



日本語
English

浜名湖

海をたのしむ湖

日々変化する、創造の湖

潮の満ち引きにあわせて、海の水が行き来する。
その海水こそが、浜名湖ならではの生命や活動の源となる。
里海として豊かな恵みが生まれ、
人々は、海の魅力を満喫する。
浜名湖の日々移ろいゆく躍動感はやがて風土を形成し、
ものづくりの原点となる。



UNDISCOVERED JAPAN



海をたのしむ湖、浜名湖へようこそ

太平洋から海水が流れ込む浜名湖は、海の幸やマリンスポーツなど海の魅力をぞんぶんに楽しむことができる湖です。浜名湖周辺には田園風景や里山が広がり、全国的にも有名なお茶やみかん、そのほかにも多くの野菜・果物が栽培されています。そして、豊かな自然だけでなく「人」も魅力的。チャレンジ精神旺盛で、時代の変化をとらえ、常に世界に通じる技術を生み出してきた、日本のものづくりの要所でもあるのです。

Konnichiwa!

Lake Hamana, Hamanako to locals, is a way of life for those who live by it. The hard working fisherman, farmers, and creators who call it home are the salt of the earth. Opened up to the sea by the forces of nature at the end of the 15th century, salt poured into the lake and the veins of those around it, creating a unique brackish lake. With the most amount of sunshine on the main island of Japan and a bounty of fresh fish and produce, Lake Hamana is a beautiful aquatic playground for water sports and outdoor adventures.

THE SALT OF THE EARTH

LAKE HAMANA JAPAN



水産業

豊かな漁場、浜名湖と遠州灘の水産業を支えるのが地元の水産業に携わる人々。全国トップクラスの漁獲量を誇るしらすをはじめ、あさり、エビ、カニなど、魚介類の種類も豊富。春から夏に舞阪漁港で開催される「えんはい朝市」では、その日に水揚げされた新鮮なしらすが人気です。



1

里海

Our lake and its people

Lakeside

"For our junior high school graduation book, we had to write down what we would become in the future," says third generation fisherman Takayama-san. "And that's what I am now," he says.

He knows Lake Hamana better than most, hauling up nets since 1973. At that time, the industrial economy in Hamamatsu was beginning to boom, and most of the eldest sons in the area abandoned the boats and took salary jobs. "I love this way of life," he says, "I try to innovate, and like thinking of new ideas. That's what keeps me motivated."

520 years ago, the lake was opened up to the sea. If not for this, "Lake Hamana wouldn't be fresh water. The fisherman wouldn't be able to make a living if the salt had not entered the lake," he declares. "It's the perfect place to moor a boat; you can go cruising and fishing in the lake, or head out to the Pacific Ocean."



2

Tenryu

Tenryu River, or "Heavenly Dragon River," is not a giant river, but it heaves, and before it was invariably dammed it was known to rage. Its tail descends from Nagano's Alps, cutting deep valleys to the Pacific east of Hamamatsu. Villages cling to slopes or settle in tight valleys, while the people of the area fish, grow, hunt and log in true mountain tradition.



photo by Toshifumi Uchiyama

7

Made for the Mountain

While flying over Japan returning home from overseas as a young backpacker, Takeshi Maeda looked out of the plane and saw the forests of Japan. He knew that was the place for him. At that time, the government was calling out for forestry workers as people were moving to the cities. "I stayed in the area because I found the locals were kind and friendly," he says. "The wood is also some of the best. Due to the favourable conditions, the trees grow straight and tall."

林業

浜松市の天竜地域はかつて人工林の植林が盛んに行われ、「日本三大人工美林」の1つに数えられていました。千葉県から移住し、天竜の山で林業に携わる前田剛志さんをはじめ、次世代につながる持続可能な森づくりへの取り組みが活発になっています。

里

山

Mountain folk

Valley of Tea

Kurisaki-san is a third generation tea farmer. "I'm always thinking of ways to improve the yield and quality while caring for the mountain," he says. Shizuoka prefecture is famed for its excellent tea-growing. Around Hamamatsu City, Tenryu and Haruno tea fields provide top-grade tea.

The natural beauty is cloaked in mystery as deep valleys and rivers wind their way

from the Alps to the Pacific. "Plantations extend from 100 m to 700 m above sea level," says Kuirsaki-san. Each morning and evening the tea fields are shrouded in mist that rises from the rivers. "The steep inclination provides good soil drainage, limiting damage from frost," he says. Green tea is still the drink of welcoming in Japan, if you visit the area you'll have a chance to sip some of the best.

- 01 Morning commute
- 02 Fishermans basket
- 03 Fresh tenpura
- 04 Pontoon dining
- 05, 06 Night fishing
- 07 Mountain families
- 08 Hiking the tea fields
- 09 Fresh pickings
- 10 Kurisaki san



