



## An information Magazine for the International Community in Kochi

在住外国人のための生活情報冊子「Tosa Wave」63号（2016年9月発行）発行：公益財団法人高知県国際交流協会

In Kochi City, there are weekly street markets where fresh seasonal food is available. The most popular are the Sunday Market (Otesuji) and the Thursday Market (Kencho-mae), which are popular with locals and tourists alike. You may be surprised to hear but it is rare to find a street market like this where such a large variety of fresh fruits and vegetables are available at a reasonable price outside of the prefecture. CIRs and the staff at KIA will introduce some *Tosa*\* cuisine recipes we made with the ingredients obtained at the street market. They are all simple recipes, so please give them a try.

\* *Tosa* is the traditional name for Kochi.

### "Let's make Tosa food! ~Walking through the street markets~"

「土佐料理を作ってみよう！  
～街路市を散策して～」

高知市では新鮮な旬の食材が手に入る「街路市」が毎週開催されています。代表的な市の日曜市（追手筋）や木曜市（県庁前）は、地元の人や多くの観光客でにぎわっています。これほど多種多様な新鮮な野菜や果物が手ごろな値段で手に入る街路市が身近にあるのは、県外では珍しく、有り難い環境です。今回、国際交流員（CIR）とKIAスタッフは、街路市で手に入れた旬の食材を使い、土佐料理作りにチャレンジしました。どれも簡単なので、是非トライしてみてください。

## A Treasure Trove of Ingredients: Kochi's Food Culture

Kochi Prefecture is full of nature with mountains, rivers, and the sea. As a result, it is one of the few prefectures blessed with abundant seasonal foods. Utilizing a vast range of high quality ingredients available within the prefecture, Kochi's unique food culture has been passed down from generation to generation. "Sawachi Ryouri", where sushi, sashimi and an array of foods are served together on large plates, has brought life to dinner parties since long before, and is very representative of *Tosa* local cuisine. The grandeur achieved by maximizing the beauty of fresh ingredients is said to be one of the defining aspects of *Tosa* cuisine. Also, as eating vegetables has become more popular among Japanese recently, Kochi vegetables are held in high regard outside of the prefecture and are gaining popularity. Even certain celebrity chefs have taken a liking to Kochi produce, featured the ingredients in cookbooks and endorsed them on media platforms. Kochi's unique food culture is likely to spread and be passed onto future generations.

## 食材の宝庫、高知の食文化

山、海、川の雄大な自然を有する高知県は、四季折々、上質で豊富な食材に恵まれた数少ない県です。魚介、野菜などの多種多様な食材に富んだこの地では、昔から特有の食文化が継承されてきました。大皿に刺身や寿司などを盛り合わせた「皿鉢料理」は、土佐郷土料理の代表格であり、古くから宴の席を華やかに演出してきました。新鮮な食材の魅力を最大限に引き出す豪快さは土佐料理の一つの特徴だと言われています。また、近年の野菜食ブームにおいては、高知産の野菜が県外でも高く評価され、人気を集めています。全国的に著名なシェフが高知の食材に興味を持ち、メディアで紹介したり、レシピ本を執筆してくれています。高知の食文化はこれからも広く継承されていくことでしょう。

## Purchasing Tosa Food at the Gairo-ichi Market!

We went to buy food at the "Thursday Market", which is held every Thursday. It takes place around 270m away from the streetcar/tram stop opposite the Kochi Prefectural Office (Kencho-mae) and consists of about 77 stalls. This market is full of local customers, as opposed to tourists from outside the prefecture, and gives an impression of being deeply rooted in the local community. As well as juicy fruit and vegetables in an array of colors, the market offers a range of seasonal *Tosa* flavors, including seafood, side dishes such as sushi rolls, and homemade bread and *mochi*. It's also fun to ask stall owners for advice about which food to choose! They kindly told us what was in season, and how to use it when cooking.

In addition, the "Sunday Market", has been representative of the city dweller's kitchen for over 300 years. It spans approximately 1300m starting from the foot of Kochi Castle, has around 420 stalls, and is bustling with both locals and tourists.



