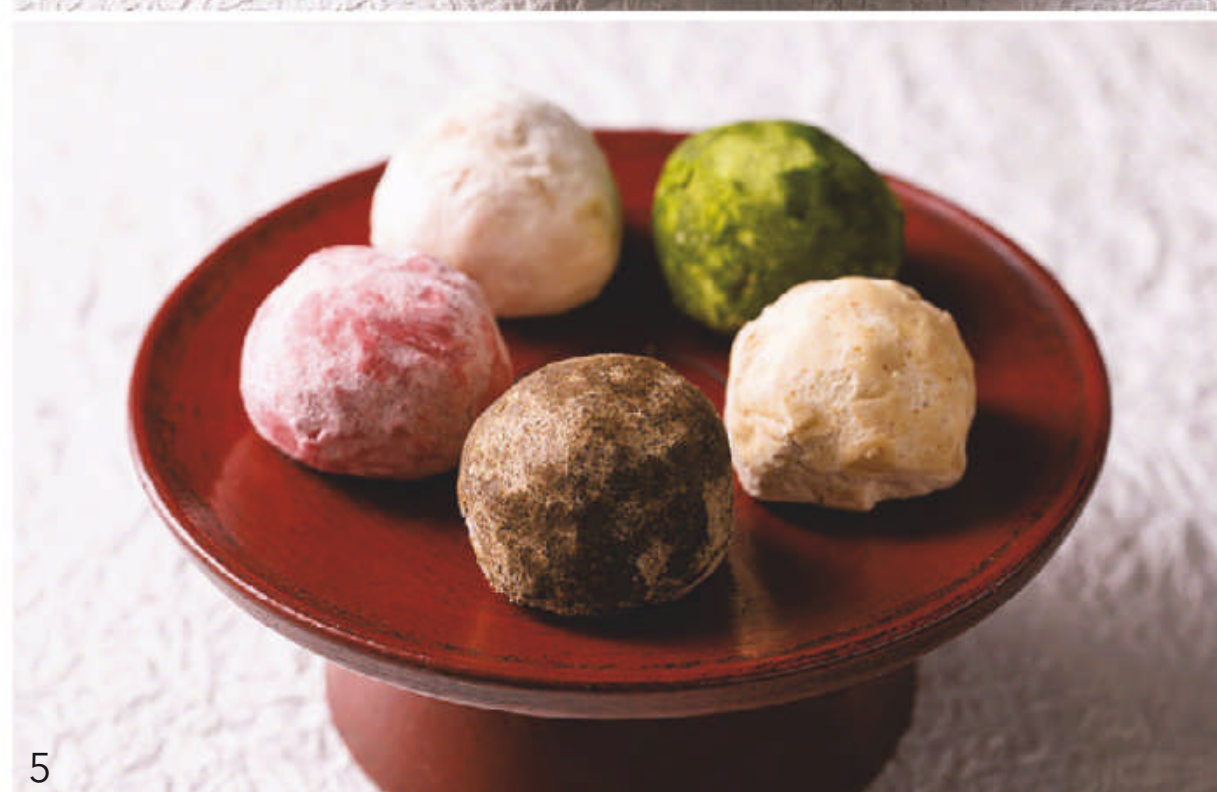
2



3



4



5



6

**1. Ginza Kyokasuigetsu** *Karinto* sweet crackers come in three flavors exclusive to the Ginza Six store of this specialist shop from Tokyo's Yushima district—subtly sweet White Sugar, fragrant Black Sesame, and dainty Kinako (roasted soy flour). Three-flavor pack, ¥1,100.

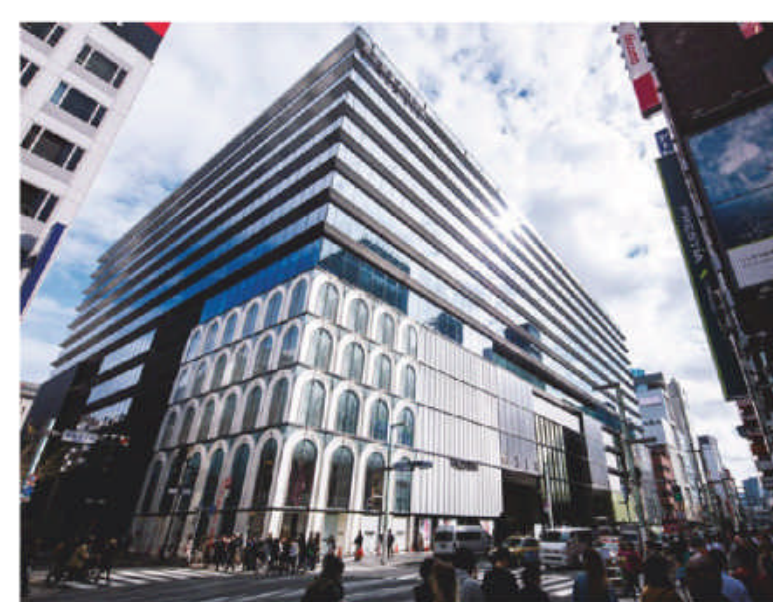
**2. Tsujiri** This 160-year-old Kyoto-based purveyor of Uji green tea offers a new sensation in *matcha* sweets—brownies with the rich aroma of *koicha* (thick matcha) and hojicha, accented by pecans and macadamia nuts. Nine pieces, ¥1,800.

**3. Aya Farm** Semi-dried fruits, carefully crafted from seasonal Japan-grown fruits using proprietary methods, have fresh flavor and texture so close to the original ingredients that they revolutionize the concept of dried fruit. Gift box featuring nine varieties, ¥3,800 (incl. tax).

