



# Ishikawa Tourism Newsletter

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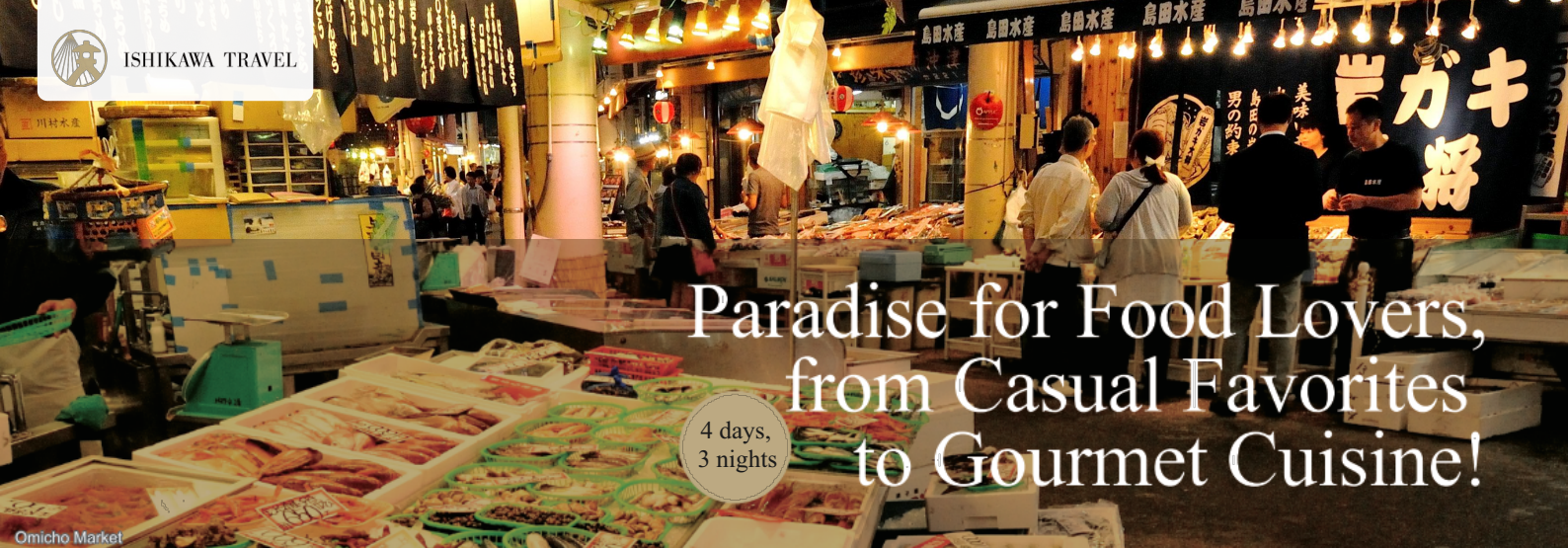
Feature

## A TRIP THROUGH ISHIKAWA'S CULINARY DELIGHTS

In this issue, we hope to provide the inspiration for your next travel itinerary through the theme of food.

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ISHIKAWA, JAPAN



# Paradise for Food Lovers, from Casual Favorites to Gourmet Cuisine!

4 days,  
3 nights

Omicho Market



Higashi Chaya District



## DAY 1

### AFTERNOON

We begin our gourmet trip at the lively **Omicho Market**, affectionately known as the 'Kitchen of the People'. In addition to freshly caught seafood and seasonal vegetables, you will find a wide variety of local delicacies such as freshly fried croquettes made from carefully selected ingredients, oden hot pot unique to Kanazawa, and broiled loach. Here you can truly eat to your heart's content. Afterwards, take a stroll through **Higashi Chaya District**, where traditional teahouses and their architecture of 200 years ago still remain. Take a look around one of these cultural heritage sites and enjoy a rest with traditional Japanese sweets in the café inside. Soft-serve ice cream covered with a whole sheet of gold leaf, a familiar part of everyday life here, is a treat unique to the area.

### EVENING

Share in the vibrant nightlife. **Chuo Mishokugai** is a drinking area in the back streets of Katamachi, the commercial center of Kanazawa. Here you can enjoy a pub crawl while eating and drinking like a local. (Stay overnight in Kanazawa)



Chuo Mishokugai

## DAY 2

### MORNING

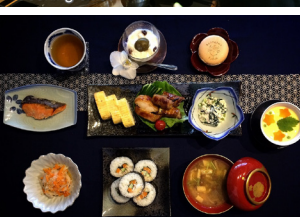
Join a friendly **cooking class** in a historic Kanazawa townhouse. Using local ingredients and broths, you can try your hand at basic Japanese home cooking such as omelets and sushi rolls, as well as Kanazawa's local dish, jibuni, a duck hot pot with seasonal vegetables. Enjoy a home-made lunch while learning about the origin of local cuisine from the class teacher.



