

The Taste of Aichi & Nagoya, The Wonders of the SHORYUDO Route

Nagoya Meshi Guide



AICHI-NAGOYA



"Heart" of JAPAN
-Technology & Tradition-





A popular dish enjoyed
in restaurants,
at home, and as souvenirs.

Miso-nikomi Udon Noodles

Unique thick Udon noodles served piping hot in a rich miso based soup, and eaten directly from an earthenware pot. The noodles offer a firm texture, and the quality soybean miso also retains its full flavor despite being boiled.

Origins

The kneaded flour dough is thrown into the pot and boiled, in the simple home cooking style of Edo period Japan. The boiling of a single serving of thick firm noodles in an earthenware pot is said to have begun at "Yamamotoya" in Osu, Nagoya City, in the Taisho period.

Availability

A popular dish enjoyed almost anywhere in Aichi Prefecture. Udon packs for home use have over half a century's history. Popular as souvenirs and gifts too.

What is Nagoya Meshi?

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Nagoya Meshi is the cultural cuisine unique to Nagoya City and Aichi Prefecture, enjoyed by the locals at home and in eateries, and includes Miso-Katsu (deep fried pork cutlets covered in rich miso sauce) Tebasaki (spicy Nagoya fried chicken wings), Hitsumabushi (grilled eel served on a bed of rice and enjoyed in three different ways with different condiments) and so much more. The range is forever increasing as the culture spreads and new forms of Nagoya Meshi are created.

What Kinds of Nagoya Meshi Are There?

It is said that apart from Okinawan cuisine, no other region in Japan boasts such a unique food culture. Centrally located on the main Japanese island of Honshu, Nagoya Meshi is rich in variety, and includes rice based meals, side dishes, confectionary, snack like serves enjoyed with alcohol, and not just traditional Japanese cuisine, but Chinese and Western foods have been creatively enhanced to create a cross-cultural food experience with Nagoya Meshi.

Greater Nagoya Gourmet

Nagoya Meshi doesn't just apply to the delicious cuisine of Nagoya City, but the Greater Nagoya region, including Aichi and the surrounding Tokai area, a region long associated with soybean miso culture. Miso is a thick, dark paste peculiar to the Tokai area, made from aged, fermented soybeans and salt. The strong flavor is eaten daily by the people of the area and Nagoya Meshi has evolved to match that taste.

You can't talk about Nagoya Meshi without talking about soybean based red miso!

Soybean miso is made simply from soybeans and salt and is slowly matured, creating miso in its most basic form. Miso and soy sauce are fermented foods made from soybeans, and are flavored by an abundance of natural glutamic acid. While there is a salt-reducing effect, the flavor is protected, which is the healthy base of Japanese cuisine. Through slowly maturing the soybean miso, the taste becomes especially rich. 100 grams contains approximately 3,800mg, about twice that of rice miso (1,800mg) and barley miso (1,900mg).



Hitsumabushi

Slices of char-grilled eel covered in rich tamari sauce are served atop a steaming bed of rice in a wooden container. Separate it into four serves, and scoop out the first portion and savor its natural taste. For the second portion, add the accompanying condiments and enjoy. The third segment is enjoyed like Ochazuke, doused in green tea or broth, allowing you to enjoy three flavors in one. For the final serve, you choose your favorite way to partake.

Origins

When eel was ordered at restaurants, the portions were served on a bed of rice in a large wooden container. It came to be served as the final dish at banquets, and condiments such as green tea were added to make it refreshing.

Availability

The many Nagoya City and Aichi Prefecture restaurants specializing in eel soon adopted this popular dish. Other restaurants arranged their own variations using chicken, pork or beef served in a heated stone bowl.

A gourmet dish in which a single serve is enjoyed in three different ways

◀ A Walk Through Aichi's History with Nagoya Meshi. ▶

The three samurai heroes who took an interest in food during the Warring States Period (1467-1603).

