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Kikan Kochi

Think & Action Magazine,
Kochi. Autumn 2014 No.54



Features

Enjoy Kochi! × Kikan Kochi Style

Giant Interview

Actress and Singer **Keiko Toda**

A new serial

An Extra by Yukinori Dehara



Autumn

Summer Memories of 2014



The shooting location: Nagaoka-gun, Otoyo-cho, September 3, 2014

We had a lot of rain this summer.

In every part of Japan
natural disasters hit us.

This was a summer I sighed looking up at the sky.

Although August is over,

Even while writing this manuscript,

I'm surrounded by the sounds of thunder and hard rain.

The summer of 2014,

Never forgetting the number of lives lost,

I'll write down here the cues my memory gives me.

Profile of Kenzo Nakajima

Born in 1959, in Kochi.
Graduated from the Photography
Department of Osaka University of
Arts.

Member of the Japan Advertising
Photographer's Association /
member of The Japan Society for
Arts and History of Photography.
Photography of posters for Kochi
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This is the English Version of KIKAN KOCHI.

It is revised in order to shorten its length.

*We do hope many people will read
this free online magazine.*

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Enjoy Kochi! × Kikan Kochi Style
Farmer's Restaurant and B&B
Kazaguruma in Mihara Village

*The flavor of rice and the quality of water is essential for brewing sake as *doburoku*, homemade unrefined sake, is unfiltered and unpasteurized, We'll keep producing it in small amounts every month.*

Our trip starts with *doburoku*.

Mihara Village in Hata County, is surrounded by Shimanto City, Sukumo City and Tosashimizu City. It's not such a remote place. It takes only about three hours to drive from Kochi City to the town hall there. This time our crew took the "Nakamura-Sukumo Road" from Shimanto City and turned into the prefectural road 21 at Hirata in Sukumo. Enjoying a great view over Nakasuji River Dam, we were driving up onto highlands. The scenery turned gradually into flat land with paddy fields and vegetable fields from slopes with trees on both sides of a winding road. Without distinguished buildings in particular, traditional "calm countryside" was still here. This is a place to produce a good quality brand of rice "Miharamai" since the river is clean and the area has a large temperature difference between day and night. It is a perfect place to grow good rice and brew *doburoku* sake. Farmers here wanted permission to brew *doburoku* and the government recognized Mihara as a "*doburoku* special ward" in 2004. Since then they have been brewing *doburoku* using Mihara rice. We thought it would be a great idea to introduce this great *doburoku* to you, so we planned this special trip. To tell the truth, our chief editor loves sake and his secret desire to enjoy *doburoku* brewed in Mihara was behind the scenes.



Right now there are seven restaurants and B&Bs run by farmers where we can freely enjoy their own brands of *doburoku*. It's a pity that we couldn't visit all of them, yet we picked one of them, "Kazaguruma".

When we visited Kazaguruma, Koji Ikemoto, the master of this restaurant, was preparing to brew *doburoku*, making a fire with wood and steaming rice. He steamed it for about 40 minutes, spread it over a special board to cool and took it to a workroom. Here he had to mix it with malted rice. Only a photographer was allowed to go into the room because the procedure might be disturbed if many people come and go. After everything was done, we asked Ikemoto about producing *doburoku*.



Koji Ikemoto and his wife who run a farmers' restaurant and B&B, are serving their brand "Fuki" as an appetizer. He named it after his wife but in different Kanji.

"As *doburoku* is unfiltered and unpasteurized sake, it is best consumed within only three months of purchase. Large sake producers brew

their products in large quantities and heat them to pasteurize, but we brew ours a little at a time, say, a barrel of 50-60 liters, twice a month in summer, four times a month in winter. It takes about 20 days to brew nice *doburoku* with a mild taste. The fermentation is almost completed even on the 15th day, but it tastes rough with tingling sensation. It is also very difficult to control the temperature of the malt.

I think each brewer has his or her own way how much rice to use, how much malt to mix, and how to control the temperature of *kura*, a brewery. Everyone installed air-conditioning and heating systems to control the temperature inside their *kura*, but many factors affect the taste of their product, such as how much sunshine their *kura* gets, the temperature of the water they use, and so on. Even though the same person brews, the taste might differ every time and it might depend on seasons. So don't spend your time on thinking too much. All you have to do is just take it easy and enjoy the variety of flavors of seven brewers, (laughs)" he said.

At first three, and then seven.

We had talked with Kazushi Kawamura, a member of Mihara Commerce and Industry Society (CIS) before we visited Kazaguruma and asked him why they were working hard brewing *doburoku* as their profession.

"At first we just wanted to put some value to Mihara rice and applied for 'doburoku special ward' to get a license to brew sake. Mihara CIS played a central role. Around 20 villagers



We are spreading the steamed rice on the board. It smelled so good that we felt very happy when Ikemoto allowed us to eat a bit of it. In the workroom, Ikemoto is working alone with his hands.

*In Mihara, friendly villagers welcome guests with delicious *doburoku* sake and tasty cuisine.*



Ikemoto's friend went fishing and caught some small and young bonitos called *shinko*, and was kind enough to slice them for us.

became interested in this idea and they were willing to brew. Yet according to the rules of the 'special ward', they had to run their own B&Bs as well as restaurants. The question was whether they could have enough customers to make enough profit that would cover the cost of their investment. They also worried about other problems such as troublesome paperwork. In order to make things easier, the village officials negotiated with the state government and received permission to brew *doburoku* sake if they only ran restaurants. This meant they were not forced to operate B&Bs. Three farmers received licenses to brew *doburoku* in 2005 and the *doburoku* business in Mihara started. In 2007, the number of producers increased from three to seven. Four

farmers run restaurants as well as B&Bs, and three run only restaurants. All of them use only Mihara rice to brew without using any chemicals like antioxidants and preservatives, of course.

But we have some problems, though. For example, we don't have a store that sells all seven brands as the 'Sun River Shimanto' does in Shimanto in Hata County. People can buy and drink each brand at each restaurant, but there's no shop in the area that sells all seven brands. I'm sure customers want to see all of them at the same shop to choose whatever brand they want. So our project right now is to set up such a store that sells all the seven brands in our village. Then visitors to the store may also become customers to the



restaurants or B&Bs that *doburoku* producers run. It will create a good business cycle here. Our producers don't believe in mass production and mass consumption. They are trying hard to maintain their way of handmade production. I think it's very important for seven producers here to develop life-long good relationships with customers to stabilize their business situation," he said.

Drinking *doburoku* at their B&B with a traditional hearth called *irori*.

While Ikemoto was preparing malt in his workroom, we saw many of his friends visiting him. One of them brought some *shinko*, young small bonitos, which he had caught. Ikemoto

asked him to slice them for us. His wife was busy putting dishes on the table. We felt as though we were invited to our friends' house rather than eating dinner as customers at an inn. Since we ordered the same dinner as other customers do, I asked his wife what dishes were part of their usual menu.

"Our main dish is either *tataki* (lightly grilled bonito) or *sashimi* (sliced raw fish). This *shinko* is a gift. Other dishes are vinegared food, fried food, and simmered food," she said. Everything tasted great with mild flavor taking full advantage of the ingredients. As for simmered food, she stewed boar meat and bamboo shoots, which made me feel so happy. As for *tataki*, she heaped sliced onion, cucumber and tomato over sliced bonitos. She

made her special *tataki* sauce with vinegar, sugar, salt and sake without using soy sauce as others do. For fried food, she deep fried seasoned chicken.

For vinegared food, she used Japanese radish. *Shinko* was fresh and chewy, and tasted so delicious. These dishes did not look as fancy as they would at expensive restaurants, but she cooked every one of them with a lot of care and love. *Doburoku* sake, our main concern, danced around nicely in our mouth. It was fruity with aroma. I enjoyed even the texture of grains of rice in it. The sweet flavor characteristic of pure sake was wonderful. I emptied a whole bottle since it wasn't too rich. Some of our crew who had to drive enjoyed Mihara rice instead of alcohol. Local people joined our dinner party drinking *doburoku* with us. We had a happy time together.

They opened Kazaguruma as a farmer's restaurant at first. And later they built a B&B away from the restaurant. Of course we visited it and collected information about it. They accept only one group of guests (one guest is OK, too) per day. It has a traditional fireplace called *irori*. Guests can enjoy both dinner around it and the atmosphere of old countryside. They have accepted many pilgrims and families from the inside and outside of Kochi prefecture since this B&B is located along the Shikoku pilgrimage road between the 38th temple Kongofukuji and the 39th temple Enkoji.