Cooking class



Japanese sweets



### AFTERNOON

**Kenrokuen** is one of the most beautiful traditional gardens in Japan. Here you can take a stroll while admiring the stunningly landscaped surroundings and the natural scenery of the four seasons such as carefully tended pine trees, cherry blossoms and autumn leaves. From November 1st, the process of preparing the trees for winter begins, where ropes called 'yukizuri' are attached to branches in order to prevent them from being broken by snow. Craftsmen climbing to the tops of the pines is a sight particular to this region, where the snow that falls is moisture-laden and heavy. Be sure to stop by one of the many sweet shops scattered around the park to compare different flavors of sweet rice dumplings and enjoy Hokuriku traditions to their fullest. Next, walk around the **Nagamachi District**, and experience a time slip into the age of samurai. **The Nomura Residence** is an estate that is open to the public, and although not large, its garden is highly regarded for its beauty and sense of depth. When you leave, stop by the adjacent store to buy some cute Japanese sweets in modern packages as souvenirs.

### EVENING

For dinner, head out to eat some **sushi**. Kaitenzushi (conveyor belt restaurants) offer an affordable, relaxing way to enjoy this local specialty. Ishikawa has one of the highest consumptions of sushi in Japan, and even that of a humble conveyor belt is said to be of a high standard due to the prefecture's discerning residents. Depending on the restaurant, you can order sushi not on the belt using a touchpad, which is delivered down a lane to your table by a model bullet train, or get the chance to win a prize by clearing your plates into a disposal area slot. Experience sushi not only as cuisine, but also entertainment. (Stay overnight in Kanazawa)



Kaitenzushi

## DAY 3

### MORNING

Travel to Kaga in the south of the prefecture to visit the 1300-year-old **Natadera Temple**. Its vast precincts are covered with huge rock walls that have been shaped by the wind and waves over the years. The temple is also famous for its autumn foliage, and throughout the season the red and yellow trees contrast beautifully with the white rock walls. Refresh your mind and body here in the surrounds of magnificent nature.

### AFTERNOON

Pay a visit to the **Naohiko Noguchi Sake Brewing Institute**, opened in 2017 by one of Japan's top brewers. Known as the "God of Sake Making," Noguchi opened this brewery to nurture the next generation. Having learned how sake is made, you can experience how to enjoy it; find out what the drink pairs with, along with what to serve it in and at what temperature, in a chicly designed tasting room that complements the rural landscape outside the window.

### EVENING

Experience bliss in **Yamanaka Onsen**, nestled in the lush green mountains. Having soaked in an open-air bath while listening to the flow of a mountain stream, you can relax and enjoy artistic **Kaga cuisine** served with locally made tableware. A feast for both the palate and the eyes, the skill of the chef shines through in each dish. If you want to enjoy the evening even more, we recommend visiting Washu Bar Engawa, where you can compare different kinds of Japanese sake while chatting with the popular barman. (Stay overnight in Yamanaka Onsen)

## DAY 4

### MORNING

Wake up early in the morning to see a walkway in the middle of nature.

**Kakusenkei Gorge** is a beautiful valley near Yamanaka Onsen, with a walkway stretching 1.3km long. Take a leisurely stroll in the fresh morning and rest at a café on the riverbed along the way. Next, visit a workshop of **Yamanaka lacquerware**, a local craft. Watch the craftsmen work the dried wood with a potter's wheel, and experience the brilliance of Yamanaka techniques up close. Afterwards, stop at a long-established tea shop for a cup of 'Kaga-boucha', a fragrant hojicha tea born in this region made by roasting the stems instead of the leaves.

### AFTERNOON

Enjoy a fresh seafood lunch served at a restaurant right in front of Hashidate Fishing Port. From a large selection you can choose which fish is prepared and how you would like it cooked. Crab is also available from November to March.



ISHIKAWA TRAVEL

# Michelin Guide Hokuriku 2021

The Michelin Guide Hokuriku 2021 has just been published, with 167 restaurants from Ishikawa having been listed. In addition, 10 restaurants from the prefecture were awarded the Green Star, the highest number in Japan, for their commitment to achieving a sustainable society.



- Ryori Komatsu (Japanese Cuisine, Kanazawa)



- Kataori (Japanese Cuisine, Kanazawa) <https://kataori.jp/>
- Ryotei Suginoi (Japanese Cuisine, Kanazawa) <http://kanazawa-suginoi.co.jp/>
- Zeniya (Japanese Cuisine, Kanazawa) \*Awarded Green Star <https://zeniya.co.jp/>
- Matsuya (Japanese Cuisine, Komatsu) <https://www.matsu-ya.jp/>
- Tsuzura (Japanese Cuisine, Komatsu) <https://r742300.gorp.jp/>
- Otome Sushi (Sushi, Kanazawa)
- Mekumi (Sushi, Nonouchi) <https://tabelog.com/ishikawa/A1702/A170203/17000700/>
- Koizumi (Tempura, Kanazawa) <https://tempura-koizumi.jp/>
- Les Tonnelles Budoonoki (French Cuisine, Kanazawa) \*Awarded Green Star <https://lestonnelles.budoo.co.jp/>
- Makinonci (French Cuisine, Kanazawa) <https://www.french-makino.jp/>
- Respiracion (Spanish Cuisine, Kanazawa) \*Awarded Green Star <https://respiracion.jp/>
- Installation Table ENSO L'asymetrie du calme (Fusion, Kanazawa) <http://www.enso-kanazawa.com/>