Aichi was the home of many samurai heroes, among them the Three Unifiers of Japan Oda Nobunaga, Toyotomi Hideyoshi, and Tokugawa Ieyasu. All three had a great interest in food. Nobunaga is said to have been fascinated by the foods imported by European traders including confectionaries such as Kompeito candies. Hideyoshi was fond of burdock and daikon radish from his hometown, and had it delivered regularly even after becoming ruler of Japan. Ieyasu was knowledgeable about food and grew his own herbs. He limited his diet to simple fare of barley rice and red miso, and lived to the age of 75, a ripe old age for the time.

The strength of Aichi's samurai lay in soybean miso!

The secret weapon of the samurai of Aichi was miso. It was a long lasting, highly nutritious, easy to transport and convenient food source, eaten in a variety of ways by both the high ranking military commanders and the lowly foot soldiers. Flattened patties of miso were roasted for quick meal preparation. The delicious miso would be consumed in camp, and grilled rice balls would be carried as rations into battle. Some even had ginger and sesame seed included, or were grilled with sesame oil for extra energy.

Tea Ceremony Culture Can Be Found Behind Modern Coffee Shop Popularity

The Tea Ceremony was popular among the samurai of both the Warring States period, and the peaceful Edo period (1603-1868). This culture spread among the townsfolk too. The local ruling Owari Tokugawa clan were passionate about the tea ceremony and were active in its promotion around Nagoya, leading to the formation of the Matsuo-ryu tea school. Serving green tea to customers, and drinking tea for relaxation became widespread, and generations later, would lead to the popularity of modern day coffee shops and the Morning Service daily breakfasts for which Nagoya has become famous.

Nagoya Meshi originated with bean paste sweets.

Japanese sweets are indispensable to the tea ceremony, and so it was only natural that a sweets culture also developed in tea loving Aichi. There is a higher than average concentration of highly skilled and creative confectioners across the region, and Nagoya residents spend more than the national average on traditional sweets per year. The sweet ogura bean paste remains a favorite, and ogura toast is another popular Nagoya Meshi dish.

You can enjoy popular Miso-Katsu in a variety of ways



Miso-Katsu

Miso-Katsu is a breaded fried pork cutlet covered in a miso based sauce. Kushi-Katsu, a skewered serve of breaded fried pork and vegetables, is also included in the Miso-Katsu lineup, and both are typical Nagoya Meshi specialty dishes. Local restaurants combine their own blend of seasonings and condiments in the quest for originality.

Free breakfast servings from Aichi's famed coffee shops



Morning (Nagoya-Style Breakfasts)

"Mornings" are a coffee shop service available mainly during the morning, where, toast and a hard boiled egg are provided free of charge when you order a drink. The practice is particularly widespread in Aichi Prefecture, and greatly anticipated by travelers and people on business trips. The service is so famous that it is recognized as a genre of Nagoya Meshi.



Kishimen

A type of broad, flat Udon-like noodle which originated in the Edo Period.

Long flat, firm noodles in a tamari soy sauce based soup, with dried Soba-bonito and mackerel stock. Basic ingredients include deep fried tofu, steamed fish paste, green leaf vegetables, and dried bonito shavings to name a few.



Teppan-Spaghetti

Spaghetti flavored with a ketchup-based sauce is prepared in a teppan-zara, iron hotplate, and beaten egg poured around it. Enjoyed mostly in coffee shops, rather than spaghetti restaurants. Regular ingredients include small sausages, onion, bell pepper, mushrooms and peas.

Not only
Nagoya-meshi!

Nagoya tour guide

Nagoya Castle

The starting point of Nagoya's history! Nagoya Castle was constructed on the orders of Tokugawa Ieyasu in 1612. It was destroyed by WWII aerial bombing, but the five-story main tower keep and the adjoining secondary tower keep were reconstructed in 1959, complete with the symbolic golden Shachihoko killer whale rooftop ornaments. The Nagoya Omotenashi Bushotai, samurai performance team, the first of the many popular nationwide samurai teams, greets visitors and performs on weekends and holidays. Meanwhile, the authentic restoration of the gorgeous Honmaru Goten Palace is partially open to the public, and is set for completion in 2018.



○For further Nagoya city tourism information, please see the

Nagoya Convention & Visitors Bureau website:
<http://www.nagoya-info.jp/en/>



Toyota Commemorative Museum of Industry and Technology

The Taisho period (1912-1926) factory and birthplace of the Toyota Group has been preserved as a museum dedicated to the company's valuable industrial heritage. The museum provides easy-to-understand explanations and demonstrations by operators of working machinery showing the evolution of the Toyota Group, starting with the textile machinery pavilion and its technical progression into automobile manufacturing, and the car museum.