While I was collecting materials to cover

this article, I met many villagers such as Mr. and Mrs. Ikemoto, their grandchildren, their employees, a former director of general affairs of Mihara government, Tsuno, the president of the *doburoku* Union and her husband, Ikemoto's friends, Kawamura of Mihara CIS, and so on, and I was fascinated with them. It took only half a day to cover this story, but it was a very fruitful time for us. I felt Mihara was like Shangri-La with beautiful old countryside, nice people and great Mihara rice.



Treasure of the community

Doburoku sake might go all over the world.

Kawamura works for Mihara CIS as a business adviser in charge of *doburoku*. He is very enthusiastic and devoted in promoting sales of his village. Right now his target is *doburoku* produced here, yet his idea is bigger than only selling their products.

“There are 10 local communities in Kochi prefecture that received licenses from the *doburoku* special ward to brew *doburoku* sake. I'd like to work together with them and promote sales of all *doburoku* produced in Kochi Prefecture locally and internationally,” he said.

Our magazine, Kikan Kochi, has this English version for people around the world to read. Now is the time for Mihara to introduce their products all over the world! In addition many people from abroad now enjoy *ohenro*, the Shikoku 88 temple pilgrimage. I hope they will talk about their trips here and mention the tasty *doburoku* to their friends and families and more and more people will want the products here. Mihara *doburoku* is sake made from local ingredients only, and made by local producers with love and care. I wish this way may last as it is and this traditional countryside may stay as it is forever.



You can buy *doburoku* at the Mihara section at “Sun River Shimanto” in Shimanto City.



Kazushi Kawamura of Mihara SCI.



Farmer's restaurant and B&B

Kazaguruma

52-4 Kaminogatani, Mihara-mura, Hata-gun

TEL : 0880-46-3666

Restaurant

Hours/ 8:00am-8:00pm

(Reservation required)

Set menu 700 yen

B&B

6500 yen (dinner and breakfast included)

(Reservation required)

*Enjoy *doburoku* sake, too.

If you have any questions about the 7 farmers' restaurants and B&B, please feel free to forward them to Mihara Society of Commerce and Industry.

TEL : 0880-46-2437

http://www.kochi-shokokai.jp/mihara/mihara_doburoku/



Enjoy Kochi × Kikan Kochi Style

Fishing Experience at Kaminokae

Wakashiya Farm in Tosa-cho

*This diner's name of Wakashiya comes from a dish made by the local fishermen. They cooked their lunch, putting various things from their catch into one pot and boiling (*wakashita*) them with miso as seasoning.*



Nice to meet you, swimming crabs!

Kochi Prefecture has a 700-km long coastline facing the Pacific Ocean. It is dotted with ports and towns, where a unique lifestyle and culture have been nurtured. Kaminokae in Nakatosa-cho is one such port town, a one-hour drive from Kochi City. It is only a 15-minute drive from the Japanese-style hotel Kuroshio Honjin, going along Prefecture Route 25 along the coast. You can enjoy the beautiful seascape while you're driving. We asked about the fishing experience tour and meal service at the diner named Wakashiya.

We were very excited and happy to learn about the unique culture of this fishing town.

Akira Otaka, the Chairperson of Kaminokae Fisheries Co-op, greeted and welcomed us. He looked full of energy and talked in a loud voice, as might be expected of a fisherman. He introduced that day's instructor, Shoichi Asano, a local fisherman. We called him Maestro that day. His tanned face showed his history as a career fisherman.



First, we learned the special way of mooring boats to the port. It is a special knot which is easy to do and hard to untie. It's also very useful in daily life. Every fisherman knows it. Maestro explained and demonstrated it in detail, but it was so difficult for us that he had to show us sitting directly next to us. Next, he taught how to attach weight stones to a fishing net. The stones were the kind you can find on the beach. We felt the wisdom and the skill of the experts.



Maestro is very skillful, of course. He ties knots fast and well. This special way of knotting is also useful in our daily lives.

Then we boarded the fishing boat with life jackets on and started. We sailed off, feeling the sea breeze on our faces under the clear autumn sky. We were told we would do some crab fishing. We would help retrieve the crab baskets. Two fishing ropes carrying ten baskets had been placed in the sea. Maestro jokingly said that we could pull up a rich basket if we were lucky, and that if it was empty we must have done something which angered the God of the Sea. He wanted to say fishing is a job influenced by nature and luck. We pulled the baskets up one by one, crying with joy at the sight of the crabs inside. The lively crabs sometimes ran away when they were taken out of the basket, and ran around on the deck. We couldn't catch them with our bare hands; we had to leave the task to



Two of us pulling up a basket. It's heavy when it surfaces. The sight of the crabs gives you the power to keep going.



Maestro and Otaka. We felt thrilled as we were pulling up the baskets. In the end we got about ten crabs, which was a great success. Otaka released the smaller fish and crabs. After coming back to port, we iced down the crabs and washed them so as to make them look delicious when boiled. Then we tried another activity, cruising in a Japanese-style scull in the bay. Helped by Maestro, we sailed smoothly at a comfortable speed. We finished our fishing experience tour with this.



**Don't make me do that.
I won't cry any more.**

During the tour, we heard a lot about Kaminokae, and about the fishing there. Kaminokae was one of Kochi's three biggest ports, and the home of a unique style of net called the "Tosa-style drop net." During Maestro's childhood, they caught so many kingfish that everyone got fed up with it. The parents threatened to make their children eat kingfish if they were crying. The children begged their parents, "Don't make me eat it! I won't cry anymore" and stopped crying instantly. I heard this story from other people also. A number of unique fishing techniques were developed in Kaminokae, for example fishing for flying fish using lures that look like shrimp flesh. Fishing for young tuna was first started here in Kaminokae. They were sometimes got orders to catch young tuna for an aquarium in Osaka. Kaminokae was a front runner in the field of fishing technique. They landed big volumes of pike eels from April

through June, and half of the catch was sent to Kyoto, where pike eels are a local specialty. Some fishermen earned a full year's income only from pike eels.

Spiny lobster season opens in September and lasts until the following April. Swimming crabs are landed all through the year, as well as various kinds of fish and shellfish. Kaminokae is such a good port that the fishermen are naturally full of confidence and pride in their trade.

It was these local fishermen who planned this fishing experience tour. They started trial tours in 2005 and gained a lot of experience in the field, opening the Wakashiya diner in 2009. Many families and groups on school trips come, even from other prefectures. The fee is 7000 yen for adults, and 5500 yen for elementary-school children (lower fees for groups). Many of the visitors come again, even though the participation fee is not so low. Adding to an exciting tour and delicious lunch, they can take the catch home, which may be one of the reasons they come again.

We also want other people to experience the hardships and joys of fishing. There's no guarantee you'll catch anything!



Mr. Otaka, Chairperson of Kaminokae Fisheries Co-op.

You can take your catch home.

We sat at the table, waiting in anticipation. Bonito *tataki* came first. We enjoyed its excellent quality. The pike eel clear soup, with its roe and stock made from the bones of the pike eel, was unbelievable. The fried pike eel was very delicately cooked. We enjoyed the comforting texture of *konbu bijin*, or processed seaweed. The onion salad was another delicacy. The *takikomi*, or Japanese-style pilaf, tasted great, with plenty of sea bream in it. It was cooked with stock made from the bones and the head of sea bream and was flavored only with sake and soy. "The guests say that this is the best *takikomi* they've ever eaten," said Otaka's wife. She went on to explain to us that it has been the local delicacy for a long time around Kaminokae. Another dish was boiled young bonito flavored with salt, which was eaten with *bushukan*, a kind of lime. A big plate of the swimming crabs we'd caught kept us quiet for some time; we were too busy eating to talk. However, we got very interested and asked a lot of questions when we listened to Maestro's stories about the sea and the fishermen. We were quite full, and satisfied with everything there. We couldn't eat all the crabs and took the remainder home.

"The record catch so far is 43 lobsters, caught by a father and his high-school student son. Of course, they brought most of them home. You can either eat your catch here or take



From the top: *takikomi* with sea bream; swimming crabs; bonito *tataki* and clear pike-eel soup.

them home. When you eat them here, we prepare and cook them for free. We can prepare the fish so you can cook them easily at home. How much you can catch depends on luck. One day, you get a lot of spiky crabs, and another day, only conger eels and *gure* fish. That's the fun of it," he said.

