



# Ishikawa Tourism Newsletter

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Feature

## HOW THE LOCALS SPEND WINTER

In this issue, we'll show you how to enjoy the best of Ishikawa's cold months.

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ISHIKAWA, JAPAN



## How do locals spend the cold winter at home?

When it comes to winter in Ishikawa, wonderful snowscapes instantly come to mind. However, the prefecture's rich cuisine at this time of year is also unmissable. In addition to seafood such as buri and crab, Kaga vegetables are also a delicious highlight of the sightseeing experience. Here we'll introduce some of the home-style delicacies enjoyed by locals during the cold winter months.

### Oden

Oden is a staple dish in many parts of Japan, but Ishikawa's take on this one-pot dish is so distinctive that visitors come from far and wide to queue up and try it.

Ishikawa is said to have the highest number of oden restaurants relative to its population in Japan. A household favorite here, oden is quick to make an appearance as soon as things start getting colder. Kanazawa's version is made with ingredients associated with the prefecture, including local favorites such as kuruma-fu (wheat gluten rings), bai-gai (Japanese ivory shell), Gensuke-daikon, carrots and other Kaga vegetables, with each restaurant passing its own unique broth down through the generations.

Kanazawa oden is beloved by locals for keeping them warm on snowy nights with its delicious selection of regional ingredients. Among these is the luxurious kani-men, which rarely makes an appearance in the household. A female snow crab shell stuffed with crab meat, innards and roe, kani-men imparts a rich umami flavor to the broth. Be sure to enjoy it at an oden restaurant or izakaya (Japanese-style pub).

### Nabe

Nabe (pronounced 'nab-ay'), just like oden, is another meal that will help get you through the cold winter months. This warming dish is served at the table with the ingredients still in the pot. Families and friends often gather around a single pot and cook the food on a table-top stove or hot plate, each helping themselves to a bowl and eating it with ponzu (a combination of soy and citrus) and other dipping sauces. There are many different types of nabe, including vegetable, meat, and seafood, whose variety of ingredients combine to make a highly nutritious meal. A particularly popular nabe in Ishikawa households is made with Toriyasaimiso, a locally-produced miso condiment made from soy beans and rice malt. Delicious in hot pots, stir-fries or simmered dishes, and available in any supermarket in Ishikawa, Toriyasaimiso also makes a great souvenir.



<https://www.toriyasaimiso.jp/en/> (English)

### Buri



Buri (yellowtail) is another integral part of Ishikawa winter cuisine. Among other dishes, it features in buri-daikon, a common home-cooked dish made with buri caught in the cold season, which are known for their particularly high fat content. While preparation depends on the household or restaurant, the dish is made by simmering buri and daikon in sake, soy sauce and mirin (sweet cooking rice wine). Gensuke-daikon, one of the Kaga vegetables, is particularly delicious with this local comfort food.

### Oysters



Nothing says Ishikawa winter cuisine like Noto oysters! Farmed in Nanao Bay, in the center of the Noto Peninsula, oysters grown in these nutrient-rich waters are especially popular with the locals. In contrast to natural rock oysters which are farmed in summer are usually eaten raw, Noto-grown oysters are available from winter to spring, and are best enjoyed grilled, steamed and in nabe.

### Sake



With clear water, delicious rice, and bitter cold winters, Ishikawa Prefecture has all the conditions to produce beautiful sake. And enjoying local sake over oden or nabe is one of the best ways to enjoy food in winter. In fact, Ishikawa's winter food and sake go so well together that you may end up drinking a bit too much! If you're a sake lover, you'll certainly want to consider a winter trip to Ishikawa. Brewery tours and tastings are also highly recommended.

>>> FOR MORE INFORMATION



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# Winter restaurant selections

Here are some restaurants where you can enjoy the taste of home in Ishikawa.

## Oden



### ● Kuroyuri ▶MAP

Located inside Kanazawa Station, Kuroyuri offers Kanazawa oden made with a secret broth that's been passed down from generation to generation, along with other seasonal delicacies. Its wide selection of alcoholic beverages also gives it the feel of an izakaya.

<https://www.oden-kuroyuri.com/> (Japanese only)

### ● Miyuki ▶MAP

Established in 1967, this restaurant offers oden and plenty more, including a large variety of sashimi, original side dishes, and traditional home-cooked cuisine.

[https://www.instagram.com/oden\\_\\_miyuki\\_honten/?hl=ja](https://www.instagram.com/oden__miyuki_honten/?hl=ja) (Japanese only)

### ● Amatsubo ▶MAP

Amatsubo offers carefully selected local ingredients, traditional Kaga cuisine and a host of locally brewed sake at reasonable prices.