The Osu Shopping Arcade Area

Said to be one of Japan's liveliest shopping arcades, with everything from vintage clothing to consumer electronic stores, gourmet, and recently the hub of Japanese sub-culture, where Cosplayers from around the world come to enjoy masquerading. Osu is always buzzing with activity.



A combination of fried prawn in a lightly salted rice ball.



Tenmusu

Tenmusu are small rice balls containing a small Ebiten (shrimp Tenpura) and wrapped in seaweed. The Ebiten's flavor and delicate saltiness of the rice is well matched. Being half the size of usual rice balls, Tenmusu is easy to eat as a snack or give as a gift.

A common post-war food-stand dish now enjoyed at home and as a souvenir.



Dote-ni

Dote-ni is pork or beef entrails boiled in soybean miso. Nationally this dish primarily uses a soy sauce broth and is called 'Motsu-ni', but around the Aichi region, local miso is used and is characterized by its rich salty-sweetness. The name is said to have originated as miso was pasted like dote (embankments) on the inside of the pot.

The pride of Aichi, the revival of affordable gourmet pickles.



Moriguchizuke

Slender coils of fiber-rich Moriguchi daikon radishes grown on the banks of the Kiso River are pickled in sake production residue as Narazuke. Sweet sake known as mirin is a specialty of Aichi, and so not only sake, but mirin residue is also used. The result is a mild, easy to enjoy pickles with a distinct crispness and a mellow sweetness compared to other brands of Narazuke.

In Nagoya, Aichi and surrounding areas, it is only natural that Oden be served in miso!



Miso Oden

There are two basic types of Miso Oden, ingredients stewed in miso-based broth. One is simmered in a broth of miso, and usually found at restaurants, while the Kanto (east Japan) type has miso added to a soy sauce based broth.

Nagoya styled Curry Udon is a unique and fashionable feed.



Curry Udon

Curry Udon originated in Tokyo during the Meiji period becoming nationally accepted. Nagoya style Curry Udon developed individually and also became widespread. Like genuine Indian cuisine, the roux is spicy, thick and creamy. The soup is of chicken broth, with thick pieces of deep-fried tofu, spring onion, pork, boiled fish cake and served with thick, chewy noodles.

Nagoya TV Tower and Oasis 21

Japan's first broadcast tower and a symbol of Nagoya, Nagoya TV Tower was built in 1954 in the city center, and provides superb views of the city, Mt. Ontake, Mt. Hakusan and the surrounding districts from the 90m high Skydeck and 100m Sky Balcony. In 2005 it was the first tower to be designated a Tangible Cultural Property. The landmark Oasis 21 complex is a multi-level variety shopping center, event venue and bus terminal, covered by a huge water filled glass dish.



The Tokugawa Art Museum

The Tokugawa Art Museum houses a collection of well over 10,000 art treasure heirlooms of the Owari Tokugawa clan, including relics of the clan founder, Shogun Tokugawa Ieyasu. Among armor, weapons, letters and personal items all donated by Tokugawa Yoshichika, the museum also features daimyo class feudal lord daily use items rarely seen in exhibitions or public museums.



Sightseeing in Attraction Filled Aichi

Aichi, Home of the Samurai

Samurai warlords born in Aichi were deployed across the nation, laying the foundations of modern day Japan.

➡The story of the teaming of the legendary Iga ninja who saved Tokugawa Ieyasu and led him to safety has been revived in Aichi as the performance team, "Hattori Hanzo and the Ninjas."



Nature

The rich tapestry of metropolitan grandeur, historic townscapes and abundant nature.

➡Miraculous autumn blooming cherry blossoms and fall colors can be enjoyed together at Obara, Toyota City.



Deep fried, spicy chicken wings that will have you ordering more! A must-have item on any Izakaya bar restaurant menu!



Tebasaki Fried Chicken Wings

Tebasaki, correctly known as Tebasaki-karaage, are chicken wings. The wings are deep fried without batter, but coated in a tasty salty-sweet sauce, and sprinkled with aromatic spices and sesame seeds.