While we were eating at Wakashiya, we

could enjoy another treat, the beautiful seascape from there. We could imagine the scenes of lots of children and tourists crying for joy at the sight of the fish and crabs, and crowds of people on the beach giving a feeling of liveliness to this quiet port town. "The lobster fishing tour is soon starting," Maestro said. We really wanted to come and try the tour again.



The fishing tour members at the table, talking about Kaminokae and the fishing there.

While we were taking part in the tour, the ladies were cooking our lunch. They were preparing vegetables for various dishes. The vegetables and rice used here are all grown in Kaminokae, where many people both fish and farm. There are many greenhouses for *myoga* ginger, green beans and peppers, at a little distance from the port.

"Many fishermen here have fields where they grow vegetables when they can't fish." "It's cool that they do both." "Yes, we grow potatoes and other vegetables when we can't go to sea. But the monkeys also know when our crops are ready to eat." In the old times, lobster shells used to be kept hanging under the eaves of every fisherman's house, for people to drink the extracted essence of them if they got measles. It seemed to have worked. There also hung a conch to drive away evil. If only this fishing port could thrive again, we'd love to see such scenes, we thought to ourselves.



The fishing tour members at the table, talking about Kaminokae and the fishing there.



Kaminokae Fisheries Co-op

Wakashiya

2574 Kaminokae, Nakatoso-cho, Takaoka-gun

TEL: 0889-54-0111

(Please make reservations at least five days in advance.)

Fishing experience course (with meals)

Period / Throughout the year

Numbers / around 3 people (negotiable)

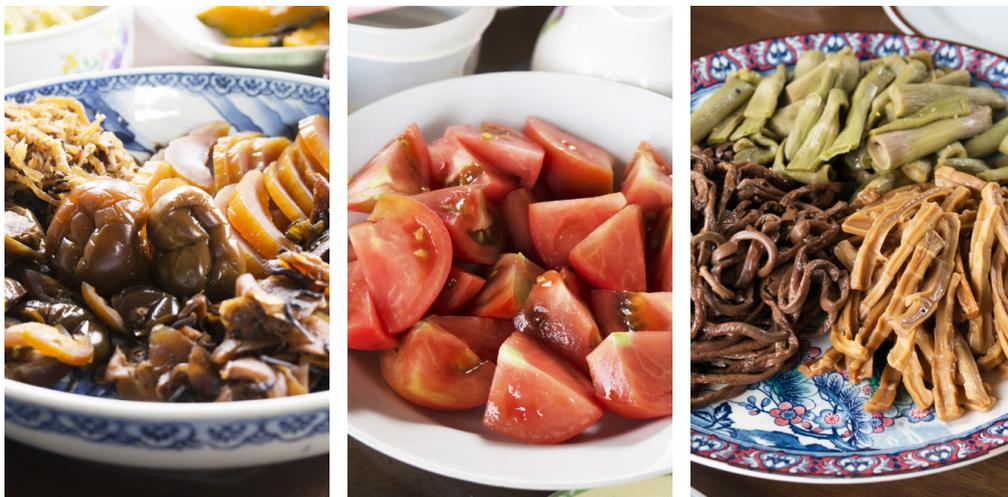
Charge / adults 7000yen

elementary-school children 5500yen

children under6 500yen

*4-hour course Please contact us for more information. We offer lower prices for groups.

<http://Kaminokaegyokyo.blog.fc2.com/>



Enjoy Kochi × Kikan Kochi Style

Tomato-picking Experience

Wada Farm in Tosa-cho

*Nurui, in Tosa-cho, Where the terraced paddy fields spread,
We learn the depth of life in the mountains,
From cuisine of wild plants and tomatoes.*

**Our visit started with
homemade tomato juice.**

When water fills the paddy fields and the ears of rice hang down, many people from inside and outside the prefecture gather in Nurui to take photos.

Nurui is at an altitude of 550 meters, so we feel that the heat is softened even in the summer. Wada Farm is located on this ground. In the farm, we can experience picking tomatoes, harvesting rice, and seasonal meals are also served. Wada Farm's tomatoes are popular in Coop stores all over Kochi. The quality and taste of these tomatoes are highly valued. Just thinking of eating a tomato fresh from the branch makes your mouth water.

On the way, we enjoyed the beautiful scenery. As soon as we got there, Mr. and Mrs. Wada, who run the farm, welcomed us with handmade tomato juice. "I serve this tomato juice to visitors," Mr. Wada said. This juice is made from only tomato, sugar, and salt. The taste is completely different from the tomato juice you get in the shops. So first we had a sip. The juice had a natural taste. The umami of tomato blends in and it is very drinkable. Then we went to the greenhouse and tried harvesting tomatoes.

It was certainly hot and humid in the





Mr. and Mrs. Wada, who served us homemade tomato juice. You can't get it unless you come here.

greenhouse. Mr. Wada taught us how to pick tomatoes. "Red and ripe tomatoes easily snap off from the branch. A delicious tomato is heavy when you have it in your hand. You can't tell which tomato is delicious inform its looks alone. Kuma highland tomatoes are the most famous in Shikoku and Tokutani tomatoes are the sweetest. The tomato is a summer vegetable. Tomatoes grown in the summer have good acidity, a sweet taste and indescribable umami," he said. Harvesting in the greenhouse, Mr. Wada told us the mysteries of the shape of the tomato leaf, and explained that there are two methods of harvesting tomatoes. "One method is to harvest them while the fruit of the tomato is green and keep it at normal temperature, then wait till the peak of perfection. The other is to harvest the tomatoes after they become fully ripe." We listened to him closely, with great interest.

The tomatoes at Wada Farm are of the 'Momotaro Fight' variety, one of the 'Momotaro' series. We learned a lot about tomatoes while harvesting them. It was that kind of experience.

The tomato is monitored for 24 hours.

Mr. Wada had been a dairy farmer for 30 years when he started Wada Farm, 18 years ago. He decided the change



*Tomatoes are best snapped
from the branch,
Kept for 1 or 2 hours,
And eaten,
“That’s my experience,
anyway.” he said with smile.*

because further expansion of the scale of his operations was impossible in the mountains. Additionally, he had to contend with cattle diseases. Antibiotics were used in many cases. He was conscious of the impact on the environment. “If I’m going to be a market gardener,” he thought, “I might as well grow the kind of tomatoes I’d want to eat myself.”

“The soil here was clayey and suited to rice. But it wasn’t so suitable for vegetables. To build up the soil, I cut the grass on the ridges between the rice fields, and put it into the fields. It took several years to improve the soil. After 3 or 4 years, I could grow something like tomatoes. I tried to reduce the amount of fertilizer I used and to not use agricultural chemicals. I’m monitoring the tomatoes the whole time. It was the same thing with dairy cows. It’s not surprising, because they’re living things, too. I feel that I can’t overlook even the smallest of changes,” he said.

We moved from the greenhouse for big ball tomatoes to the greenhouse for mini tomatoes, and kept on picking them in the same way. Their shapes and colors, like red and yellow, were lovely. We ate and enjoyed them on the spot. After the harvesting, Mrs. Wada served us some dishes made from wild plants.



*The bounty of the
mountains and taking
ample time
Makes delicious food
ferment
Makes people feel happy.*

**Dietary fiber travels the length
of the intestines.**

The dishes, served in platters, were carried to the table. Mrs. Wada explained about the menu.

“Dried fiddleheads, frozen knotweed and dried bamboo shoots are cooked and served up on a plate. On another plate, there’s ginger boiled in soy sauce, tomatoes soaked in sake lees, julienne radish boiled in soy sauce, bitter melon boiled in soy sauce, white melon soaked in sake lees and boiled seasonal pumpkin. The weather’s been bad this year, so the price of vegetables has jumped up. Though cucumbers are expensive too, we can use them a lot for





The green tomatoes are preserved in sake lees for over a year. Mrs. Wada says that she can teach people how to soak wild plants and make miso paste anytime.

dressed cucumber dishes. They're grown on this farm. The tomatoes are fresh enough. We get *kon'yaku* potatoes from our friends and we can grow it ourselves as well. You can see miso paste, *yuzu* citron miso paste and garlic miso paste over there. All of them are homemade. I've been making these for about 35 years, since I got married." she said. After the bitter taste is removed, the wild plants are seasoned. This time, it took 3 days to prepare the dishes. Green tomatoes pickled with sake lees are kept without being stirred in a special bucket with sugar and salt for more than 1 year.