**4. Kugenuma Shimizu** *Monaka* exclusive to this sweets store run by a French restaurant in Shonan are crafted in auspicious motifs such as *manekineko* beckoning cats. Assemble them yourself by sandwiching the bean jam between the wafers. Paulownia box of 10 pieces, ¥3,200.

**5. Fufufu and...by Hanbey-fu** Founded in 1689, this Kyoto specialist of *fu* (wheat gluten) proposes new ways to enjoy the ingredient. Exclusive melt-in-your-mouth cookies have crispy *fu* texture, in matcha, strawberry, yuzu, and other flavors. Five pieces, ¥1,500.

**6. Hakkosuya Shobunsu** Vinegar brewed in 300-year-old heirloom methods in Fukuoka is an easy way to boost your daily wellness. Mix this gently sweet drinking vinegar with soda for a refreshing drink. Amao (strawberry), ¥1,900; Grape and Yuzu, ¥1,800 each.



Map 10

6-10-1 Ginza, Chuo-ku, Tokyo  
Tel. 03-6891-3390 (General information;  
reception 10:30 AM to 8:30 PM)  
10:30 AM to 8:30 PM (shops and cafes)  
11 AM to 11 PM (restaurants)  
ginza6.tokyo



# Melodious Ginza

Exhausted by the bustling swirl of daytime? At night, make your way to Ginza's only bar where you can listen to some "serious music" and be soothed by the analog sounds.



Map **13**  
Brown Place 4F, 7-8-13 Ginza, Chuo-ku,  
Tokyo  
Tel. 03-3572-3666  
6 PM to 4 AM; closed Sundays, holidays,  
and New Year's. ¥1,000 midnight charge  
from 12 AM. [ginzamusicroom.com](http://ginzamusicroom.com)

## Toast the night away with the finest acoustics

### Ginza Music Bar

Renowned music producers, Takeshi Kobayashi and Shinichi Osawa, have joined forces with coffee producer Nobuhiro Toriba to create a bar for music lovers.

The wall shelves are bursting at the seams with carefully selected 3,000-plus vinyl records of all ages and genres, including rock, jazz, soul, hip-hop, techno, and movie soundtracks. The selector, or DJ, picks out records to suit the mood of the evening's patrons and plays them on a top-of-the-range sound system.

The bar offers a wide range of original cocktails (from ¥1,400), including some made with Japanese ingredients such as *sansho* (Japanese pepper) and *hojicha* (roasted green tea). According to manager Tomomi Hirose, about 40 to 50 percent of the bar's patrons are non-Japanese. "Many of them call in for a drink before dinner or for a nightcap later in the evening." Come and relax as you enjoy the nightscape of Ginza from the bar's windows.



# Stay & Visit Ginza

## Andaz Tokyo Toranomon Hills

Andaz Tokyo Toranomon Hills, located close to the Ginza and Roppongi districts, is home to the Rooftop Bar on the 52nd floor. The bar's mixologists create an impressive menu of original cocktails, some of which include seasonal fresh fruit and premium Japanese tea. Guests can enjoy delicious Edomae-style sushi with their drinks as they admire the breathtaking view.



1-23-4 Toranomon,  
Minato-ku, Tokyo  
Tel. 03-6830-1234  
[andaztokyo.com](http://andaztokyo.com)

Rooftop Bar  
Tel. 03-6830-7739

## Palace Hotel Tokyo

Afternoon Tea at the Lounge Bar Privé is elegant and modern in presentation and taste. The delightful offerings, ranging from savories to desserts, are prepared by the French restaurant Esterre with less salt, fat, and sugar to emphasize the natural flavors. The menu changes regularly to reflect the seasons. (¥4,600 plus tax and service charge)



1-1-1 Marunouchi,  
Chiyoda-ku, Tokyo  
Tel. 03-3211-5211  
[en.palacehoteltokyo.com](http://en.palacehoteltokyo.com)

Afternoon Tea at Lounge  
Bar Privé reservations  
Tel. 03-3211-5350

## The Peninsula Tokyo

The Peninsula Tokyo is offering the “Culinary Journey,” a 3-hour gastronomic experience of four of the hotel's restaurants and bars in one evening—Peter: The Bar, Peter, Hei Fung Terrace, and finally, The Lobby for a mini version of the hotel's iconic Afternoon Tea. Guest also have access to behind-the-scenes kitchen tours. (¥35,000 plus 10% sales tax and 15% service charge)



1-8-1 Yuraku-cho,  
Chiyoda-ku, Tokyo  
Tel. 03-6270-2888  
[peninsula.com/tokyo](http://peninsula.com/tokyo)

## Mandarin Oriental, Tokyo

Mandarin Oriental, Tokyo, is home to the capital's finest pizza at The Pizza Bar on 38th, by the hotel's executive chef Daniele Cason, from Rome. Gambero Rosso's “Top Italian Restaurants 2020” guide gave it the highest rating, Three Slices. The restaurant is holding “Daniele's Food Journey” to promote its new pizza dough and use of Japanese seasonal ingredients.



2-1-1 Nihonbashi Muro-  
machi, Chuo-ku, Tokyo  
Tel. 03-3270-8800  
[mandarinoriental.com/tokyo](http://mandarinoriental.com/tokyo)

## Imperial Hotel, Tokyo

Ever since it opened in 1890, the Imperial Hotel, Tokyo, has been a landmark of the capital. It has a special butcher section where meat for its restaurants and banquets is selected and managed, and the chefs at teppanyaki restaurant Kamon, on the 17th floor, make full use of this feature to cook meat to perfection right in front of the diners.



1-1-1 Uchisaiwai-cho,  
Chiyoda-ku, Tokyo  
Tel. 03-3504-1111  
[imperialhotel.co.jp/e/Tokyo](http://imperialhotel.co.jp/e/Tokyo)

Kamon  
Tel. 03-3539-8116;  
reservations required