A famous brand of chicken, loved by the people of Aichi



Nagoya Cochin

This local chicken boasts overwhelmingly strong brand power. The meat color and shape, and wing color is similar to oak leaves, so the meat also came to be called "Kashiwa", or Oak. The meat is firm with a chewy texture and full-bodied taste. From hot pot cooking to sashimi and karaage fried chicken, it is used diversely in cooking.

An exquisite café styled sweet blending east and west.



Ogura Toast

Ogura toast is a half-Japanese half western style sweet enjoyed at coffee houses. Butter or margarine is spread on the toast, and topped with Anko, sweet red bean paste. The saltiness of the butter and piping hot bread bring out the mellow sweetness of the Anko.

Thick, spicy sauced spaghetti, available across Aichi.



Ankake Spaghetti

Ankake Spaghetti is characterized by a rich spicy, peppery sauce, similar to the heavier sauces found in Japanese and Chinese food. Variations differ with topping ingredients: "Miraneze" (Milanese) has ham as the main topping, while "Kantori" (Country) has vegetables. Both are combined to form the most popular "Mira-kan," an abbreviation of the two names.

Industry, Traditions and Culture

Throughout history, Aichi Prefecture has been a leader in manufacturing and craftsmanship. From the days of old, Aichi has been a place of traditions and technology, involving work and daily life items, to the various festivals.



●**Karakuri Ningyo**
Mechanical Dolls

Aichi's strong machining technology began with the development of traditional *Karakuri Ningyo*, Mechanical Dolls used in festivals and entertainments that led to the modern world leading automotive and robotics industries.

☞Demonstrations of the traditional *Karakuri Ningyo*, Mechanical Dolls are held weekends and holidays (except for Inuyama Festival dates) in Inuyama City's Karakuri Exhibition Room (Annex)

●Festival Floats

☞Handa City's lively Kamezaki Shiohi Festival sees teams of men carrying five large and gorgeously decorated traditional floats down to the waters at low tide.



●Fireworks Festivals

☞See the brave men of Higashi Mikawa risk life and limb firing off classical hand-held Tezutsu fireworks.



●Owari Shippo Cloisonné Work

The traditional art of Owari Shippo is a culmination of beauty and precision.

☞You can experience traditional Shippo Yaki cloisonné work in Ama City's SHIPPO ART VILLAGE.



Aichi's Must Try Local Gourmet and Delicacies

Besides the popular Nagoya-Meshi, Aichi Prefecture offers a full range of gourmet dishes, including Toyohashi Udon, a specialty of Toyohashi City featuring grated yam hidden in the curry flavored udon noodles. Takahama Torimeshi chicken rice is enjoyed hot or cold, and the reasonably priced Fugu blowfish of Minami Chita-cho is a delicacy all will want to experience.



☞Toyohashi City's Toyohashi Curry Udon Noodles



☞Takahama City's Tori-Meshi, Chicken rice



☞Minami Chita-cho's delicacy, Fugu Blowfish

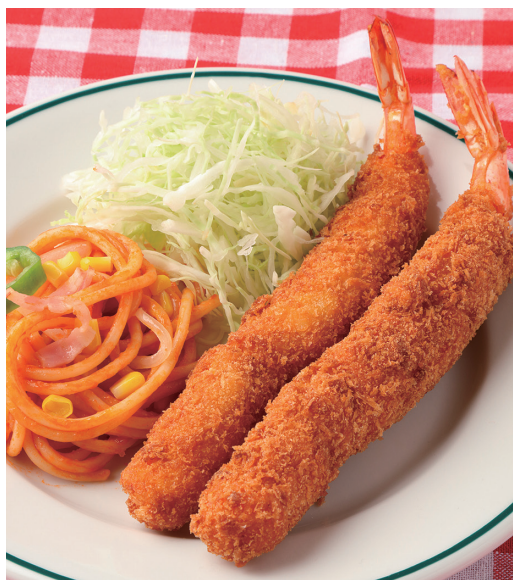
○For further Aichi Prefecture tourism information, please see the

Aichi Prefectural Tourism Association website:

🌐<https://www.aichi-now.jp/en/>



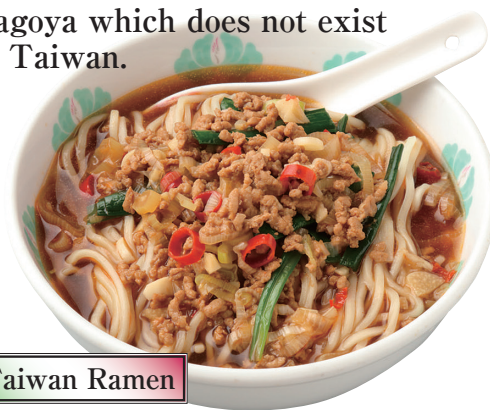
A true specialty dish, made popular through a joke.



Ebi Furai

Ebi Furai, fried shrimp are a Japanese created western-styled cuisine. Aichi's prefectural fish is the prawn, and shrimp consumption is high. Fried prawns are often used as topping for noodles, rice dishes and curries etc. Although neither originating in, nor limited to Nagoya, Ebi Furai have firmly become a local specialty.

Extra-hot ramen noodles created in Nagoya which does not exist in Taiwan.



Taiwan Ramen

Despite the name, these extra-hot ramen noodles are not from Taiwan, but are a Nagoya created version of Taiwan's Tantsu-men noodles. Red peppers and garlic are added to extra-hot fried mince, topped with leeks and bean sprouts. The soup is chicken broth based, and very refreshing.

A popular snack dessert, enjoyed by the people since the Edo Period.



Oni Manju

Oni Manju, or devil cakes, are a snack made of steamed glutinous rice flour with cubes of sweet potato bulging out like the horns of a devil. It is sticky, sweet and filling in a simple and nostalgic way. As the price is still very reasonable, it is loved as a simple snack for the people of Aichi.

Nagoya's premier souvenir and traditional variety sweets



Uiro

Uiro is a local cake-like confectionery made from steamed rice flour and sugar. Available nationwide, 90% of the sweet is produced in the Tokai area, making it a true Nagoya and Aichi specialty.

A rich prawn cracker you can't stop eating!



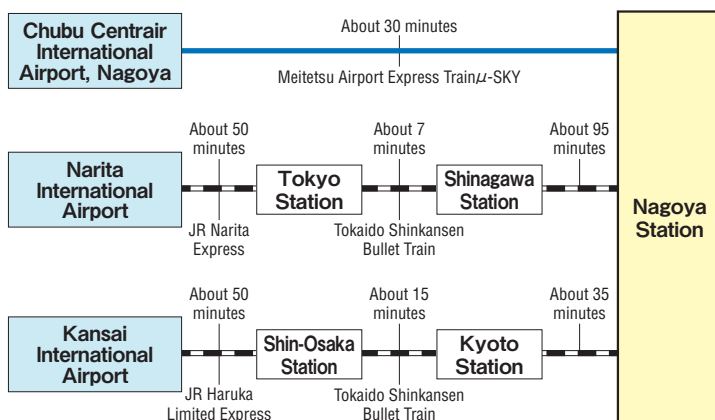
Ebi Senbei

The taste of rice crackers differs according to production region, such as Soka Senbei from east Japan, and Nanbu Senbei from the northern Tohoku regions. In Aichi, crackers means prawns, and 90% of Japan's exquisite prawn crackers are made in Aichi. The light saltiness and fine prawn flavor is divine.

○Access routes to Nagoya, Aichi Prefecture



Standard access routes to Nagoya



History and Traditional Culture, Amazing Scenery, Magnificent Nature, Hot Springs ... Four SHORYUDO Model Courses to Introduce the Real Japan.

Central Japan is said to resemble the shape of a rising dragon, and condensed within that dragon is a wealth of history, traditional culture, beautiful nature, soothing natural hot springs, and the various charms that only Japan can offer.



Discover famous scenes from Ukiyo-e woodblock prints, including samurai related scenes and World Heritage sites.

