

The World Heritage  
Sacred Sites and Pilgrimage Routes  
in the Kii Mountain Range  
Koyasan Choishimichi



Koyasan Danjogaran



Kumano Sankeimichi  
(Nakahechi)  
Daimonzaka



Boats on the Kumano River



Shirahama Onsen  
(Hot Springs)



Kushimoto coastal sea  
area, protected under  
the Convention on  
Wetlands of International  
Importance especially as  
Waterfowl Habitat

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# Foods of Wakayama

# 和食

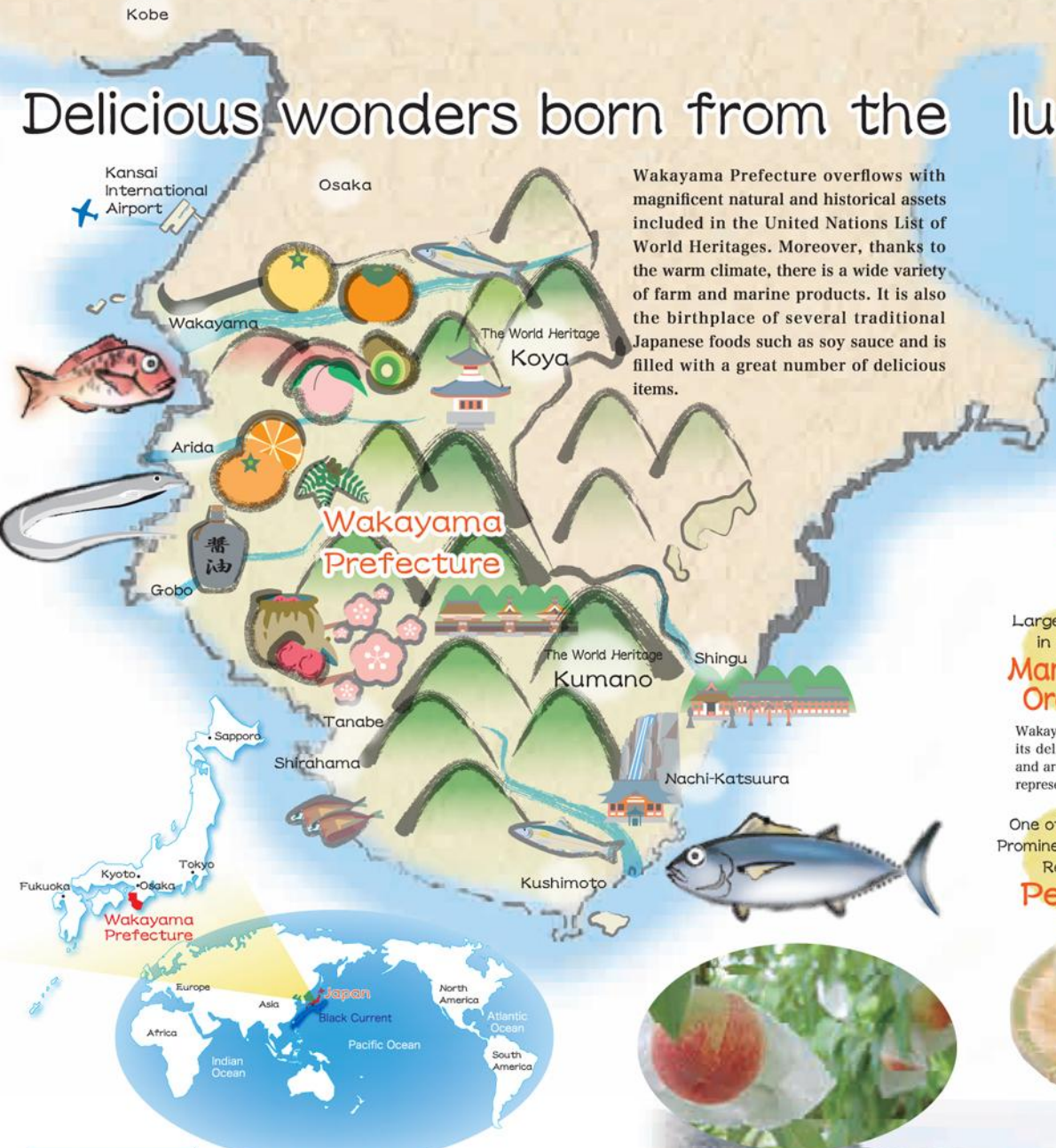
## 歌山の

The food products of Wakayama are safe,  
high-quality and unsurpassed in flavor.