The bounty of the mountains and ample time make delicious food ferment and become even more delicious. "I hear that eating here keeps people regular," she said. We visitors ate our fill of wild plant dishes. We were surprised at the crunchy texture of the Japanese knock weeds and the dried bamboo shoots. The rice was so delicious that we asked for seconds. Outside the greenhouse, the color of the sky and the coldness of the wind tell us that Tosa-cho in September is in autumn. The tomato-harvesting experience at Wada farm runs from July to around October (depending on how the crop



Mr. Wada at the farm

is growing). After the harvesting experience, you can get 1 kg of tomatoes to take home, and you can have a meal at the farm. You can hear a lot of stories about life in the mountains. From the middle of October you can also have a rice-harvesting experience for about half a month. Knowing the tastiness of the rice here, we couldn't overlook this either, and we wrote down the details in our notebooks.



The pride of the area

Mrs. Wada's miso paste.

The rice miso paste is homemade. Mr. Wada is never satisfied with shop-bought miso paste, so Mrs. Wada sticks with homemade miso paste. She brought us a magazine called *Tosajin* (vol. 32, no. 2). In it, the method for making miso paste was given in detail.

Because the homemade miso paste is delicious, *yuzu* citron bean taste and garlic miso paste are made in a delicious way. “*yuzu* citron miso paste is made with sugar and the same amount of *yuzu* citron peel. After mixing the sugar and the peel, sweet sake is put in and it's boiled for about one hour. Fried domestically grown garlic and sugar are mixed in with the bean taste, and then you have garlic miso paste. People say that the taste is completely different if you use miso paste from the shops,” she said. The garlic miso paste was excellent. Even though it wasn't for sale, we negotiated with Mrs. Wada and somehow managed to buy some.

She sends processed products (such as miso paste, dried persimmons, dried potatoes, julienned radish) to her friends in batches. She gets fresh fish, small fry, and dried fish back. She enjoys this barter. Here, we found a true vignette of life in the mountains.



Wada Farm

474 Nurui, Tosa-cho, Tosa-gun

TEL: 050-3655-3870 (Please make reservations about one week in advance.)

<http://www5.ocn.ne.jp/~kodawari/>

Tomato-picking experience, 4-hour course (reservations required)

Period / end of July to end of October Tour hours / 10:00-14:00

Numbers / 4 to 10 people (Please inquire in advance of numbers are over 10.)

Charge/ 2800 yen, including tomato-picking experience, 1kg of tomatoes, and a meal
Joseikan (Tosakoi Tours), Ltd.

Rice-harvesting experience, 4-hour course (reservations required)

Period/ the second week of October to the end of November Tour hours / 10:00-14:00

Numbers / 4 to 10 people (Please inquire in advance of numbers are over 10.)

Charge/ 2800 yen, including rice-harvesting experience and a meal (The harvested rice is sent to tour members later.)
Joseikan (Tosakoi Tours), Ltd.



Enjoy Kochi × Kikan Kochi Style

Experience country-style sushi-making

The Guesthouse “Home of a Little River, Ogawa” in Yasuda-cho

Ogawa in Yasuda-cho has a rich natural environment and mountain foods.

*The merry women living there are weaving
A tale of country-style sushi.*

The Yasuda River and the power of the locality.

Kikan Kochi has a relationship with Yasuda-cho. This is because my company has been helping to make a booklet published by the Committee for the Promotion of the Yasuda Dream Plan. Also, we've been helping with the local website 'Yasuda Jikan.' So, I have been exploring around the town since five or six years ago. Taking about one hour and half's drive along National Route 55 from Kochi City, you arrive at the center of Yasuda-cho. You'll see blue sky and ocean, and greenhouses for horticulture; it's a relaxing sight. Personally, my heart is always healed by the pure waters of the Yasuda River. Taking Prefectural Route 12 from Yasuda, going around 20 minutes' drive up along the Yasuda River, you arrive at Ogawa. There's a guesthouse called "Home of a Little River, Ogawa" there. It was the auditorium of the old elementary school and it was renovated into an accommodation to help guests experience rural life. We, the reporting team, are going to experience country-style sushi-making. In fact, it is the first time for us to meet the instructors who are going to teach us the sushi-making. We were





First we started making vinegared rice. 70 %-ripe *yuzu* citron juice from the Ogawa area was put into boiled rice and mixed up. We went on with the work, from making rolled sushi to lightly pressed sushi. *Takenoko* sushi is a kind of lightly-pressed sushi topped with cooked bamboo shoots. One of the instructors advised to cut more quickly so as not to break up the shape.



Hatsumi Komatsu, the manager of “Home of a Little River, Ogawa,” happily agreed to do an interview with us.

introduced to them through Yasuda-cho Board of Education. A woman chopping *ryukyu* (giant taro) greets us cheerfully outside the front door. We are so happy to hear the guesthouse manager Hatsumi Komatsu, who I have met before to interview for a magazine, welcome us saying “How good of you to come see us.” The voice of Ogawa women chatting echoes through the back room.

Today’s instructors are Hatsumi Komatsu, Reiko Maeda, Nobue Maeda, Shizue Shirakawa and Masako Yokota. They

are so excited with this sushi-making experience and the preparations for the event that starts the next day. Promptly we put on our aprons and triangular headscarves, and start to make vinegared rice. They talk to us not only about the recipes but also about things going on in the locality, and about *yuzu* citron. They are all interesting. “There are different areas in Yasuda-cho, so the taste of vinegared rice is different depending on how much *yuzu* citron, vinegar and sugar you put in. This is a



Squeezing 70%-ripe yuzu citron, With its sourness, and with great rice as the pride of the country - these define the taste of country-style sushi.

yuzu citron- growing district here, and all the ingredients we use are got from this area. 70%-ripe yuzu citron is tart and smells nice, so it's perfect for sushi. Once yuzu citron ripens completely, they become sweeter and smell different. For vinegared rice, you take 1.8 l of rice, 180 cc of yuzu citron juice, 90 cc of vinegar, 200 g of sugar, and 30 g of salt. First mix up the yuzu juice, vinegar, sugar and salt, then add sesame, finely chopped ginger, and boiled baby sardines or grilled and shredded mackerel into

the mixture. Today, we're using baby sardines for mackerel flakes. This is a really local recipe from this area," says Reiko Maeda. The two members of the reporting team are busy making vinegared rice and checking the taste, as they are told. There's *nori* (seaweed), eggs, kelp, *myoga* ginger, *ryukyu* (giant taro), fried tofu, bamboo shoots, *kon'nyaku* (paste made from arum root) on the table. While the vinegared rice is cooling down, I ask Hatsumi Komatsu about the guesthouse.



Trees make people relaxed.

This guesthouse opened in the spring of 2005. In summer, a lot of people from all over the country visit here. They're mainly from the Kansai district, around Osaka and the western end of Honshu generally. The centerpiece of the attraction is a pool which local people made by damming up the river. The guests can use it. Families and groups of friends splash round in the pool to their hearts' content, and they enjoy a barbecue in the garden. As the guesthouse has plates and barbecue equipment, all you have to do is bring

food and drink. It feels like being in a beautiful villa in the middle of the woods. On top of that, the fees are very reasonable: all day and night (10:00 in the morning till 9:00 the next morning) is 2500 yen per person. The fee for an elementary student is half-price, and children under 6 can stay for free. There's also a bedding rental service costing 1000 yen per person, but it is enough to sleep under a cotton blanket in summer, so many people bring their own blankets.

“This building was built using an awful lot of timber. There are lots of children, and they like to lie on their backs on the



tatami mats. They really enjoy staying here. Obviously wood has a power to make people feel relaxed, doesn't it? The children get really moved by the pool set into the river. They play in the pool until just before they have to go. Even if their mothers call them, they wouldn't leave the pool (laughs). The population of this area is getting lower – there are only 16 households, and very few young people. We're delighted that many people from other prefectures visit and enjoy this place. At the same time, the old folks in Ogawa can get to mix with them and catch the energy from them.”

Arrange them nicely, okay?