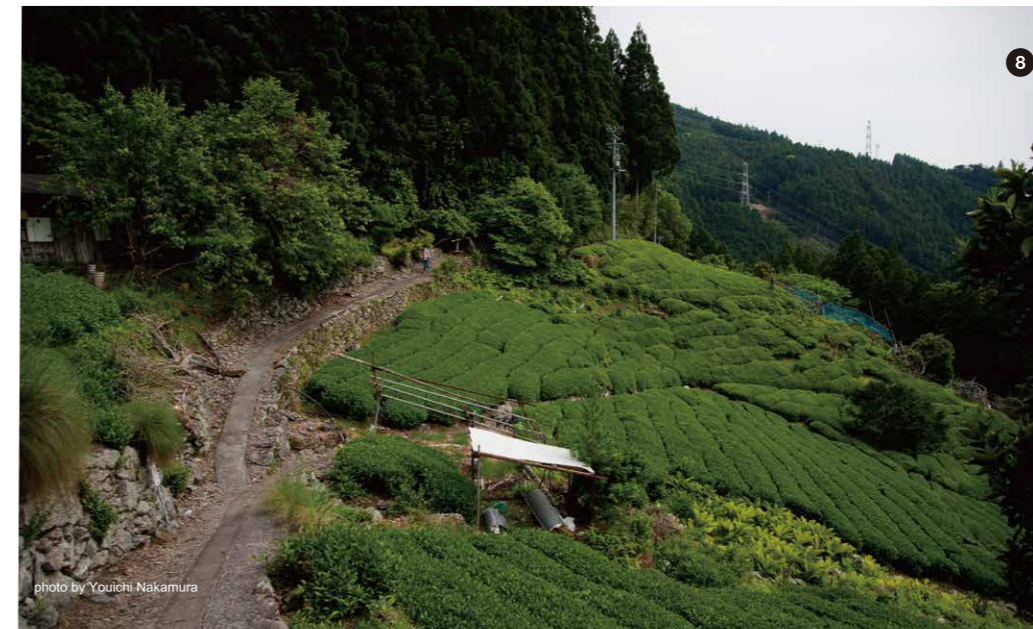
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10

茶農家 「栗崎園」

浜松市では平地から山間地まで、お茶の栽培が営まれています。浜松市天竜区春野町は、標高が高くお茶づくりが盛んな地域。昼夜の温度差が大きく、標高300〜600mの傾斜地に茶園がある栗崎園さんは、銘茶の品評会で名誉ある賞を受賞するほどの銘茶をつくっています。



8

photo by Youichi Nakamura

たきや漁

日が暮れた夜の浜名湖で、黒鯛やカニなどをモリで突く伝統の漁法。事前予約で体験できるので、体験型の観光としても人気です。漁のあとは湖上に浮かぶ筏（いかだ）の上で夕食を。漁師さんたちが天ぷら、塩ゆでにしてくれる海の幸は絶品。浜名湖ならではの特別なひとときを過ごせます。



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Catch & Dine Night Cruise (Takiya Ryou)

From April to October, you can access your primal instincts and go on a guided spearfishing trip on Lake Hamana. This traditional method is limited to a handful of people each night with the option of dining on your catch afterward. With over 120 species of fish - some poisonous - your local guide will make sure you haul in a treat for a feast, and give you a good tale to tell.



Our History

浜名湖地域の歴史

浜名湖は古来より、東西の交通の要所として、人や物、文化が往来する場所でした。今からおよそ500年前、室町時代に発生した大地震により海との境界が決壊し、太平洋とつながりました。海水と淡水が混ぜ合わさることで、海の魅力をもつ湖として、豊かな恵みが育まれるように。そして今では、多種多様な生物が浜名湖に生息しています。しらすやクルマエビ、全国的にも希少なノギリガザミ（通称「ドウマン」）の漁場として知られ、うなぎ、のり、カギ、スッポンなどの養殖も営まれています。

Since ancient times, Lake Hamana has been a traffic hub between east and west- a place where people, goods, and culture would come and go. Approximately 500 years ago, a massive earthquake occurred in the Muromachi period, and the sea border collapsed and connected the lake to the Pacific Ocean. With seawater and freshwater intermingling, it became a lake with the ocean's charm; the devastation nurtured an abundance of blessings. And now, Lake Hamana is inhabited by a wide variety of produce, whitebait, prawn, seaweed, oysters, and for adventurous cuisine types, the rare mud crab (douman), eels, and soft-shelled turtles.



1.Hamamatsu Castle 2.Okuyama Houkouji Temple (Shakasanzon) 3.The Princess Road Procession(Hime-sama Dochu) 4.Enshū Dai-nenbutsu Ritual 5.Tezutsu Handheld Fireworks
6.Ryotanji temple 7.Hamamatsu Festival 8.Hosoe shrine Gion festival 9.Folk Kabuki 10.Akiha Fire Festival 11.Yabusame (Horseback archery)
12.Maisaka Drum Festival 13.Arai Sekisho (Edo road check point) 14.Maisaka-shuku Waki-Honjin 15.Woodblock print of Arai (Hiroshige)

浜名湖の流域には、浜松市・湖西市が広がり、80万人を超える人々が暮らしています。江戸幕府を築いた名將、徳川家康が約17年間、浜松城を拠点にしたことに起因し、浜松市には家康ゆかりの地や史跡が数多く残ります。湖西市は江戸時代に東海道の宿場町として人々が往来し、日本で唯一現存する関所、新居関所（国指定特別史跡）が今も残されています。また、浜名湖エリアには、浜松祭りや手筒花火など、それぞれの地域に根付いたお祭りも数多く、この土地ならではの伝統や文化が受け継がれています。

The basin of Lake Hamana includes Hamamatsu and Kosai City, home to more than 800,000 people. Tokugawa Ieyasu, the founder and first shogun of the Tokugawa shogunate of Japan, resided in Hamamatsu castle for around 17 years. Many sites and historical ruins related Tokugawa remain in the area.