Fresh food that you don't normally see at the supermarket!

スーパーではあまり見かけない食材も！新鮮です

## 街路市で土佐の食材を調達！

私たちは毎週木曜日に開催される「木曜市」にて、食材を調達しました。ここは県庁前電停から270mほどの範囲に約77店が軒を連ねています。県外から観光に来たお客さんよりは地元のお客さんたちでにぎわっており、地域に根差した街路市という印象を受けます。色とりどりのみずみずしい野菜や果物に加えて、海産物、巻き寿司などのお惣菜、手作りパンやお餅など、たくさん土佐の季節の味がそろっています。お店の人にアドバイスをもらいながら食材を選ぶのも楽しい！今は何の食材が旬か、それがどのような調理方法によく合うかなども教えてくれました。

その他、市民の台所として300年以上親しまれている「日曜市」が代表的です。高知城のふもと、約1300mにわたって約420店が軒を並べ、地元の人や観光客でにぎわいを見せています。

## Thursday Market

Days held: Every week on Thursday (except for the 1<sup>st</sup> and 2<sup>nd</sup> January).  
Opening times: From sunrise till one hour before sunset  
Place: About 1 minute south from the streetcar/tram stop in front of the Kochi Prefectural Office (Kencho-mae)

## Sunday Market

Days held: Every week on Sunday (except the 1<sup>st</sup> and 2<sup>nd</sup> January, and the 10<sup>th</sup> - 12<sup>th</sup> August)  
Opening times: During summer, 5:00 a.m.-6:00 p.m., during winter, 5:30 a.m.-5:00p.m.  
Place: Kochi City, Otesuji Area

## 木曜市

開催日：毎週木曜日(1月1日・2日は休み)  
開催時間：日の出から日没1時間前  
場所：県庁前電停から南へ1分

## 日曜日市

開催日：毎週日曜日(1月1日・2日と、8月10日～8月12日は休み)  
開催時間：夏期：5時～18時、冬期：5時30分～17時  
場所：高知市追手筋一帯

Here, we will show you 4 recipes that feature Kochi's autumn ingredients, obtained from the street market.  
We guarantee they all will be good!

ここからは街路市で手に入れた、高知を代表する秋の旬の食材を活用したレシピを4品ご紹介いたします。  
味はどれも保証できます！

### Yuzu to Shoga no Kaorizushi (Yuzu Ginger Infused Sushi)

Kochi prefecture is one of the top yuzu growing regions in Japan. From autumn to winter, fresh aromatic yuzu can be found at the street markets. This dish lets you enjoy sushi rice infused with yuzu and ginger aromas.

#### Ingredients (Serves 4)

- 2 cups of rice
- 1/4 piece *saba* (mackerel)
- 70g ginger
- 1/4 of the peel of one yuzu
- 2 tbsp roasted white sesame seeds
- *Myoga* and *mitsuba* for garnish
- A(20ml rice vinegar, 30ml yuzu juice, 2½tbsp sugar, 2tsp salt)

#### Directions

1. Put washed rice into the rice cooker, add water to the line marked "sushi", and cook.
  2. Cook the *saba* on a grill, and flake the meat with a pair of chopsticks. Mince the ginger and yuzu peel. (It is better to remove the white part under the yuzu peel.)
  3. Mix the ingredients in A. Add A to the cooked rice, and mix well in a cutting motion with a rice scoop. After mixing, add 2 and the sesame, and mix while cooling the rice with a fan. (Mix gently so as not to crush the rice.)
  4. Put on a plate, and garnish with the minced *myoga* and *mitsuba* colorfully.
- ※ Advice: Please adjust the amount of yuzu juice to your liking. It is ok to substitute *shiso* (green perilla) for the yuzu peel.



### Chayote to Kikurage no Itamemomo (Stirfried Chayote and Wood Ear Mushroom)

Chayote can be found at the street market around the beginning of fall. It is a type of melon, sometimes also called "Hayatouri". Chayote is great for stir-frying and pickling. You can enjoy the crunch of wood ear mushroom and chayote in this dish.

