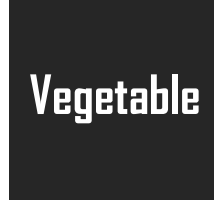
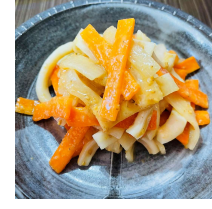
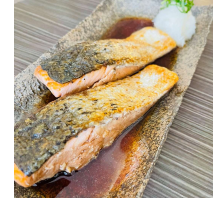
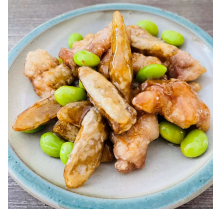
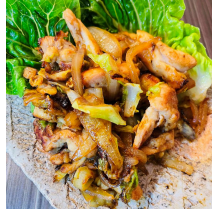
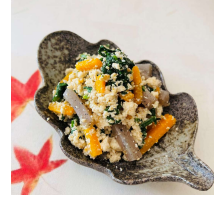
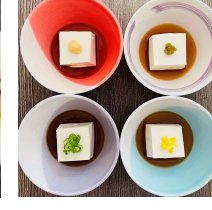
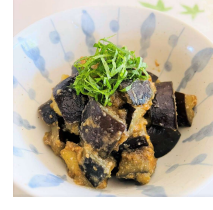
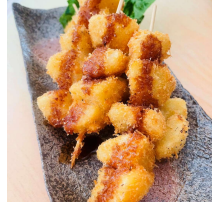
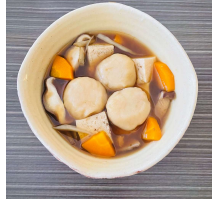


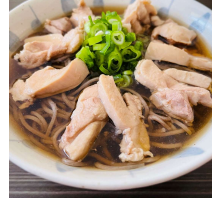
Meat



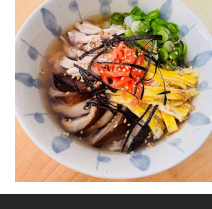
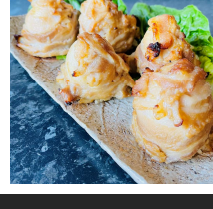
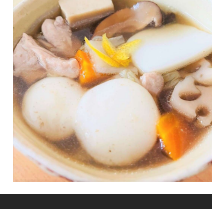
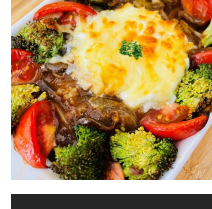
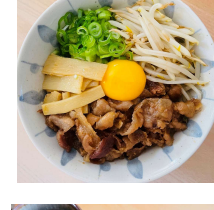
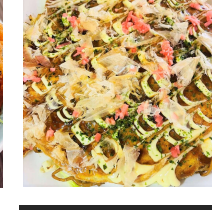
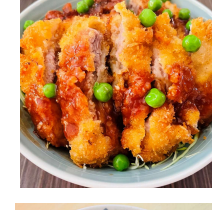
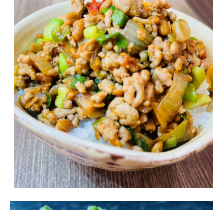
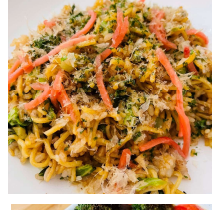
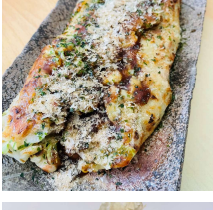
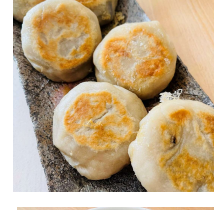
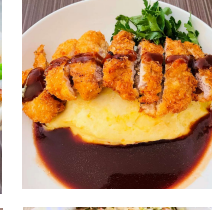
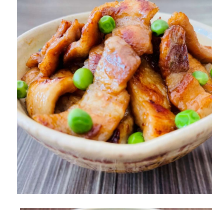
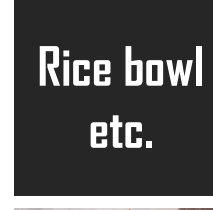
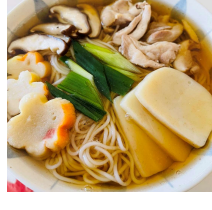
Seafood



Noodles



Rice bowl etc.