<https://www.amatsubo.com/> (Japanese only)

## Nabe



### ● Matsuya ▶MAP

Here you can enjoy Toriyasaimiso nabe and experience a sense of Ishikawa home cooking. Matsuya offers a simple nabe consisting of Chinese cabbage, meat (chicken, beef or pork) and shredded carrot, with rice, ramen or udon noodles available to enjoy the leftover soup with.

<https://tabelog.com/ishikawa/A1701/A170101/17000785/> (Japanese only)

### ● Kai ▶MAP

A specialty restaurant in Noto where you can enjoy a variety of oyster dishes. There's also a set course which includes grilled oysters, fried oysters, oyster rice, and of course, nabe. This restaurant is a must for tasting freshly caught oysters.

<https://kakidokorokai.business.site/> (Japanese only)

## Sake



### ● Kanazawa Zizakegura ▶MAP

A recommendation for those looking for a quick cup of local sake. Found inside JR Kanazawa Station, this shop has a vending machine that sells sake samples, in addition to a bar where you can try popular brands. Whether it be while searching for souvenirs, waiting for your train home or having just arrived, be sure to pay here a visit.

<https://zizakegura.com/> (Japanese only)



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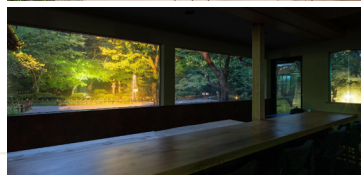
# Now Open!

## ● Kenrokutei (Reopened 14/10)

A teahouse found in Kenrokuen, one of Japan's Three Great Gardens, and the most popular feudal lord garden in the country. Kenrokutei was reopened in October as a facility with tatami rooms where tea ceremonies and other traditional arts can be performed. It offers counter and table seating with a view of what is said to be Japan's oldest fountain. Serving breakfast and lunch, you can enjoy set meals including the local classic, jibu-ni (duck stew), along with grilled fish, and Kaga-bocha tea-flavored rice porridge. A café is also available where you can enjoy wisteria flower-inspired drinks.

<https://kenrokutei.com/>

(Japanese only)

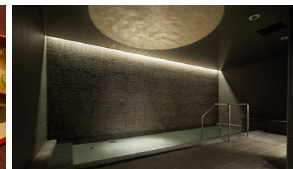
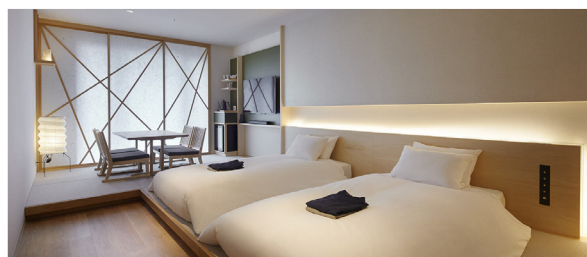


## ● Hotel Amanek (Opened 15/8)

With Kenrokuen Garden and the 21st Century Museum of Contemporary Art within walking distance, this hotel provides a convenient location to stay during your trip to Kanazawa. Stylishly combining contemporary and traditional aesthetics, all rooms are over 20 square meters in size and spacious enough to accommodate two or more people. There's also a large public bath where you can relax after a long day of travel or business. Breakfast is served in an array of small dishes made of Kutani ware, a traditional craft of Ishikawa, and based around local ingredients.

<https://amanekhotels.jp/kanazawa/>

(Japanese only)



## ● Soki Kanazawa (19/11 Open)

A newly opened facility near Omicho Market, 'the city's kitchen', only a 15-minute walk from Kanazawa Station. This hotel aims to utilize natural materials unique to the area, and provide a calming space for guests to reset after enjoying a walk around town. Providing exquisite meals and spacious bathing areas, this hotel is the perfect place to relax after a long day of travel.

<https://www.uds-hotels.com/soki/kanazawa/>

(Japanese only)



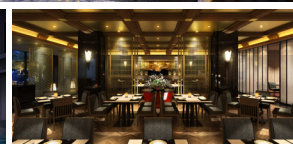
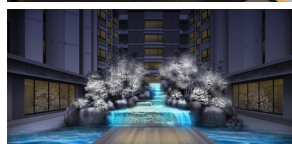
Photo: Shuhei Tonami

## ● The Hotel Sanraku Kanazawa (21/12 Opening)

A stone's throw from both Omicho Market and Kanazawa Castle Park, all 215 guest rooms of this hotel, including 13 suites, feature folding screen-inspired headboards, large-screen TVs, and en-suites with rain showers to create an atmosphere both functional and elegant. A club lounge also offers suite and club room guests a more personalized relaxation space that serves breakfast, hotel-made sweets and sake.

<https://thehotelsanraku.premierhotel-group.com/kanazawa/>

(Japanese only)



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