#### Ingredients (Serves 4)

- 2 chayotes
- 150g chopped pork meat
- 4 raw wood ear mushrooms
- 1 clove garlic
- 1 piece ginger
- 1 tbsp light soy sauce
- Salt and pepper to taste
- 1 tbsp sesame oil



### Yuzu to Shoga no Kaorizushi

高知県は全国屈指の「柚子」の産地。秋から冬にかけて、香り高く新鮮な柚子が街路市で手に入ります。柚子としょうがの風味が効いた寿司飯を美味しくいただける一品です。

#### 材料(4人分)

- 米…2合
- しょうが…70g
- 白煎りごま…大さじ2
- A (米酢…20ml, 柚子果汁…30ml, 砂糖…大さじ2と1/2, 塩…小さじ2弱)
- さば…1/4切り身
- 柚子の皮…1/4個分
- みょうが、みつば…少々

#### 作り方

1. 洗った米を炊飯器に入れ、「すし」の目盛りまで水を入れて、炊く。
2. グリルでさばを焼き、はしで身を細かくほぐす。風味となるしょうが、柚子の皮をそれぞれみじん切りにする。(柚子の皮の白い部分は取り除いたほうがよい)
3. 材料Aを混ぜておく。炊きあがった白飯にAを入れて、水で湿らせたしゃもじで切るように混ぜる。よく混ぜたら、2とごまを加え、うちわで仰ぎ冷ましなが混ぜる。(米粒をつぶさないように丁寧に混ぜること)
4. 皿に盛り、色付けにきざんだみょうがとみつばを載せたら、出来上がり。

※ワンポイントアドバイス お好みで柚子果汁の分量は調整してみてください。柚子の皮の替わりにきざんだ大葉を入れても美味しいです。

### チャーテときくらげの炒めもの

初秋に街路市で売られる野菜「チャーテ」。ウリの一種で、別名「ハヤトウリ」ともいわれる。炒め物、漬物と相性が良い。きくらげとチャーテの菌ごたえが楽しめる一品。

#### 材料(4人分)

- チャーテ…2個
- 生きくらげ…4枚
- しょうが…1片
- 塩こしょう…適量
- 豚こま切れ肉…150g
- にんにく…1片
- 薄口しょうゆ…大さじ1
- ごま油…大さじ1



## Directions

1. Peel the chayote and cut lengthwise into 4 pieces. Take out the seeds and slice thinly.
2. Cut the wood ear mushroom into bite-sized pieces and mince the garlic and ginger.
3. Heat the sesame oil in a frying pan and sauté the ginger and garlic until the fragrance comes out. Stir fry the pork meat, and remove to a plate.
4. Using the same frying pan, stir fry the chayote and wood ear mushroom. After the chayote is cooked through, return the pork meat to the frying pan and cook together. Add light soy sauce, salt, and pepper to taste.



White melon is substituted for chayote  
写真はチャーテを白瓜で代用

## Buntan Cole Slaw

“Buntan” (pomelo) season is late autumn to early spring. “Tosa Buntan” and “Suishou Buntan” are representative types of this fruit. The flesh has a nice firmness and a subtle sweetness. It is popular among Japanese to send as a gift. The acidity of the white wine vinegar pairs well with the sweetness of the fruit in this dish.

## Ingredients (Serves 4)

- 1 whole *buntan*
- ½ head cabbage
- A (60ml white wine vinegar, 1 tbsp mustard seeds, salt and pepper to taste, ½ tbsp vegetable oil)



## Directions

1. Peel the skin off of the *buntan* and take out the flesh. Shred the cabbage, add salt, and leave for 5 minutes.
2. Mix the ingredients in A in a bowl. Squeeze out the extra water from the cabbage and mix with A. Fold in the *buntan* flesh and finish.