Sweets



This collection of Japanese gourmet recipes was put together to promote tourism and raise interest in regional areas of Japan. The recipes use ingredients that can be found outside of Japan. While cooking and eating, you can discover the tourism websites and the social media pages of all prefectures. We hope this will encourage you to visit Japan! However, although this website will only share recipes that use ingredients that can be found abroad, there are many recipes from all over the country that use ingredients that can only be found in regional areas of Japan. The recipes are only a small selection of local gourmet food from each region. To discover the full delights of Japan's finest cuisine and enjoy genuine local food, please visit Japan!

Please note: Sometimes dishes with the same name are found not only in one prefecture, but are enjoyed in many prefectures (or regions). Also, in order to easily enjoy recreating these dishes at home, some recipes have been simplified.



Meat

"Towada Gyu-barayaki"
Sweet and spicy soy sauce stir-fried beef and onions.
*from Aomori

"Aizu Sosu-katsudon"
Rice bowls with pork cutlets in a sweet and sour sauce with cabbage.
*from Fukushima

"Jibunii"
Duck and vegetable stew with a soy sauce broth.
*from Ishikawa

"Niku-sui"
Beef soup with a Japanese broth.
*from Osaka

"Imabari Teppan-yakitori"
Sweet soy sauce stir-fried chicken.
*from Ehime

"Hamu-furai"
Deep fried ham with crispy breadcrumbs.
*from Akita

"Ton-zuke"
Pork saute marinated in a miso based sauce.
*from Kanagawa

"Kei-chan"
Chicken and vegetables grilled in a sweet and spicy miso based sauce.
*from Gifu

"Chikin-chikin-gobo"
Deep-fried chicken and burdock with a sweet soy sauce based sauce.
*from Yamaguchi

"Tori-ten"
Deep-fried chicken in a light batter (Chicken tempura).
*from Oita

Seafood

"Negima-nabe"
Hot pot with fresh tuna and leek.
*from Tokyo

"Sake-no-yakizuke"
Salmon marinated in soy sauce.
*from Niigata

"Saba-no-nikui"
Hot pot with mackerel and vegetables.
*from Shimane

"Kake-ae"
A vinegared dish with squid and vegetables.
*from Saga

Vegetable

"Mamebu-jiru"
Soy sauce based soup with walnut and brown sugar dumplings.
*from Iwate

"Konnyaku-no-shira-ae"
Konnyaku, mashed tofu and vegetable salad.
*from Gunma

"Nasu-no-yogoshi"
Stir-fried aubergine with a miso based sauce.
*from Toyama

"Yu-dofu"
Boiled tofu with various condiments.
*from Kyoto

"Imo-furai"
Deep fried skewered potatoes with crispy breadcrumbs.
*from Tochigi

"Miso-poteto"
Deep fried potatoes with a sweet miso based sauce.
*from Saitama

"Otsuke-dango"
Miso based soup with vegetables and dumplings.
*from Yamanashi

"Taimo-no-korobashi"
Cooked satsumo coated with sesame.
*from Kochi

Rice bowl etc.

"Obihoro Buta-don"
Sweet soy sauce stir-fried pork rice bowl.
*from Hokkaido

"Boruga-raisu"
Omelet rice with pork cutlets and demiglace sauce.
*from Fukui

"Oyaki"
Dumplings filled with miso flavored aubergines.
*from Nagano

"Enshu-yaki"
Pancake with pork and colourful pickles.
*from Shizuoka

"Soba-meshi"
Stir-fried rice and yakisoba noodles with spicy sauce.
*from Hyogo

"Shoga-meshi"
Ginger-flavoured cooked rice.
*from Wakayama

"Sutamina-natto-tamanegi"
Spicy rice bowl with pork and natto.
*from Tottori

"Hiroshima-fu-okononiyaki"
Pancake with pork and yakisoba.
*from Hiroshima

"Pippi-meshi"
Soy sauce stir-fried rice and udon noodles.
*from Kagawa

"Gu-zoni"
Soup with rice cakes, chicken and vegetables.
*from Nagasaki

"Kei-han"
Cooked rice soup with chicken and various condiments.
*from Kagoshima

"Demi-katsu-don"
Rice bowls with pork cutlets and a demiglace sauce.
*from Okayama