If you travel from Tokyo to Kyoto via the coastal plains, you must cross Lake Hamana or take the Alps route. During the Edo era (1603-1868), many people passed through the area, leaving traditions and architecture, such as the only surviving security checkpoint in Japan, the Arai Barrier (a National Historic Site).

There are numerous festivals from the Edo period rooted in each district, such as the Hamamatsu Kite Festival, the Princess Highway Festival, hand-held fireworks displays, and traditions and culture unique to this region that are handed down through the generations.

Born in Lake Hamana

浜名湖周辺は、東京と大阪のほぼ中間に位置し、交通の要所に加え、日本のものづくり産業の要所として栄えてきました。江戸時代から織物や製材業を中心に発展し、時代とともに次々と新たな産業が起こりました。自動車、楽器、電子技術をはじめ、この地域で発明された技術は数知れず。「とにかく、まずやってみよう」というチャレンジ精神、ものづくり文化は脈々と受け継がれ、ダイナミックに日々変化する浜名湖のように、技術の誕生や革新が今も続けられています。

The area around Hamana Lake comprises a midpoint between Tokyo and Osaka. It's an important communication point and has always been well-known in Japan for its craftsmanship industry. During the Edo period it saw developments in the textile and lumbering industries, and with the flow of time, it saw the birth of new industries.

People began working with au-tomobiles, musical instruments, and electronics technology; the amount of arts that were invented in this region is uncountable. "Let's give it a try" became the motto of these people. The craftsmanship culture continues to this day and is under constant evolution, similar to Lake Hamana's dynamic everyday changes.



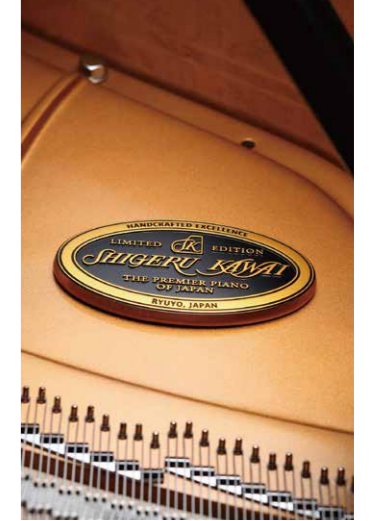
HONDA



YAMAHA



SUZUKI



KAWAI

Brands
Born in Lake Hamana

01 ハーモニカ Harmonica [SHOWA INSTRUMENTS]

音楽の街「浜松」で、ハーモニカ職人の手によって、こだわりの製法で作られています。

Handmade in the UNESCO music city of Hamamatsu, Showa harmonicas are a great travel companion or gift.

▶ 昭和楽器製造 syowagakki.co.jp



02 マトリョミン Theremin [Mandarin electron]

電子楽器「テルミン」の機能を備えたマトリョーシカ。個性的で豊かな音色が響きます。

Where else in the world would you find a matryoshka doll equipped with the features of a "theremin"? (an electronic instrument that produces very rich and unique tones)

▶ 有限会社マンドリンエレクトロン
mandarinelectron.com/matryomin



*写真はイメージです。実際の演奏動作とは異なります。
*For illustrative purposes only.

03 シーフアロン Lures [Sea Falcon]

浜松市に本社工場を構え、メイドインジャパンの高品質なルアーを世界に発信するメーカーです。

Loved by their fans as much as those who make them in the workshop in Hamamatsu. Find a lure to land any big one.

▶ 株式会社ブルーニングハーツ bluing-hearts.com



04 ネックラック Pillows [Neck Luck]

乗り物の揺れによる首への負担を軽減する、乗り物用まくら。浜松市内で作られています。

Locally made and ergonomically engineered for the neck stress of travel, these pillows come in a range of colors.

▶ ゴルフスクールT・K neckluck.com

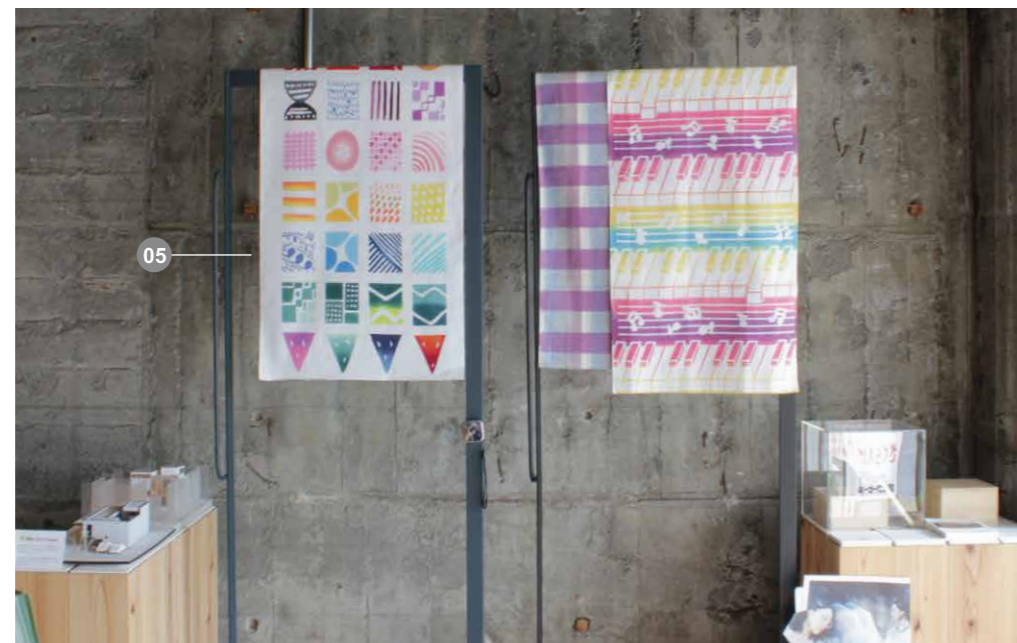


05 注染てぬぐい Dyed hand towels [Chusen]