## Katsuo no Tsumirejiru (Katsuo Meatball Soup)

If there is one thing Kochi is famous for, it is *Katsuo* (bonito, or skipjack tuna). It is popular with locals and tourists alike. *Katsuo* is in season in early summer and early autumn. It flakes easily when cooked, so it is often served lightly seared or raw. This time we tried a recipe that called for cooking *Katsuo*.

## Ingredients (Serves 4)

- 200g fresh *katsuo*
- 100g ground pork
- A (Grated garlic and grated ginger to taste, ½ tbsp potato starch, 1 tbsp sake, salt to taste)
- Half sheet *abura age* (deep fried *tofu*)
- 10cm square piece *konbu* (dried kelp)
- B (adequate amount of sake · salt · light soy sauce)

## Directions

1. Mince fresh *katsuo* with a knife.
2. Put ground pork and ingredients A in a mortar and pestle or bowl and mix together with ingredients in step 1 to make the meatball mix. Roll into ping pong sized balls.
3. Put 4 cups of water in a pot with the dried seaweed and turn on the stove. Once the water is boiling, take out the seaweed. Put in the balls and boil until cooked through. Add



## 作り方

1. ピーラーでチャーテの皮をむき、縦4等分にする。中心の種の部分を取り除き、薄切りにする。
2. きくらげは一口大に切り、にんにく、しょうがをみじん切りにする。
3. フライパンにごま油を熱し、にんにく、しょうがを香りが立つまで炒める。豚肉を入れて、炒める。一旦、お皿に戻す。
4. 同じフライパンで、チャーテときくらげを炒める。チャーテに火が通ったら、豚肉を戻し炒め合わせる。最後に、薄口しょうゆと塩こしょうで味付けしたら、出来上がり。

## 文旦コールスロー

「文旦」の旬は晩秋から早春。代表的な品種として、「土佐文旦」と「水晶文旦」がある。果肉がプリッとして、爽やかな甘みが特徴。贈答品としても人気が高い果物。白ワインビネガーの酸味と果実の甘さの相性がよい一品。

## 材料 (4人分)

- 文旦…1個
- キャベツ…1/2個
- A (白ワインビネガー…60ml, 粒マスタード…大さじ1, 塩・こしょう…適量、サラダ油…大さじ1/2)

## 作り方

1. 文旦の皮を剥き、果肉を取り出す。キャベツは細かく千切りにし、塩を適量ふりかけ、5分ほど置く。
2. ボウルにドレッシングの材料Aを混ぜ合わせる。キャベツの水気を手で絞り、Aと絡める。最後に文旦の果肉を混ぜ、出来上がり。

## 鰹のつみれ汁

高知を代表する食材の「鰹」。地元、観光客から広く人気の高い食材。鰹の旬は初夏と初秋。火を通すとバサつく食材の為、たたきや刺身で食べることが多い。火を通す調理法を試してみました。

## 材料 (4人分)

- 鰹(生) …200g
- 豚ひき肉…100g
- A (おろしにんにく…少々, おろししょうが…少々, 片栗粉…大さじ1/2, 酒…大さじ1, 塩…少々)
- 油揚げ…1/2枚
- だし昆布…10センチ角1枚
- B (酒・塩・薄口醤油…各適量)

## 作り方

1. 包丁で生の鰹を細かく刻む。
2. すり鉢(なければボウル)に豚ひき肉、材料Aを入れ、1と練り混ぜ合わせる。できたつみれをピンポン玉サイズに丸める。
3. 鍋に昆布と水4カップを入れて火にかけ、煮立ってきたら昆布を取り出す。つみれを入れ、中に火が通るまで煮る。Bを加えて汁の味を調える。

ingredients B into the pot and check the taste. Add deep fried *tofu* and finish.

※ Advice: if you have leftover *Katsuo*, heat oil in a frying pan and cook with soy sauce, sugar, and *mirin*, and turn into a *Katsuo* ball.



最後に油揚げを加えて、出来上がり。

※ワンポイントアドバイス 鰹のつみれが余ったら、油をひいたフライパンで炒めて、醤油、砂糖、みりんからめ、「鰹ボール」にしても美味しいです。

Even for CIRs who say they don't make much Japanese food, they thought it was delicious and easy to make!