The vinegared rice has cooled down. Now is the time to try country-style sushi-making. At first, a sushi roll. Not letting the vinegared rice stick to your hands, you put both hands into the stock, made from kelp and bamboo shoots, and then spread a handful of rice onto a sheet of seaweed, leaving a 2-cm margin from the far edge. It may look easy, but it's pretty hard to do. In the center, put down some bamboo shoots as a core, with carrots for coloring and burdocks, too. Roll it and press firmly. This is the way we make three different



Our country-style sushi is ready. We made it, cut it, and arranged it.



After taking a photo with the instructors, we had a tasting party.

kinds of sushi rolls: *nori* rolls, egg rolls, and kelp rolls.

Not letting the vinegared rice stick to the mold, either, put the mold in the cooking liquid the same as you did with your hands, and pack vinegared rice into the mold. Pull off the mold pressing the vinegared rice. When I try to put *myoga* ginger on the top, an instructor says, “Just like wings of a cicada, put them nicely along the edge.” Put crispy *ryukyu* (giant taro) there in the same way. For bamboo shoots and *kon'nyaku* and fried tofu, stuff them with vinegared rice. The liquid on the palms is a little bit sweet, bringing out the deliciousness of vinegared rice. They make a good combination.

When the sushi-making was over, then the cutting and arranging followed after. We cut *nori* rolls and kelp rolls into slices, and arranged them, using the coloring of *myoga* ginger and *ryukyu* (giant taro) to the best advantage. After taking photos, we ate our sushi with instructors. They are all cheerful, and great masters of sushi. We enjoyed working with them. We ate our fill of country-style sushi and threw ourselves down on the floor in the comfortable space surrounded by trees.

Treasures of the area

Country-style sushi was on sale at Furusato-kan

There used to be a shop named Furusato-kan on Prefectural Road 12, which runs between Yasuda-cho and Umaji-mura. Eight people around 60 used to sell country-style sushi, sweet buns, rice cakes, and red beans rice there. “I used to open the shop at six. People going to work or going to Umaji-mura would often buy them,” says one of the instructors, a former staff, looking back the past. ‘Direct-sales store’ and ‘local-products shops’ are now very popular, and Yasuda-cho was an early pioneer in this field. ‘The best-selling product was country-style sushi, which tastes just the same as it does at the Ogawa guesthouse. Surprisingly,

the staff used to start work at one or two in the morning, to open the shop at six. Although all the staff have got old and they had to close the shop itself, their skills have never been lost; you can witness them at “Home of a Little River, Ogawa” “Rice from the Ogawa area is really good. That’s why children love it. If you eat it as a plain rice ball with no filling, you’ll find it’s true,” says Komatsu. Anyone can see that all the instructors have love and pride for the Ogawa area. I wish them all the best from now on as they deal with the future as it arises, and protect the natural beauty of the area.

“Home of a Little River, Ogawa”

52-1 Ogawa, Yasuda-cho, Aki-gun
TEL: 0887-38-5711 (Yasuda-cho Board of Education)
<http://www.kochinet.ed.jp/yasuda-t/sub7.html>



Country-style sushi-making experience

Period / all year round (except late October and early December)
Numbers / around 5 people (negotiable)
Other programs are on offer / country-style rice-cake making, steamed sweet bun making, *kon'nyaku* (paste made from arum root) making, etc.
(*Please make reservations one week in advance.)

Rates per person

All day and night (10:00 – 9:00 the next day) 2500yen
Daytime (10:00 – 16:00) 500yen
Overnight (16:00 – 9:00 the next day) 2000yen
50% discount for elementary-school children.
Children under 6 join for free.
*Apply to Yasuda-cho Board of Education for further details.



Keiko Toda, Actress and Singer

Interview by Yoshihiro Nonami

Giant Interview 0037

**Keiko Toda is an actress, voice actress, singer, emcee and essayist
This is an interview with her after she gave a lecture at Kochi Summer College.
She talked about her work, her future and her relationship with Takashi Yanase,
who was a famous anime writer from Kochi. She answered our questions so
politely and sincerely that we became her fans instantly.**

I'm delighted to do all the work I can get.

Though you have a strong image as a stage and movie actress, you're also a singer, voice actress, emcee on NHK programs, and essayist. How can you be so energetic?

Actually, I'm not energetic at all. I'm losing my physical strength as I get older. I just try my very best to be like that, because my job is to cheer up other people. I just pretend to be full of energy. Thanks to the many chances I'm getting right now, I can keep myself lively because I want to do all the work I can. I'd get lazy and lose my health with nothing to do, which isn't a very welcoming prospect.

Do you do anything special about your health, like your diet, as an actress?

Well, if I don't take care of my health, nobody else will, so I've started eating more vegetables recently. That's partly because people around me noticed that I was always eating out or eating bentos on location, so they said I should. And I go to bed incredibly early because I easily get tired.

How do you refresh yourself? Can you find any time for diversion in your busy life?

I eat and drink with my close friends. Going out to see a live show, like *rakugo* comic storytelling or plays, is what I like the best.

In your lecture today, titled "Actress of All Trades", or "Department Store Actress", you talked about your long career. Now you're doing various kinds of work in many fields, which is valued highly nowadays. When you were young, however, the situation was a little different, wasn't it?

When we were young, doing many things at the same time wasn't accepted so well. People thought it was wonderful to devote yourself to one thing, acting, for example. But even back then I was trying lots of different things, so sometimes I was criticized

quite a lot as being "somehow lacking in class." So then I just got annoyed with people, and I used to go "Just tell I'm lacking. Because whatever it is I'm lacking, class isn't it!" (laughs).

You are great trying to do any job you're asked.

As I said in my lecture, I try to answer any call if I think I can be of any use to someone. I make it a rule to do any job I can. "Please come and give a lecture." "I've never done that." "Just talk freely about your life and your way of thinking. Many kindergarten teachers want to listen to your story." "Okay, if my little story will be of any use to anyone." So, I take on the job. I'm happy to be wanted and to be able to go out and do it. That's like Takashi Yanase. That's what he did. So, I work like a department store manages its shops. You open one here, you open one there, but if the customers aren't buying you, just close down the whole floor. But as long as you're running a shop in the first place, you want to be running the kind of place that people actually want to come to. You need to do your research and PR to make that happen. That's how I operate."

What are the good and bad points about your work as a performer?

The difficult part is that I have to take control of my own time; I have to make time to memorize the lines for the shoot next day, however long it takes, for example. I spend a lot of time preparing for my performances; at home or in the car, I'm always reading materials for TV programs where I have to talk to the guests. Anyway, I need a lot of time for "input". Making good use of my time is the most important and the most difficult thing.

The work of performing is thrilling and makes me most happy. I really enjoy talking with my guests on my programs, "Studio Park," for example. I know that the better I've prepared, the more I can enjoy it.

I've so many "departments" that I have to be well prepared for that I feel exhausted now and then. You need physical strength to memorize lines. Balancing work and rest is an important factor. I'm always thinking about how I can make good use of my limited time and limited physical strength.

Having your name in lights for a long time is a very difficult thing. Finding mentors to lead you must be essential, I suppose. You mentioned the names, Mitani and Takashi Yanase today.

Even if we meet people like that, sometimes we don't notice the importance of meeting them at the time. We have to be prepared for meeting people like that. We have to be curious and excited about the things around us. But there's no point in getting carried away. It's all about timing or destiny, after all. If you just really go for it, you're bound to run into something good.



Profile: Keiko Toda From Aichi Prefecture; belonged to NHK Nagoya's Children's Theater Company. Debuted as a singer in 1974. Joined the theater company "Baraza" in 1977, playing starring roles until 1989. Has acted in various plays TV dramas and movies directed by Koki Mitani. Voiced the character *Anpanman* in the *Anpanman* anime series, and has voiced characters for many Western movies. Active as a singer, with an album released just recently.

Oranges are delicious in Kochi.

What's your impression of Kochi?

The people are nice and the fruit is delicious. Maybe it depends on the season, but I feel I'm in a tropical city instantly after landing. Kochi people are pretty strong-headed, or rather warmhearted. They're very friendly and really hospitable. I've been feeling that way since I first came to Kochi. I love *buntan*, local grapefruit here. They're so delicious I bought some to take them home when I came last time in April. Fruits like oranges are good here and the fish is really nice. I once took the local line, the Nahari Line, when I visited Takashi Yanase's birthplace. I loved the view from the train. It was beautiful and relaxing. Takashi Yanase had created a mascot for each station. I could see his mascots at each station. When I went to his funeral at his birthplace, I was envious that he had such a wonderful home town.