染料を型に注ぎ、にじみやぼかしを表現する日本の伝統技法。浜松市では今もなお、職人技が受け継がれています。

The cotton dyeing technique of chusen is used to create these unique cloth designs. From a small tenugui to a summer kimono (yukata), they make the ideal souvenir.

▶ ファッションきもの いしばし 1484kimono.jp



06 POIRE・BABY-BALLOON! Tote Tote bags [JETMINMIN]

地元浜松の織物などを素材に、細部までこだわったプロダクトを一点一点、手づくりしています。

From their workshop on Lake Hamana, JETTT and MINMIN, use Hamamatsu canvas, cotton and ex-military materials to create highly detailed products to promote harmony.

▶ JETMINMIN jetminmin.com



07 竹の鞆 Bamboo Handbags [Gen]

竹を育てるところから携わり、とことん手仕事にこだわる竹かばん職人による逸品です。

Artisans work on the entire process for making these rare and beautiful bamboo bags, all the way from the growth of the bamboo to the handwork.

▶ GEN gen-take.jp

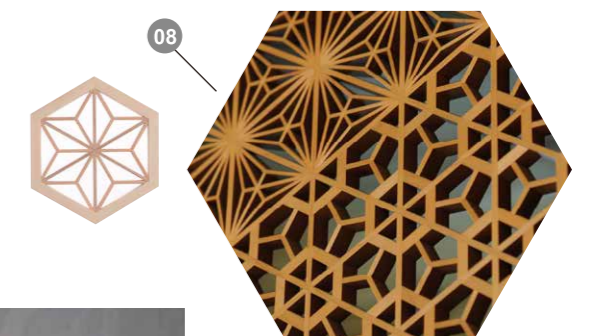


08 組子オーナメント Wooden Ornament [jwood]

建具などに用いられる伝統技法「組子」の技を現代に活かしたオーナメントです。

Modern ornaments made with the traditional "Muntin" techniques commonly used in fixture furniture.

▶ 有限会社ジェイウッド jwood-japan.jp



09 日本酒フルートグラス・八角プレート Sake goblet and plate [333products]

浜松市のデザイナーと製材所などが連携して天竜の間伐材を使うプロジェクトです。

These sake goblets and plates are a collaboration with Hamamatsu's designers and sawmills, making use of Tenryu's cedar byproduct wood.

▶ 333 プロジェクト 333p.jp



10 遠州綿紬 Milled cotton [Enshu Men Tsumugi]

浜松市で織られている伝統織物。日本らしい色合いと、温かみのある風合いが人気です。

The cotton in the area has long been linked with the fashion houses of the world, hence its scarcity; now you can pick up some of the finest cloth made today.

▶ ぬくもり工房 nukumorioubou.com



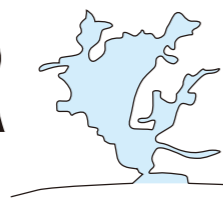
A LAND OF MODERN LEGENDS

Without the legends of this area and their legacies, there would be a lot less other legends in the world today. No highly skilled master luthiers at the famed Yamaha Music Craft in Hamamatsu to build Bob Marley's guitar, no engine for Ayrton Senna to set the world's fastest lap, and no 260 years of continual peace during Japan's Edo era.



photo by Helf Rafael Helfstein (Universe and You)

HIGHLIGHTS TOUR



浜名湖おすすめスポット
Lake Hamana Area

- A LAND OF MODERN LEGENDS
- OUT AND ABOUT WITH THE GANG
- FOR THE WHOLE FAMILY
- TABLE FOR TWO



1



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3



4



5

And More



6



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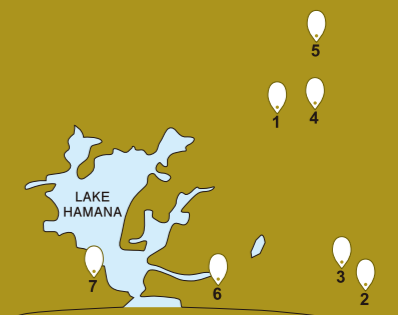


7

- 1 本田宗一郎ものづくり伝承館**
静岡県磐田郡光明村(現在の浜松市天竜区)に生まれ育った「本田宗一郎」の業績を称えて広く世間に伝えられと共に、人間「本田宗一郎」の人となりや、ものづくり精神が学べます。
- 2 浜松市楽器博物館**
世界的楽器メーカーが本拠を置く浜松ならではの日本唯一の公立楽器博物館です。
- 3 徳川家康・浜松城**
260年もの長い間、戦争のない平和国家を築いた人物。17年間を浜松城で過ごし、その後天下統一を成し遂げました。
- 4 秋野不矩美術館**
当地出身の画家秋野不矩の作品を展示。森の中に建てられた建築も注目です。
- 5 秋葉山本宮秋葉神社**
日本全国に存在する秋葉神社の総本宮。東京 秋葉原の地名の由来になった神社です。