普段あまり和食は作らないというCIRの二人も料理の手軽さと味に大満足！

**Q I felt shaking! How do I stay safe?**

**A** If you're at home, keep your head protected by crouching under a sturdy desk.

Once the shaking has stopped, after turning off the gas at the mains, turn off the electrical circuit breaker. Check the exits are clear, and cover your head with a hard object when you go outside. Watch out for falling objects or things that could collapse, and make your way to a "*hinanryo*" (shelter). Carry a radio so that you can receive updates on the situation. If you're near the coast, don't wait for official announcements to be given, but prepare for a tsunami and evacuate to "*takadai*" (high ground) immediately.

**Q What's a "*hinanryo*"?**

**A** Institutions such as school gymnasiums and council halls etc. will be opened as "*shelters*" for evacuees. At these places you will be provided with food, blankets and any important information regarding how to cope once evacuated. People whose residence's have been damaged or are at risk of being damaged, use these places if they are scared to return home incase their house collapses in an aftershock. Of course anyone can use these shelters. However, there are rules for the *hinanryo*, and it's important to follow these in order to maintain good relations with fellow evacuees. Many things may worry you, such as being unable to communicate with others there, or the lack of privacy, and you are likely to feel helpless in the situation, however try and make connections with those around you, as this will help distract you from your concerns.

**Q Generally speaking, what preparation is necessary?**

**A** For supplies, keep a minimum of 3 days worth of food and water stored at your home and work place. Water will not only be used for drinking but for things such as brushing ones teeth and washing hair, so ensure that you have a sufficient amount stocked up. A rough estimate for one person would be 3 liters per day. Also be sure at the very least to have sports shoes, a pocket torch, general medicine, sanitary products, a radio, cash, insurance documents, and your passport, packed in a bag that you can take with you in an emergency. For further information including how to secure furniture in your house, please refer to our "Preparing for the Nankai Trough Earthquake" booklet, which is available in a range of languages.

<<http://www.kochi-kia.or.jp/earthquake/index.htm>>

## Kochi Life Q&A : Earthquakes

### 高知の生活Q&A「地震」

**Q** 揺れを感じた！どうやって身を守る？

**A** 自宅にいるときは頑丈な机の下などに入って頭部を守ります。揺れが収まったらガス器具の火を始末し元栓を閉めた後、電気のブレーカーを切ります。出口を確保し外に出るときは固いもので頭を覆い、落下物や倒壊物に注意して「避難所」などに移動します。ラジオを携帯して最新の情報を得ましょう。海岸にいるときは、警報の発令を待たずに、津波に備えてただちに高台に避難してください。

**Q 「避難所」って？**

**A** 学校の体育館や市民ホールなどの施設は「避難所」として避難者に開放されます。ここでは食事や毛布、避難生活に必要な情報等の提供が受けられ、自宅が被害を受けた・または受ける可能性がある場合や、余震での自宅の倒壊が怖く家に戻れない人等が利用します。もちろん誰でも利用可能です。なお避難所にはルールが設けられていますので、周りの避難者と協力してそれに従いましょう。言葉が通じにくい、プライバシーが無いなど不安な点も多く、心細いかもしれませんが、周りの人と関わりを持つことで気が紛れると思います。

**Q 普段からどんな備えが必要？**

**A** 備蓄品として最低3日間分の水と食料を自宅や職場に保管します。水は飲料用だけでなく、歯磨きや洗髪などにも使えますので十分にストックしてください。目安としては1人1日3リットルです。また、非常持ち出し品として、運動靴、懐中電灯、常備薬、衛生用品、ラジオ、現金、保険証、パスポート、などの最低限の品も準備して袋に詰めておきます。その他、自宅の家具の固定方法などの詳しい情報について、「南海地震に備えよう」の多言語版を参照ください。

<<http://www.kochi-kia.or.jp/earthquake/index.htm>>