Ukiyo-e Course

The Ukiyo-e woodblock print making genre developed during Japan's peaceful Edo period. One of the foremost woodblock artists, Utagawa Hiroshige's works would later influence Western Impressionists such as Van Gogh and Monet. This course guides you to the samurai battlefields and castles, as well as along the celebrated Tokaido Highway connecting Edo and Kyoto as depicted in these incredible works of art.

Amazing Scenes from Ukiyo-e Prints

Highway Post Towns Depicted in Ukiyo-e Prints

The masterpieces of Hiroshige, including long gone scenes of the various post towns and the sights along the Tokaido Highway can still be seen in the Tokaido Hiroshige Museum of Art.



Yui Shuku Honjin

Great Samurai Castles and Ancient Battlefields

Follow in the footsteps of the great warrior, Tokugawa Ieyasu, from his birthplace at Okazaki Castle, to the site of the decisive Battle of Sekigahara and the Tokugawa clan's magnificent residence at Nagoya Castle.



Okazaki Castle and Ieyasu Parade (Okazaki City)

World Heritage Listed Mt. Fuji, and Holy Mt. Hiei's Enryaku-ji Temple

Japan is rightly proud of its many World Heritage listed sites, including iconic Mt. Fuji, and the ancient Enryaku-ji Buddhist Temple on sacred Mt. Hiei.



Mt. Hiei, Enryaku-ji Temple

Encounter Traditional, Historical Arts and Crafts

Dragon Course

The Dragon Course rises from the regions' largest city, Nagoya, on the Pacific side of Japan through the center of the main island to the Noto Peninsula on the Sea of Japan. The area invites you to experience a range of cultural activities, from relaxing in the famed hot springs of Gero and Wakura, to witnessing various traditional crafts, including samurai sword-smithing and gold leaf arts.



Gero Onsen Hot Springs

Explore Traditional Japan's Castles, Castle Towns and Old Homes

Nostalgic Course

Under the theme "Encountering Classical Japan", discover samurai culture amongst the castles and castle towns, see a village of World Heritage listed traditional Gassho Zukuri homes still used to this day. Experience the atmosphere of Ise Shrine, the holiest of shrines held dear to the hearts of the Japanese people, and the ancient Kumano Kodo route, another World Heritage site used by the pilgrims of old.



Shirakawa-go - Gassho Zukuri homes

Experience Majestic Nature, and Japan's Four Distinct Seasons

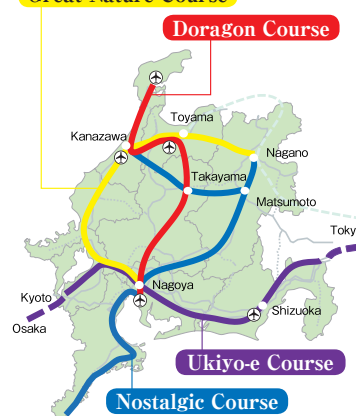
Great Nature Course

Providing some of the best natural scenery Japan has to offer throughout Japan's distinct seasonal changes, this course incorporates the 3,000 meter high Japanese Alps and the ragged cliffs of Tojinbo, eroded by the rough waves from Sea of Japan. Enjoy the greatness of Lake Biwa, one of Japan's, and the world's oldest lakes, or the springtime Alpine Yuki no Otani, Canyon of Snow, eroded by the rough waves from Sea of Japan. Experience the Harvest Moon in the comfort of Unazuki Onsen Hot Springs, and the glorious colors of Autumn at the Eihei-ji Temple or the Koto Sanzan region.



Yuki no Otani, Canyon of Snow (Tateyama Kurobe Alpine Route)

Great Nature Course



For more Four SHORYUDO Model Course information, see;

<http://shoryudo.go-centraljapan.jp/en/>



○Nagoya Meshi PR Council

Nagoya Meshi PR Council
http://nagoya-meshi.jp/index_en.html



City of Nagoya
<http://www.city.nagoya.jp/en/index.html>



Aichi Prefectural Tourism Association
<https://www.aichi-now.jp/en/>



Aichi Prefectural Government
<http://www.pref.aichi.jp/global/en/index.html>



Nagoya Chamber of Commerce & Industry
<http://www.nagoya-cci.or.jp/eng/>



Nagoya Convention & Visitors Bureau
<http://www.nagoya-info.jp/en/>