- 1 Soichiro Honda Craftsmanship Center**
Built to celebrate and educate the public on the accomplishments of motor legend "Soichiro Honda," who was born and raised in the mountains of Hamamatsu. Visitors can learn about "Soichiro Honda," the man who pursued his dreams with a spirit for creating.
- 2 Hamamatsu Museum of Musical Instruments**
Japan's only public museum of musical instruments is unique to Hamamatsu, where internationally renowned instrument makers such as Yamaha, Kawai, and Roland place their headquarters.
- 3 Ieyasu Tokugawa • Hamamatsu Castle**
After spending 17 years at Hamamatsu Castle, he unified the entire nation and moved the government to Tokyo. From there he established the Edo era, which saw 260 years of peace.

- 4 Fuku Akino Art Museum**
The architecturally stunning building houses a permanent exhibition of artist Fuku Akino's works. Full of bright, large-scale paintings that match the building's light and open design, it's a must for all aesthetic lovers.
- 5 Akihasan Hongū Akiha Shrine**
Akihasan is the fire mountain god of Japan. The head of many Akihabara shrines that exist around Japan, it is also where the famous electronics district in Tokyo, Akihabara, derives its name.



- And More
- 6 スズキ歴史館 SUZUKI PLAZA**
 - 7 豊田佐吉記念館 Sakichi Toyoda Memorial House**

OUT AND ABOUT WITH THE GANG

With over 80 kilometers of bike paths, endless spots to drop a line, ancient passes to hike or trail run, extensive orchards for fruit pickings and a few places to let your heart flutter, Lake Hamana is one big adventure waiting to happen.



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And More



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1 パラセーリング

普段着(スカート以外)でパラセーリングを体験できます。お子様と一緒に、お友達、彼氏、彼女とペアでのフライトも可能。

2 浜名湖サービスエリアからの遊覧船

東名高速道路浜名湖サービスエリアから期間限定の浜名湖クルーズ。東名高速の大きな赤い橋の下を抜け、天候が良ければ富士山も見える約20分のコースです。

3 フライボード

水圧で飛ぶフライボード。全国大会や全日本選手権で活躍するスタッフがレクチャー。最大5メートルの高さまでフライト体験できます。

4 シーカヤック

浜名湖の各所でシーカヤック、カヌー、SUPなどが体験できます。朝・昼・夕と時間で変わる景色も魅力。湖面をのんびり進む自然のひとつが楽しめます。

5 トレッキング

標高100~400mの湖西連峰は、浜名湖や南アルプスを眺める好展望台として人気。自然歩道が整備されハイキングを楽しむ人々に親しまれています。

1 Lake Hamana Parasailing

Take off into the air and enjoy magnificent views of the lake and mountains or even Mount Fuji on a crisp day. As many as three people can fly at the same time - action cameras at the ready!

2 Lake Hamana Cruise from the Hamanako Service Area

Park the car in the Lake Hamana Service Area and go for a 20-minute cruise around the lake. Your local guide will give you a bit of insight into the lake while you take a well-deserved break and get some fresh air, and maybe have some coffee or sample the local food.

3 Flyboard and Hoverboard

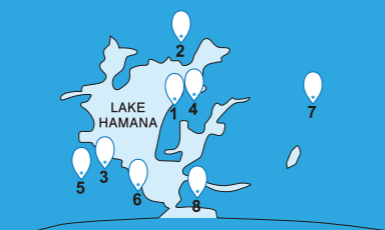
Come and experience one of the most revolutionary recreations in the world on Lake Hamana. Flyboarding, and Hoverboarding. This fun and futuristic sport is easy, intuitive and highly addictive.

4 Kayaking

What better way to explore the waterways, coves and islands of Lake Hamana than cruising around in a kayak? Lake Hamana is a flat water paddler's dream. Kayaking experiences can be found to suit all ages and skill levels.

5 Kosai Hiking Course

Hike to the west of the lake to get great views or put on your trail running shoes. With four different courses from 1.3 km's to 15.5 km's that are all easy day trips accessible by public transport.



And More

- 6 ボートレース Boat Race
- 7 オートレース Auto Race
- 8 釣り Fishing

FOR THE WHOLE FAMILY

Let the kids off the leash and relax. Get grandma out of the house and smelling the roses. With vast play areas, Lake Hamana Garden Park and Flower Park cater to all ages. For the active family, we have the odd BMX track, beach, hiking track and cruise to tire out the kids. At the end of the day, all you want to do is let the kids play, hop in a hot spring and get into bed early.



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1 浜名湖ガーデンパーク

湖畔の美しい自然と、開放感あふれる景観の中に誕生した公園。小さなお子様からお年寄りまで、誰もが気軽に楽しめます。

2 浜名湖PALPAL

浜名湖畔にあるリゾート型遊園地。35種類ものアトラクション楽しめる。園内からは、ロープウェイも出ていて、浜名湖オルゴールミュージアム・大草山展望台へと行くことができます。

3 サイクリング

自転車をレンタルして風光明媚な浜名湖の景色と風を楽しめます。

4 浜名湖遊覧船

浜名湖を周遊する遊覧船。自転車を持ち込む事もできます。

5 日帰り温泉 華映の湯

25種類の風呂が楽しめる静岡県下最大の日帰り温泉。

1 Lake Hamana Garden Park

Stroll the continent-themed gardens or the classic Monet garden. Take the kids out and let them free on the bike. In the playground or water world in summer. With 56 hectares of flora, fauna, and lawns, anyone can enjoy this park.