I've visited Takashi Yanase's studio several times for my magazine articles.

Just after he passed away, his coffin was placed in the corner of his studio. His ashes were there until the burial. We got together at his studio to be near to him, taking advantage of his memorial ceremonies, on the seventh day, the thirty-fifth day and the forty-ninth day after his death. We missed him; we often wine and dined, remembering him and talking about him there. We wanted his ashes there a little bit longer but he had wanted to be buried in his hometown.

Everyone hopes his *Anpanman* anime will continue for a long time.

I really hope so. There's a large group of staff who've kept his spirit of "Takashi Yanaseism" going. They'll make sure his anime continues forever, I bet.

The luxurious moments when I turn into a camera.

From now on, do you have any area you actively want to work in?

I want to sing.

You started as a singer, right?

Yes. I want to have more time only for singing. Of course, I want to be in a musical as well.

Do you feel any difference in your attitude toward singing, technically or mentally, compared to when you were in your teens?

At that time, I just wanted to become a singer, and after I got the chance to make a debut, I recorded a single, which didn't sell at all. I blamed other people for the failure, not myself.

Now, some people rate me as a performer. I can say things are a bit better for me as a singer, compared to when I first started singing. There are, some difficult points, all the same. It's very difficult to get my songs out there, because there are a lot of excellent singers who've had long careers as professionals. I don't want people think I'm not serious about singing. So I'm keeping searching for the best way to go, and doing any kinds of gigs and shows I can. I had a song released recently. It's a duet with Brother Tom, called "Koi ni Oborete", or "Falling in Love". Now I'm looking for something exciting to do next.

Lastly, do you have any message for your fans?

I want lots of people to come and see our live performances. I know that tickets are

very expensive in Japan but they're very special and worth the money. Live performances make the audience feel happy and satisfied, don't they?

That's true. It's like you become a camera, zooming in to see just one player and zooming out to see the whole stage. It's a very luxurious moment. The players and the audience share the same time and space. The same experience will never be repeated: you'll never get to see the same performance, even on the next day. Where you sit or who you are with in the theatre also affects how you feel. In other parts of the world, they have a strong culture of theatre going. Children as well as grown-ups often go to the theatre. The situation is not the same in Japan. I'd like more Japanese people to go to the theatre and enjoy live performances. The other day, I went to a *rakugo* storytelling performance to see Shinosuke. I was really impressed and felt I was enjoying something luxurious. You can't get that feeling when you are watching TV. I want to enjoy moments like that at least once every few months.

Thank you very much.



This interview was held just after her lecture at "Kochi Summer College" (with the co-operation of Kochi City Culture Promotion Foundation)



Jockey Yutaka Take × Yosakoi Horseracing Festival

**Visiting Kochi Racetrack,
the JRA Super Jockey Yutaka Take,
was welcomed with a big cheer.**

SPECIAL INTERVIEW

Holding an unmatched record of success in horseracing, the super jockey Yutaka Take came to Kochi Racetrack as a guest at the 5th Yosakoi Horseracing Festival on July 21. He tried quizzes with his fans and did a talk show with Fuji TV announcer Naohide Fukuhara. The show was hosted by Koji Hashiguchi, race-by-race announcer. After that, they held a joint press conference.

Take participates in the Yosakoi Horseracing Festival every year. He interacts with fans and works hard to promote Kochi horseracing. As a jockey, he takes local racing seriously. "I'm a jockey, so it's a matter of course for me to go to a racetrack if they want me to race. Then it's a win-or-lose situation. I think that horseracing is tougher in the local racing than in the national racing. I hope I can make a useful contribution as a horseman. It's my pleasure to help push regional horseracing forward," he said. He's friendly with the local jockeys in Kochi. That's why he constantly mentions the names of jockeys like Shuji Akaoka, Mai Beppu. "We really get on together. The atmosphere's very comfortable. Whenever I come here to have races, I feel everyone's so great. We all get along really well," he smiled.

He has a lot of races throughout the year (local races, races in national racing, local exchange races, and races abroad). We asked him how he maintains the best physical condition. He answered simply, "Nothing special. In fact, I feel that trying to do some special regime or something might just get in the way. Horseracing's my job, so I just stick with it." With regard to his injury in falling from a horse, he said "I'm really trying not to beat myself up too much about this. I'm fully focused on getting back to racing as quickly as I can. I'm only thinking about the future. I have positive thinking when it comes to bad luck. If you get injured or something, you just have to roll with it and keep going. I'm looking forward to getting back to racing. The most important thing is to develop as a jockey." Speaking to the local fans, "Kochi Racetrack" he added "is the only racetrack in Shikoku, so we have to keep it running smoothly. It should be developed more. I think we all have things we need to think about in that regard. And I really want a lot of people who don't know about horseracing to come and discover how much fun it is, and what a wonderful sport it really is."



Profile: Yutaka Take

Born in 1969 in Shiga, Member of the Japan Racing Association (JRA)
First raced in 1987

He has built up a lot of brilliant records and still keeps breaking even his own records. He has had 3,600 career victories as of January, 2014, and he's still winning races and setting records.

During the talk show and the press conference, Take shared his memories of the Black Ships Prize (awarded at Kochi, and one of Japan's major horseracing awards). He also had fond memories of Haruurara (a much-loved local racehorse who galloped with the greatest enthusiasm from one defeat to another). He really loves Kochi horseracing. We'd be delighted to hear his thoughts in full in an exclusive interview if we have a chance to later.

There are night races in Kochi throughout the year now. They've begun to sell local betting slips and GI (grade 1) slips issued by the Japan Racing Association, too. Now, Kochi horseracing has fans of all generations.

We would like to thank all the owners, trainers, stable keepers, jockeys and staff involved in Kochi horseracing for their passion and hard work.

The interview was held at Kochi Racetrack on July 21, after the 5th Yosakoi Horseracing Festival. This interview was conducted with the co-operation of the Kochi Horseracing Association.

Philosophical Theater

"DOKU-SO-GAN" 独走篇



Volume.037 art by HIDEKI TAIKE

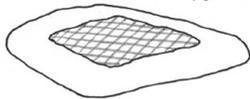
獨走篇
ひとりごと

Something is happening all the time, people are going every which-a-way. No matter which way you look, up or down, somebody is always headed somewhere. Something is happening. That's something I hope you never lose

[futon]

布団

I am a comforter.



私は
かけぶとん

[A problem of description]

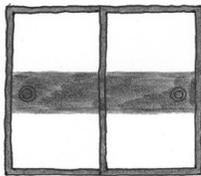
表記の問題

大好きです

I love tubular fish sausage and cucumber.



ちくぎょうが



Name written in hiragana look stupid; I'd like to see them written in Chinese characters.

夕名前が

平仮名だと
まぬけなので
漢字で
表記したい

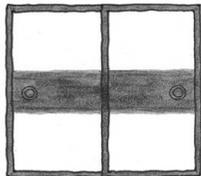
[The double roll]

2回転ぶ人



すてん

Plop!



竹 胡
輪 瓜

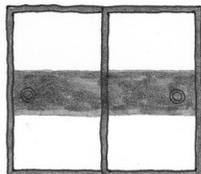
Tubular Fish Sausage Cucumber



また後で

Okay, see you later.

じゃ



ちっこ

Chewchumber?

いやいや

No, no...

否

一回転ぶ人
二回転ぶ人
以前に

Looks like he did the double roll before this cartoon started.



An Extra by Yukinori Dehara

デハラユキノリのおまけ〜°



Episode 1 *Dorome* Festival in Akaoka



If I am to write something in a magazine published in Kochi, I should write something about sake. Even though I might be still treated as a newbie drinker in a place like Kochi that has produced so many drunks, I think it's time I promoted myself to say something because I have been drinking legally for no less than 20 years.

This time I'd like to talk about a famous drinking festival called Doromematsuri held in Akaoka, which I participated in twice. To explain this festival, I always say "This is the only festival in Japan that chugalug is permitted as a main activity.

