

Japanese Food

Enjoy seasonal fresh food from both the sea and the mountains.

Japanese cuisine puts an emphasis on using the best-tasting seasonal food, and is cooked in broth taken from bonito or seaweed, with salt, soy sauce, or miso soy bean paste, to add flavor. Dishes are low in calories, finely refined, and come in many different forms. Hyogo prefecture is surrounded by both the mountains and the sea, offering variety of ingredients to choose from. For meat, there is Kobe Beef, boar meat, as well as seafood like crab, snapper, oysters, and octopus. Fresh fruit and vegetables are also widely available. Noodles like Izushi soba, made from buckwheat, and Ibo-no-ito somen, or rice-noodles, are also very popular.



Hyogo Specialties



Crabs

Tajima produces the largest catch of Matsuba crabs in all of Japan. Matsuba crabs are known for their texture and sweet flavor.



Snappers

An abundant food source and a strong current produce meaty, flavorful, top-quality snappers.



Oysters

Harima-nada in Hyogo has the perfect water for oysters to live in, producing large, delicious oysters.



Octopuses

The Strait of Akashi, with the longest suspension bridge in the world, is also famous for great-tasting octopuses. They are served in many ways such as sashimi, shabu-shabu and simply boiled.

Dining in Hyogo

Sennin-Daikan

MAP P34 E-4



An authentic Japanese restaurant serving local sake, Izushi soba, and fresh ingredients from the Seto Inland Sea and the mountains of Tajima and Tamba. The restaurant also offers hot pot with Banshu Hyakunichi chicken, as well as shabu-shabu using Black Haired Wagyu.

Website: <http://www.nishimuraya-fc.com/sennin/>
Tel: 078-232-3355
Hours: 11:30-22:00 Open year-round
Access: 3 minute walk from JR/Hankyu/Hanshin/Subway Sannomiya station.

All-You-Can-Eat seafood buffet Fisherman's Market Kobe Mosaic

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Over 90 dishes using mainly seafood are made in an open-kitchen and served in all-you-can-eat style. With a fantastic view of the Port of Kobe and Meriken Park, it's a perfect place to enjoy both lunch and dinner.

Website: <http://umie.jp/shop/detail/190>
Tel: 078-360-3695
Hours: 11:00-23:00 Open year-round
Access: 8 minute walk from JR Kobe station.

Hyogo Soul Food

Akashi-yaki



Akashi-yaki is a famous local dish from Akashi city in Hyogo. Softer than takoyaki, they are dipped in broth instead of covered with sauce.

Venue: Shopping arcades such as Uo-no-tana located south of Akashi station.

Soba-meshi



Soba-meshi is fried rice flavored with sauce and mixed with yakisoba noodles. It is a very popular B-class gourmet in Nagata ward of Kobe city.

Access: South of Shin-Nagata station.

Katsumeshi



Katsumeshi is a dish with beef cutlet on top of rice with demi-glace sauce on top. You can enjoy eating at in Kakogawa city in Hyogo.

Access: Kakogawa station

Sake

Japanese Sake: Refined over its long history



Japanese sake has a history of about 2,000 years. Sake from Hyogo has always been considered to be one of the very best in the country, especially the varieties made in Nada Gogo area. This area has the following qualities that allow them for the production of great tasting sake.

- ① Miyamizu water from Mt. Rokko is ideal water for creating sake.
- ② Local large and high-quality rice is perfect for sake brewing.
- ③ There are many master sake brewers from the nearby Tamba region.
- ④ A cold front called Rokko-oroshi that blows down from the mountains creates the perfect condition for sake brewing.

All of these factors helped create amazing flavor, therefore this area is considered to be the area that produces the best sake in Japan. Water wheels were introduced that allowed for finer refinement of rice, and the fact that the area is close to the ocean helped with distributing the products. These are all part of the reason why the area was able to produce top-quality sake that is loved by people all over Japan.



Sugitama

Sugitama is a ball made of cedar leaves. A fresh, green sugitama is hung on the doorstep of the breweries to notify people that a new batch of sake has been made.

Japanese Sake Scale



On the back label of Japanese sake, there are numbers with + and - signs. This shows the amount of sugar in the sake. For sake, a negative

number means it's sweet, and positive number means it's dry.

How to Enjoy Japanese Sake

Sake can be enjoyed chilled, warm, or at room temperature, which makes it very unique. The flavor changes depending on the temperature. The flavor of sake also changes as it ages, becoming milder.

The Power of Sake

Since the old days, sake brewers were known for their beautiful skin. Sake has anti-oxidants which work for anti-aging and skincare. Sake lees, a by-product of producing sake, are also known to have a high nutritional value.

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Kobe Shushinkan Breweries



Established in 1751, during the mid-Edo era, the brewery is a well-known maker of popular sake called Fukuju. It uses locally grown rice such as Yamadanishiki and Gohyakuman-goku, and the finest Miyamizu water, keeping the tradition of creating sake by handcrafting techniques.

Website: <http://enjoyfukuju.com/en/>
Tel: 078-841-1121
Hours: 10:00-18:00 Open year-round
Restaurant hours: 11:30-14:30, 17:30-22:00
Access: 8 minute walk from Hanshin Ishiyagawa station, or an 8 minute drive from JR Rokkomichi station.

*Advance reservation is required for a brewery tour.



Japanese sake and wine

Sake is perfect for paring with food as wine. Although sake is made from grains and wine from fruit, both are made through fermentation, and can be enjoyed with food. Unlike wine, you might need some time to relish sake at first. That's just like how most people start off liking white wine, before moving on to red. Sake is much milder when compared to wines, which are more acidic with strong fragrances, so it goes well with any dishes. Try the Daiginjo before a meal to fully enjoy the fruity and delicate flavor. Sake can make dishes taste much better, so just like wine, be sure to think about what sake, and when and how it will be served.

Free tasting events in sake breweries are great opportunities to learn about sake while actually tasting it. You'll learn to love sake once you learn all the stories surrounding its production. By trying different sake, you'll find the one that's right for you, so visiting breweries with sake-tasting is a fun and interesting activity!



Daiginjo-shu



Junmai-shu

Daiginjo-shu

A top-quality sake made by milling brown rice to less than half of its size-considered to be a work of art.

Junmai-shu

Traditional Japanese sake, that focuses on flavor and not the aroma. You'll be able to enjoy the flavor of rice.

Photo: Kobe Shushinkan Breweries

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Hakutsuru Sake Brewery Museum



An original brewery, Hakutsuru, was in operation until 1969 but was later made into a museum. The process of sake brewing, and the lives of sake brewers are displayed using models. There's a free tasting for the Junmai nama-genshu, which is made from 100% Yamada-nishiki rice.

Website: <http://www.hakutsuru.co.jp/english/>
Tel: 078-822-8907
Hours: 9:30-16:30 (Last entry 16:00) Closed on Mondays.
Access: 5 minute walk from Hanshin Sumiyoshi station.



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Sakuramasamune Memorial Hall



Sake-brewing tools, old signs, sake bottles, and different logos and labels are on display on the second floor. They also have other items that are related to sake and brewing.

Website: http://www.sakuramasamune.co.jp/sakuraen/sakuraen_index.html
Tel: 078-436-3030
Hours: 10:00-19:00 (Closed on Tuesday)
Restaurant hours: 11:30-15:00 (Last call 14:00), 17:00-22:00 (Last call 21:00)
Closed on Tuesdays
Access: 5 minute walk from Hanshin Uozaki station.



... Sake Breweries offering free sake-tasting.