2 Lake Hamana PALPAL

The kids will love this, and there's something for mum and dad too. PALPAL is a resort-style amusement park by the lakeside of Lake Hamana. It has 35 attractions, including a ropeway that goes over the lake to the Lake Hamana Music Box Museum and Kanzanji Observatory.

3 Cycling

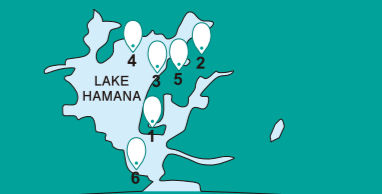
With over 80 kilometers of bike paths, eight rental stations and a bike ferry service, Lake Hamana is the perfect spot for a bit of health and wellness. Nothing better than a good day on the bike and a rejuvenating soak in a hot spring.

4 Sightseeing Cruiser

There are a few choices for cruising on the lake. Take a 30-minute trip around the lake or a return trip with your bike from Kanzanji. It's a great way to explore the 65 square kilometers of the lake and 114 kilometers of shoreline.

5 A Day Trip to the Hot Springs

Relax with over 25 types of baths where day visitors are also welcome to a selection of hot springs. Most hot springs take advantage of beautiful lake views and are the perfect way to rejuvenate and escape the everyday.



And More

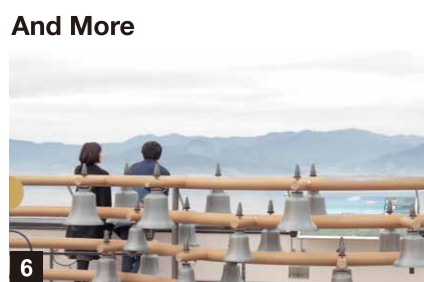
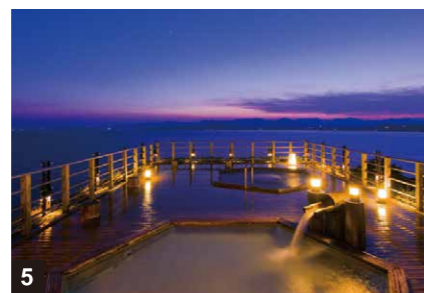
- 6 うなぎつかみ取り&蒲焼き体験 Eel catching & broiled experience



6

TABLE FOR TWO

Dine on the freshest *fugu* sashimi. Take a stroll through a tunnel of plum blossoms in early spring, or the illuminated beauty of a botanical garden. Write a dream on a charm and leave it to the gods. Indulge in a private hot spring with a sunset view of the lake and silhouetted mountains in the distance - don't forget the sake.



- 1 長楽寺**
遠州三名園のひとつ小堀遠州作の回遊式庭園「満点星の庭」が有名な長楽寺。2月上旬から3月中旬にかけては、見頃を向えた梅のトンネルもおすすめ。
- 2 はままつフラワーパーク**
3000種10万本の四季折々の花々を鑑賞することができます。4月が近づく、映画の舞台にもなった桜並木が見頃を迎え、ライトアップも見応えがあります。
- 3 竜ヶ岩洞**
2億5千万年前の地層で形成されている東海地方最大級の鍾乳洞。
- 4 館山寺 縁結び地藏**
クチコミで広がり、今やテレビでも取り上げられる「縁結び寺」。
- 5 展望露天風呂 館山寺サゴロイ্যালホテル**
浜名湖が一望できる露天風呂、夕刻から日没までの空の色が最高にロマンチック。

- 1 Chorakuji Temple**
Chorakuji Temple is famous for the "Garden of the Full Stars," one of three circuit-style gardens by legendary 15th-century designer Kobori Enshu. From early February to mid-March, ascend the magnificent plum blossom tunnel where you can glimpse views of the lake at the top.
- 2 Hamamatsu Flower Park**
With over 100,000 plants and 3,000 species, in this remarkable flower park, something is in bloom all year round. With seasonal events, an impressive glass house, and tropical and dry climate displays, it's the perfect place to view the cherry blossoms as they are lit up at night during the season.
- 3 Ryugashido Caves**
Wander through this limestone cave, created by 250 million years-worth of natural activity. Explore the 1000-meter cave on a metal pathway and go deep into the earth.
- 4 Kanzanji Temple
The Matchmaking Jizo**
For the romantics, at this small shrine, you can purchase a small wooden charm, write a dedication to your love on it, and the God will enshrine it forever.
- 5 Hot Spring Under the Stars**
This rooftop hot spring that looks out over Lake Hamana is the ultimate place to find peace and tranquility while enjoying breathtaking views.