When I was a college student, I often heard someone shout, "Hey! Let's go chugalug a mug!" at *izakaya* or pubs. Then everyone started to pour beer, strange-colored *chuhai* or Japanese shochu highball into their mouth and swallowed with one breath. When they got carried away, some put various things like soy sauce, vinegar and even sushi into mugs. Others might chugalug a big bottle. In such cases, it could cause damage to the body or brain. I saw many drunks throw up and the pubs got dirty with vomit. After people were killed or seriously damaged by this drinking activity, chugalug gradually died down among students and salaried workers. I missed it a bit but *c'est la vie*.

It's crazy that people compete in public over how quickly they can drink, how easily they can swallow, and how elegantly or even attractively they can gulp. It's funny that the audience is as drunk as the participants. In fact, when I was not on the stage, I shouted whatever I liked, such as "You are too slow!" "You are losing!" and "I'll do that for you!" I felt great. The drinkers are fools. The watchers are fools. It's something like everyone joins a huge feast on the beach. There's nothing more entertaining than chugalug. Since a huge bowl is used to swallow sake, it may seem dangerous, but actually it's not because the organizer always makes sure that all participants have medical check up by doctors it provides. Besides they are to throw up alcohol they gulp at the beach behind the stage. I felt very dizzy after I gulped sake on the stage, yet I still can't forget how beautifully the ocean was sparkling while I threw up "Toyo-no-umi", a local superior brand of sake.

Yes, this sake is offered to the gods. This is literally a festival to show appreciation to the ocean by enjoying eating "*dorome*", fresh baby sardines.

*Nowadays the organizer of this festival provides participants with private rooms to throw up sake.

Yukinori Dehara

Born in 1974 on the shore of fishing bonitos, grew up with beer. Produces 300 original figures a year, drinks 300 liters beer a year. Have been involved in advertisement works with Nike, NEC, Tower Records, ASICS Europe ... Created original characters of Kinoyama-san (2008), chocolate snacks from Japanese confectioner company Meiji Co., Ltd. Have been *Kankotaishi*, ambassador for sightseeing for Kochi prefecture.



Makoto Umebara

Designer
Visiting Professor, Musashino Art University

Episode 8: Products from a Down-Home Kitchen

Two parcels wrapped in one cloth

This was the time when the phrase ‘primary and half industry’ appeared and many villages started to make products in as part of the One Village One Product (OVOP) movement. One day during the rainy season, two ladies named Nishi and Yokota showed up for a consultation with Kochi Agricultural Development and Extension Association (KDEA), an agency of Kochi Prefectural government. They dumped two heavy parcels wrapped in one cloth on the table. I unwrapped the parcels and inside them I found thousands of A3-sized sheets of paper, folded in half. They looked like recipes, with the name of the dish, the ingredients, and instructions on making and eating them. When I asked them what these materials were, the two ladies answered that they were questionnaires taken in twelve different locations by the Life and Livelihood Division of KDEA. They had surveyed Kochi cuisine, focusing on recipes. “Couldn’t you find some way to make a book using this?” was what they wanted to know.

After they left, I divided the slips of paper according to the ingredients: *myoga* ginger, eggplant, *itadori* (mountain plants) and so on. That made any number of mountains of little slips. I tried dividing them into five: spring, summer, autumn, winter and all year round. Even taking the same ingredient, each of the three regions of Kochi (west, middle and east) has a different way of eating it. So I sorted them out by ingredient, but also separated each ingredient by the three regions of west, middle and east.

How about some tea?

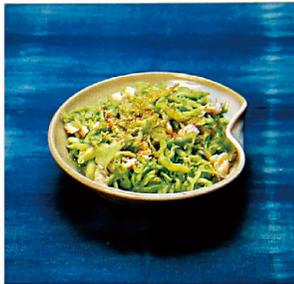
In my first interview, I covered *kokera*-sushi in Toyo-cho. They made me some dishes and I took the photos. After everything was done, a woman said to me, “Mr. Photo-shop, (laugh) How about some tea?” While eating with the ladies, I got really excited to discover that their stories

The Taste of Tosa: a Down-Home Kitchen
 Publisher/ Kochi Agricultural Development and
 Extension Association
 A5 280pp; first edition / March, 1987



Vinegared *ryukyu* (giant taro)
(Kochi City)

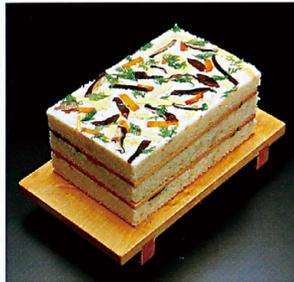
A special feature of summer. Indispensable for the Kochi summer.



りゅうきゅうの酢もの（高知市）
 暑い夏の風物詩、土佐の夏はこれが無いとはじまらない。

***Kokera*-sushi (Toyo-cho)**

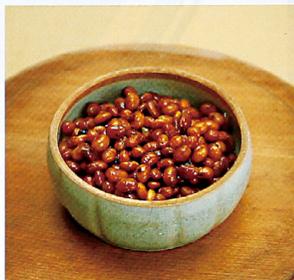
Some people made 18 liters of sushi at one time. Carrot leaves are popular as a garnish. Some even grow carrots for *kokera*.



こけら（東洋町）
 一斗を二度に作る事もあったという。昔みは人參の葉が人気がある。こけらのために人參を作るくらいだ。

Chun beans (Onomi-mura)

Put piping-hot roasted soy beans into the soy sauce. It makes the sound 'chun'. Both the name and the preparation are so easy.



ちゅん豆（大野見村）
 アツアツに炒った大豆を、醤油の中に入れる。チュンという音がする。名前も作り方も簡単な料理である。

were so interesting. Originally this book was just for recipes, but I couldn't resist recording these interesting tales. Finally I put in a feature panel called "How about Some Tea?" – though nobody had actually asked me to.

There is a small house on the top of a mountain in Otoyo. It takes one hour for the elementary school kids to walk to school. I came across an event called "Wakamizu Mukae" there. On the morning of New Year's Day, nobody should get up until the head of the house gets up and prepares *wakamizu*, the first-drawn water of the year. The head of the house goes to the water source with a pail and ladle and brings the water home. Then the head of the house claps his hands and everybody gets up. After rinsing out their mouths with the water first, they give their New Year's greetings to one another. Through the ritual and spirit that remained in this little house, I imagined the long history that the people here have lived through. It is the Japanese heart that I saw there.

I went to the farthest corners of Kochi Prefecture to get more material: a house deep in the mountains, a fishing village and so on. I walked around searching all over pretty small areas in the region and ate up two hundred and fifty dishes of local cuisine. Every area has an ancient event and I heard in detail about the festive cuisine relating to the event. Visiting lots of regions and eating huge amounts of local cuisine, I thoroughly studied my home prefecture of Kochi. It was a deeply meaningful project for me.

A bride's trousseau

I started doing the research in August and finished the following March. Physically, I felt like I'd done a two-year project in six months. Because of the small budget, I went everywhere myself and listened to everyone. I asked Nobuyuki Takahashi, a famous photographer, to take special photos but in many cases I took photos myself. I did the illustrations, bookbinding, and compositing, too. At that time compositing was not digital but photo-composition. When re-editing, I actually had to cut and paste (laughs). I kept working until the morning for months. When I found a dull space on the page, I directly drew a picture in it without a draft. I had no strength left when the book was completed. That's why I love the book. *Tosa no Aji, Furusato no Daidokoro (The Taste of Tosa: a Down-Home Kitchen)* was published and many people were glad of that. I think the people at KDEA might recognize the power of editing and design a little.

The first edition of this book came out in thirteen thousand copies over three print runs, but they sold out immediately. I had inquiries about the book from everywhere around, even still now: "How can I get a copy?" What pleased me was that young people were interested in the book. I thought young people wouldn't like a book like this, but they know that something important lies between its pages. *A Down-Home Kitchen* is often part of a bride's trousseau these days.