"Tokushima-don"
Rice bowls with pork and bamboo shoots.
*from Tokushima

"Yaki-kare"
Baked cheese curry with cheese.
*from Fukuoka

"Nikumaki-onigiri"
Riceballs covered with pork.
*from Miyazaki

Sweets

"Zunda-mochi"
Rice cakes covered with sweet edamame bean paste.
*from Miyagi

"Sata-andagi"
Round deep-fried doughnuts.
*from Okinawa

Noodles

"Kahoku Tsumetai-nikusoba"
Cold soba noodle soup with chicken.
*from Yamagata

"Kenchin-udon"
Udon noodle soup with chicken and vegetables.
*from Ibaraki

"Tan-tan-men"
Spicy ramen with minced pork and onion.
*from Chiba

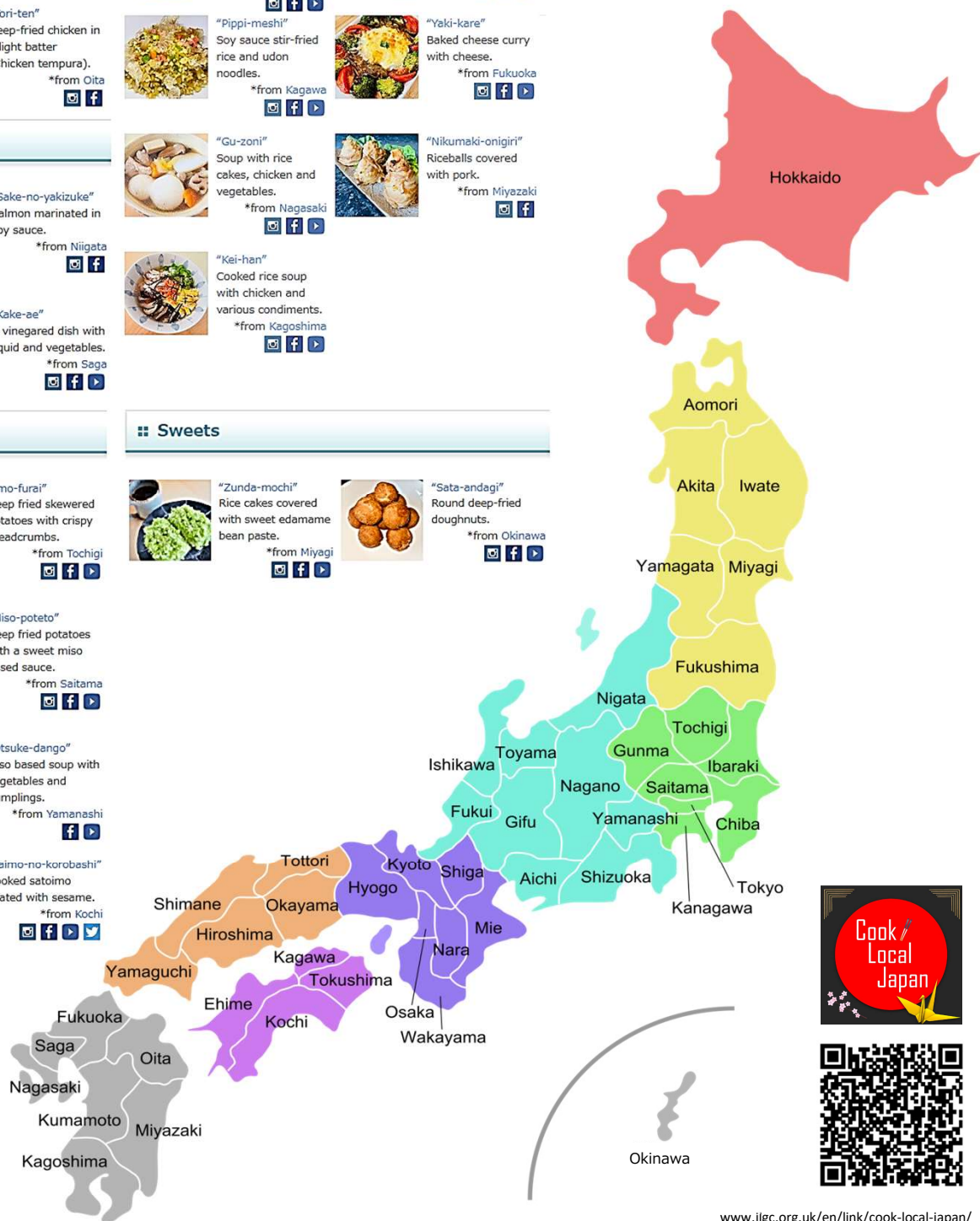
"Ankake-supagetei"
Spaghetti with vegetables and a ketchup based sauce.
*from Aichi

"Kameyama Misoyaki-udon"
Stir-fried udon with a red miso based sauce.
*from Mie

"Noppei-udon"
Ginger-flavour udon noodle soup.
*from Shiga

"Nyu-men"
Somen noodle soup with chicken and vegetables.
*from Nara

"Tai-pi-en"
Harusame noodle soup with pork and seafood.
*from Kumamoto



www.jlgc.org.uk/en/link/cook-local-japan/