- 6 屋上展望台 浜名湖オルゴールミュージアム**
Rooftop Observatory Hamanako Orgel Museum
- 7 天然とらふぐ**
Natural tiger puffer



- And More
- 6 屋上展望台 浜名湖オルゴールミュージアム**
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 - 7 天然とらふぐ**
Natural tiger puffer



LOCAL RECIPES FOR YOU TO TAKE HOME



UZAKU うなぎ

Ingredients

- 1 filleted eel
- 1/2 cucumber
- salt
- 50 g (1.8 oz) nori seaweed (Lake Hamana-grown)
- white sesame seeds to sprinkle
- 2 cups lemon slices

- うなぎの白焼き 1尾
- きゅうり 1/2本
- 塩(塩もみ用) 適量
- 生のり(浜名湖産) 50g
- 白ごま 少々
- レモンスライス 2枚

Method

- Thinly slice the cucumber, sprinkle with salt and rub in. Rinse to remove excess salt, gently squeeze to reduce water content.
- Mix(A) vinegar, sugar, soy sauce, and a pinch of salt. Bring to boil then leave to cool.
- Put 1/3 of the mixture (A) into a bowl, add nori seaweed and leave for 10 minutes to allow the flavors to sink in.
Add half the ground toasted sesame seeds to the 1/3 mixture, thoroughly mix in cucumber, and season. Place the nori, cucumber, and lemon slices in small serving bowls.
- Cut the eel into bite-sized pieces and grill, turning regularly on a wire net. (Grill until fat begins to drip down and the eel becomes soft, then remove from the flame).

- Mixture(A.)
- 180 ml (about 3/4 cups) vinegar
 - 5 1/2 tablespoons sugar
 - 2 1/2 tablespoons soy sauce
 - salt to season
 - 1 tablespoon ground toasted sesame seeds

- A. 酢 180cc
- 砂糖 大さじ 5 と 1/2
 - しょうゆ 大さじ 2 と 1/2
 - 塩 少々
 - すりごま 大さじ 1

- Add ground toasted sesame seeds to the remaining sweet vinegar and soak the eel in the mixture. Once the flavors have been allowed to sink in, place on top of the mixture from step 3 to serve.
Sprinkle with sesame seeds, and serve hot.