Kashikiri rice cake
(Aki City)

かしきり(安芸市)



かしの実(安芸市)

oak nuts
(Aki City)

mushrooms
(Ino-cho)

きのこ(伊野町)



おぼろ(南国市)

Oboro rice cake
(Nankoku City)

Treading chowder clams
(Tosashimizu City)

はまぐり踏み(土佐清水市)



ほっかけ(大月町)

Bokkake fish soup
(Otsuki-cho)

Japanese pepper rice cake
(Sakawa-cho)

山椒もち(佐川町)

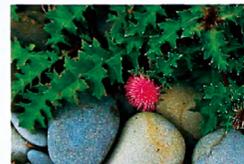


ひえ入り栗ご飯(木山町)

chestnut rice with millet
(Motoyama-cho)

dorado
(Toyo-cho)

くまびき(東洋町)



浜あざみ(土佐清水市)

wild thistles
(Tosashimizu City)



Four chefs are cooking skillfully and efficiently. From left, Nakayama of Restaurant TOYO, his staff, Mizuguchi, Nomoto of Kunitoraya France, and Okabayashi of Park Hyatt Paris Vendôme. Nakayama's mother also from Kochi came with him. I was surprised to hear that she came back to Kochi for the first time in 30 years!

Japanese chefs working in Paris and their cooking camp at a campsite in Shimanto

Hot chefs get together in hot Shimanto

Makoto Umebara, a well-known and familiar designer of our magazine, informed us that his friends, Japanese chefs living in Paris, would visit Shimanto in August to enjoy their vacation with their families and their buddies. He also suggested that we should get together with them at a campsite along on Shimanto River. We jumped at his invitation because we were sure it would be a gourmet experience with delicious food prepared by professional chefs. As we expected, it was a great “bonjour” encounter between chefs and local produce and fish of Kochi.





At a bistro in Paris

How about going camping in Shimanto?

It started at a bistro in Paris two years ago. Camping in Shimanto was suggested by Masafumi Nomoto from Yasu-cho in Konan City. He opened the first udon-Japanese noodle restaurant Kunitoraya France, in Paris and it is now very popular among the French.

“It took two years to realize my dream. I love Kochi and the wonderful locally grown produce and fish. The reason I suggested camping in Shimanto was that I wanted my friends in Paris to experience the local foods,” he said. That is why Umebara who knows him very well volunteered as a guide.

The profile of those chefs

The 25 participants included chefs, sommeliers, their families and friends and Nomoto on a 2-day trip starting on August 4. Toyomitsu Nakayama, who runs Restaurant TOYO in Paris, once worked as a personal chef of Kenzo Takada, a well-known fashion designer. Mizuguchi, a chef working at Restaurant TOYO, also joined this trip.

Ai Okabayashi from Kochi City, has been working at a restaurant of the famous Park Hyatt Paris Vendôme for 10 years. Keiichiro Miyagawa is a sommelier and importer of sake in Paris. Other participants from France were Ryuzo Nakata, a fashion designer and drinking buddy, and Jun Aoki, who works for a French insurance company. Masahiro Yamashita from Japan also joined this camp. He works for a shochu liquor company in Kagoshima prefecture.





A cookhouse became an open kitchen

On our way to Shimanto, we stopped at a famous Taisho-cho market in Kure, Nakatosa-cho to buy fresh bonitos and *gure* fish. Kochi produces some vegetables not widely eaten such as *itadori* (a kind of wild grass), *ryukyu* (stems of the taro plant), *bushukan* (local citrus) and so on. The chefs outside Kochi were very curious about them. Unfortunately Shimanto River was swollen due to heavy rain. At the last minute, we changed the camp at Wel-come, a caravan site at Taisho in Shimanto-cho. We did not succumb to the bad weather or the bad conditions. As soon as we got there, we started to prepare the food. By moving tables into the center, we could turn a cookhouse at the caravan site into an island kitchen. We got to work together with chef Nakayama as the chief. Everyone including the children tried to find something they could do to help. We made a fire with wood and charcoal and as for cooking, we used big pots and *hagama* (broad-brimmed cooking pots for rice).

It was amazing to see how skillfully and quickly they were making dishes one after another, roasting the surface of the bonitos lightly, pouring the sauce made from *bushukan* citrus and tomatoes, marinating *gure* fish, broiling beef in thick salt crust and so on. I was excited and fascinated to watch the proceedings.



Local Kochi sake was served with dinner. Sommelier Miyagawa said, "Japanese sake is very popular in France. Sake is fermented like wine, so we serve it in a wine glass. If we want sake to become more popular abroad, brewers will have to make it elegant and unique. I want Kochi brewers to create a unique aroma and taste." I think this is an important message for brewers in Kochi.



The dinner party started at 6:00pm with the children serving dishes under the direction of Sommelier Miyagawa. Locals from Okamisan ichi, a farmer's market, and such were invited. The children were really working hard to entertain the adults by taking orders, bringing food and clearing the tables. The dishes were brought one after another at moderate intervals. In France, I heard, dishes keep coming late into the night at parties and restaurants. “We had never thought of such fancy ways to eat the ordinary ingredients we cook every day. The scales fell from my eyes. We should not forget the taste so that we can cook the same things at home.” said the local guests excitedly. We had a delicious and comfortable time in the countryside of Shimanto.

A close tie with homeland Kochi while living in Paris

After this cooking camp, Ai Okabayashi said happily, “After all, vegetables and fish in Kochi are the best in the world. I was very happy to see the wonderful Kochi produce and fish in a new light. I was also happy that people from outside of Kochi had a chance to know how nice Kochi people are. This is my homeland and I am always proud of it. Even though I live in France now, I am still *hachikin*, a very independent hard-working Kochi woman.” Okabayashi uses *tosazu*, a mixture of vinegar, sugar, salt and soup made from bonito when she cooks French cuisine.





Inviting some local people as guests, we started our camp dinner with a toast. The chefs provided 15 dishes such as *gure* fish carpaccio, marinated local Shimanto pork seasoned with *sbiokoji* (traditional fermented seasoning like miso), a creative cuisine by TOYO, stir-fried pork with *itadori* and garlic, and Japanese soup with *gure* fish and *ryukyu*. Shouts of joy were heard as each dish was served.

“We use *myoga* (Japanese ginger), *sansho* (Japanese pepper) and *shishito* (a variety of green pepper) grown in Kochi at our udon restaurant in Paris. I want to use as many Kochi products as I can. I would like to introduce Kochi all over the world. I also have a wish to introduce “dashi”, a Japanese soup stock, using *katsubushi* (dried bonito) and *sodabushi* (dried soda bonito). This time we had a difficulty getting ingredients because of the bad weather, but I was lucky enough to get Shimanto chestnuts and *kaorimai* (special brand of rice with nice aroma). The next time, I would like to invite more chefs to experience foods from Kochi,” Nomoto said.

I'm looking forward to joining the next kitchen camp!



Aoki was here as a drinking buddy. "There are always Japanese chefs at well-known restaurants in Paris. The Japanese are very skilled and have a good sense of taste. In addition they are determined to realize their dreams in Paris. I'm always inspired by Nomoto and Nakayama because of the strength and determination to succeed in their profession so far away from their homeland," he said.



Kochi Central City Map

information

Currency Exchange

Kind of a currency handling

Shikoku Bank : USD, CAD, GBP, HHF, AUD, NZD, HKD, DKK, NOK, SEK, SGD, EUR, KRW

Kochi Bank : USD

Ehime Bank : USD

Mizuho Bank : USD, CAD, GBP, AUD, EUR, SGD, HKD

International Service

Japan Post Bank can use various cards

In Japan, there're more than 26,000 Japan Post Bank ATMs available in local Post Office, shopping center and station. You can draw Japanese Yen in cash by a card published abroad.

“VISA, VISA ELECTRON, PLUS, MasterCard, Maestro, Cirrus, American Express, Diners Club, JCB, China Unionpay, DISCOVER”

http://www.jp-bank.japanpost.jp/en/ias/en_ias_index.html
(link at International ATM Service-JAPAN POST BANK)

You can also use any of several Japan bank cards which have partnerships with Japan Post Bank.

http://www.jp-bank.japanpost.jp/access/access_atmcd.html
(link at Japan bank institution of partnership POST BANK)

Notice

Some Maestro cards with IC chips are temporarily unable to make withdrawals at all ATMs located in Japan.

Free Spot



How to use it

1. access “DoSPOT-FREE” on device
2. open browser
3. accept “use policy”
4. input your mail-address
5. receive a message
6. input “authentication code”
7. it's available !

Notice

15 min / once, 4th / day
Network: IEEE 802.11 a/b/g/n

Rental Shop



Requirements

1. Over 18 years old
2. Japanese Driver's License or
3. International Driving Permit (IDP)

Payment

can be made by credit card or sometimes by cash



Map by KIKAN KOCHI