- Asadaya (Japanese Cuisine, Kanazawa) <http://www.asadaya.co.jp/ryokan/>
- Kifune (Japanese Cuisine, Kanazawa) <https://tabelog.com/ishikawa/A1701/A170101/17001496/>
- Miyabino (Japanese Cuisine, Kanazawa)
- Kaga Masa (Japanese Cuisine, Kanazawa) <https://japanese-restaurant-1160.business.site/>
- Kappo Ikemori (Japanese Cuisine, Kanazawa) <http://sp.raqmo.com/ikemori/>
- Kappo Yuzuru (Japanese Cuisine, Kanazawa)
- Setsuri (Japanese Cuisine, Kanazawa) <https://kanazawa-seturi.com/>
- Shunbo Sakai (Japanese Cuisine, Kanazawa) <https://kiguramachi.com/shop/334/>
- Machiya Kaiseki Rocca (Japanese Cuisine, Kanazawa) <https://r.goope.jp/rocca-kanazawa>
- Kaiseki Nakao (Japanese Cuisine, Kaga) <https://www.kaiseki-nakao.com/>
- Wataya (Japanese Cuisine, Hakusan) <https://www.tsurugi-wataya.co.jp/food>
- Ipponsugi Kawashima (Japanese Cuisine, Nanao)
- \*Awarded Green Star [https://www.instagram.com/ipponsugi\\_kawashima/](https://www.instagram.com/ipponsugi_kawashima/)
- Tominari (Japanese Cuisine, Wajima) \*Awarded Green Star <https://hitosara.com/0006099968/>
- Kikuya (Sushi, Kanazawa)
- Sushi Kibatani (Sushi, Kanazawa) [https://hitosara.com/0006101632/?cid=gm\\_yoyaku](https://hitosara.com/0006101632/?cid=gm_yoyaku)
- Sushiya Kozakura (Sushi, Kanazawa) <https://tabelog.com/ishikawa/A1701/A170101/17010028/>
- Sushi Okauma (Sushi, Kanazawa) <https://susiokauma.jp/>
- Kyoumi Kai (Soba, Kanazawa) <http://r.goope.jp/kyoumi-kai>
- Hamagurizaka Maegawa (Yakitori, Kanazawa) <https://omakase.in/r/ji269788>
- Restaurant N (French Cuisine, Kanazawa) <http://r.goope.jp/restaurant-n>
- Bernard (French Cuisine, Kanazawa) <https://bernard-2009425.amebaownd.com/>
- La Preeminence (French Cuisine, Kanazawa) \*Awarded Green Star <https://norio.co.jp/la-preeminence>
- La Clochette (French Cuisine, Hakui) \*Awarded Green Star <https://clochette-noto.jp/>
- Restaurant L'Atelier de Noto (French Cuisine, Wajima) \*Awarded Green Star <https://atelier-noto.com/>
- Villa della Pace (French Cuisine, Nanao) \*Awarded Green Star <http://villadellapace-nanao.com/>
- Shokudo Yarn (Fusion, Komatsu) \*Awarded Green Star <https://shokudo-yarn.com/>



## Bib Gourmand & Others (48), Michelin Plate (80)



## Green Star (10)

- Zeniya (Japanese Cuisine, Kanazawa) <https://zeniya.co.jp/>
- Ipponsugi Kawashima (Japanese Cuisine, Nanao) [https://www.instagram.com/ipponsugi\\_kawashima/](https://www.instagram.com/ipponsugi_kawashima/)
- Tominari (Japanese Cuisine, Wajima) <https://hitosara.com/0006099968/>
- Les Tonnelles Budoonoki (French Cuisine, Kanazawa) <https://lestonnelles.budoo.co.jp/>
- A la ferme de Shinjiro (French Cuisine, Kanazawa) <https://k-wine.jp/restaurant/> \*Selected for Michelin Plate
- La Clochette (French Cuisine, Hakui) <https://clochette-noto.jp/>
- Restaurant L'Atelier de Noto (French Cuisine, Wajima) <https://atelier-noto.com/>
- Respiracion (Spanish Cuisine, Kanazawa) <https://respiracion.jp/>
- Villa della Pace (French Cuisine, Nanao) <http://villadellapace-nanao.com/>
- Shokudo Yarn (Fusion, Komatsu) <https://shokudo-yarn.com/>