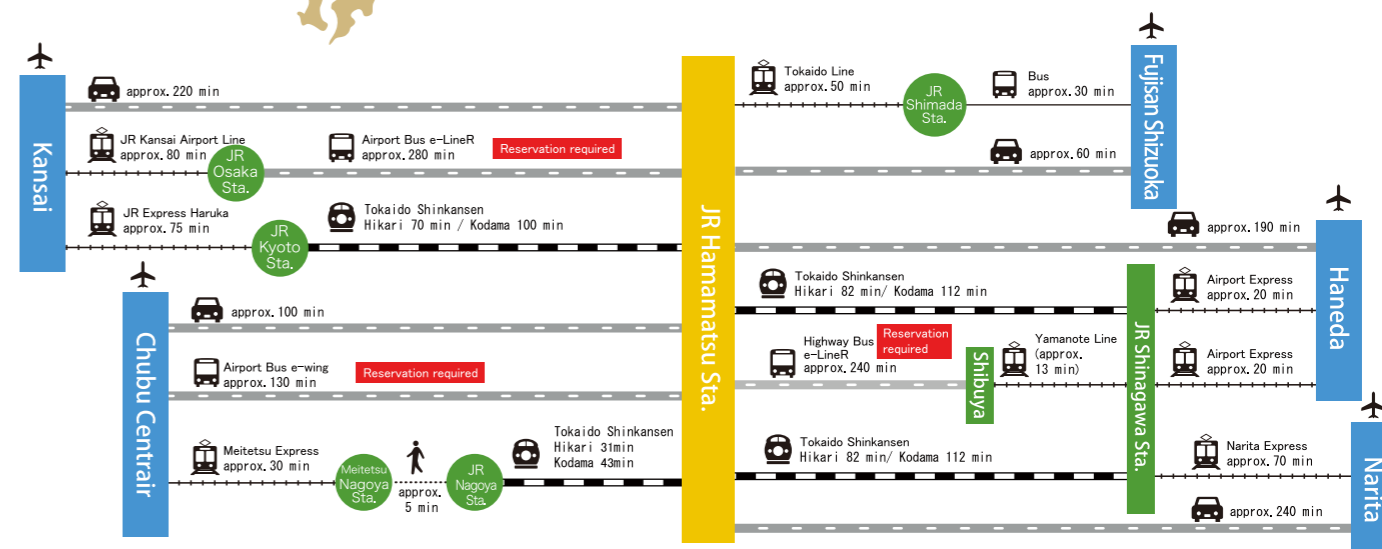
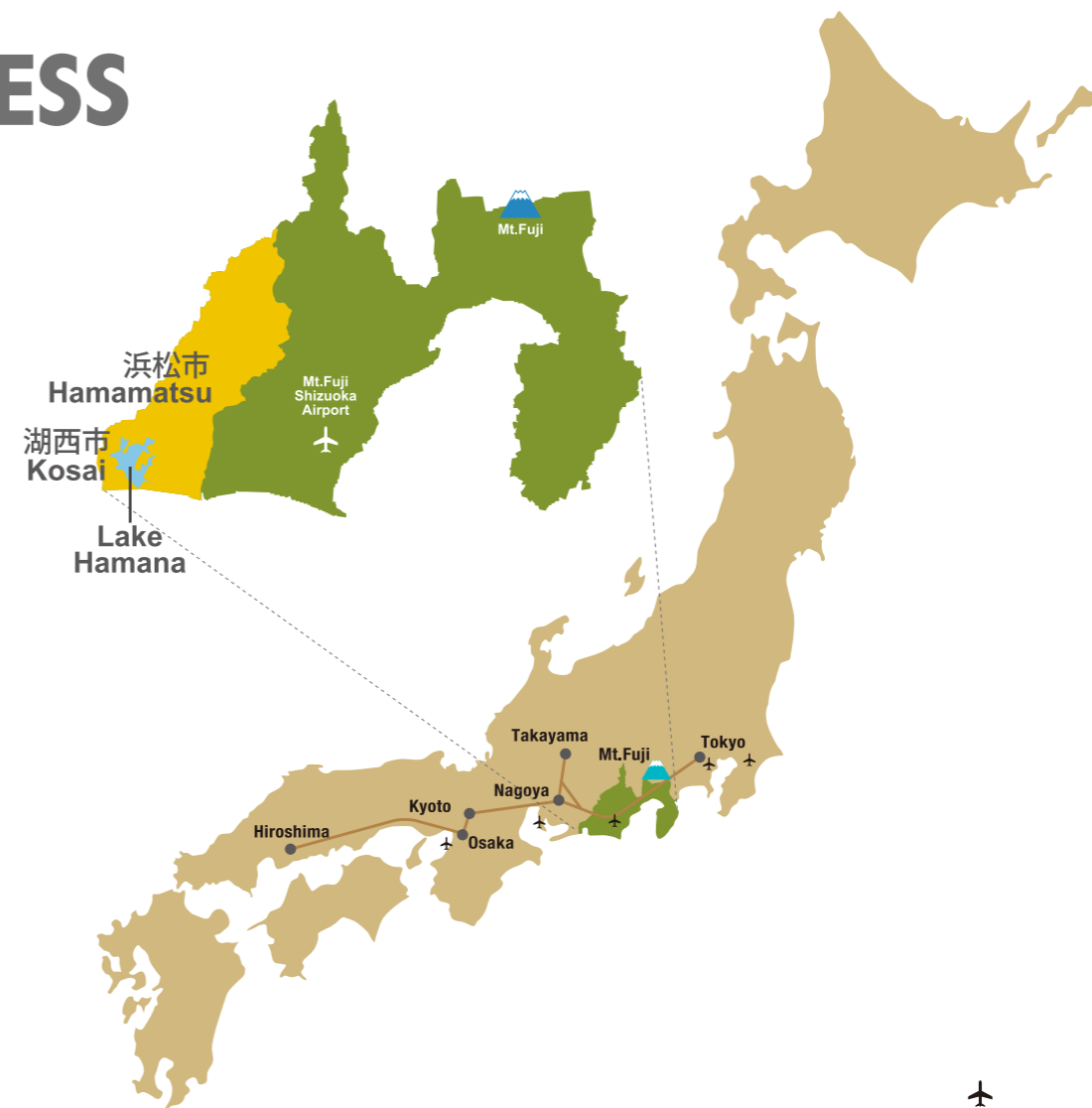
- きゅうりを薄切りにして、しっかりと塩もみする。流水にさらして塩気を抜いたら軽く絞って水気を切る。
- A を鍋に入れて火にかけて混ぜる。煮立ったら火を止めて冷やす。
- A の 1/3 量をボウルに入れ、生のりを加えて 10 分ぐらい置いて味を染み込ませる。さらに 1/3 量にすりごま半量を加えてきゅうりを浸して味付けしたら、生のりときゅうり、レモンスライスを小皿に盛り付ける。



Courtesy of Akifumi Yamazaki [Unagi Shibuki]

- うなぎを一口大に切り、返しながら網焼きする。脂が落ちてきて柔らかくなるまで焼いたら火からおろす。
- 残りの甘酢にすりごまを入れてうなぎを漬け込み、味をしみ込ませたら(3)へ天盛りする。最後に白ごまをふって出来上がり。うなぎが冷めると固くなってしまいうちに食べる。

ACCESS



Maisaka Shirasu Bruschetta Whitebait Bruschetta 舞阪シラス ブルスケットタ

Ingredients

- baguette
- topping
- Maisaka shirasu
- onion (sliced)
- extra-virgin olive oil
- garlic (minced)
- parsley (minced)
- salt
- pepper
- *Parmesan cheese
- ニンニク
- パセリ
- 塩
- コショウ
- タマネギ (スライス)
- オリーブ油
- *パルメザン・チーズ

Method

1. Preheat oven to 180°C
2. Cut baguette into 2 cm slices
3. Mix all topping ingredients in a bowl
4. Spread topping on slices
5. Sprinkle Parmesan on top
6. Oven-bake for 2-4 min
7. Dribble a good amount of olive oil on top
*Serve with white wine.
- 1 オープンを 180°C まで予熱する。
- 2 バゲットを 2cm にスライスする。
- 3 全ての材料をボールで混ぜる。
- 4 スライスしたトッピングを広げる。
- 5 パルメザンチーズを振りかける。
- 6 2-4 分間オープンで焼く。
- 7 適量のオリーブオイルをかける。
*白ワインでサーブする。



Courtesy of Shuta Furuhashi [ShuShu]

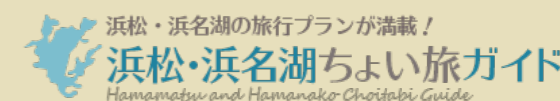
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