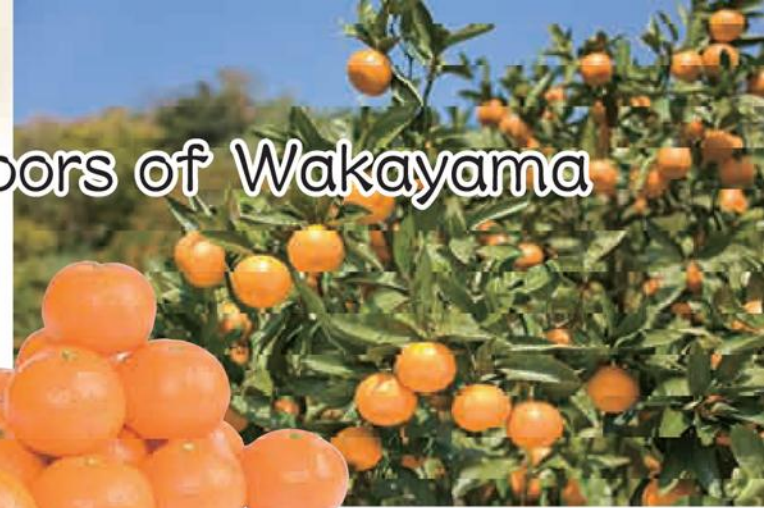


# Delicious wonders born from the lush outdoors of Wakayama



Wakayama Prefecture overflows with magnificent natural and historical assets included in the United Nations List of World Heritages. Moreover, thanks to the warm climate, there is a wide variety of farm and marine products. It is also the birthplace of several traditional Japanese foods such as soy sauce and is filled with a great number of delicious items.

# Delicious wonders born from the lush outdoors of Wakayama



## 果実 Fruits



### Fruits Capital of Japan

Taking advantage of the warm climate, various fruits are grown in Wakayama Prefecture. The abundance in quantity and quality, backed by extensive research and development, has made the area one of the fruits capitals of Japan.

Largest Yield in Japan

### Mandarin Orange

Season: Late September thru February

Wakayama Prefecture has been known since long ago for its delicious satsumas. They have a high sugar content and are very tasty. They are easily peeled, seedless and a representative fruit of Japan.

One of Japan's Prominent Growing Regions

### Peach

Season: Late June thru Early August



Largest Yield in Japan

### Seedless Persimmon

Season: Late September thru November



In the northern part of the prefecture, the climate helps produce large colorful persimmons. Some 70% of the persimmons from Wakayama Prefecture are of the tannin kind, but after removing the tannin, they are shipped as seedless persimmons. These seedless persimmons are square-shaped and have a sugar content of 14% or more. They are featured by their sweet soft flesh.

### A Wakayama Original Kinokawa-kaki Persimmon

Season: November

Each fruit is covered in a bag while growing on the tree to remove the persimmon tannin. Persimmons that ripen on the tree that way are called "Kinokawa Persimmons". Looking as though they are sprinkled with brown sugar, these persimmons are delightfully succulent.



#### Overview of Wakayama

#### Geographical features

Wakayama Prefecture is in the southwest corner of the Kii Peninsula, Japan's largest peninsula. It is located just south of Osaka and Kushimoto, which is found at the southern tip of the peninsula, is the southernmost point on the island of Honshu. The prefecture covers an area of 4,725.55 km<sup>2</sup>, 77% of which is forested mountains. The mountains are about 1,000 m high. There is about 650 km of coastline that faces the bountiful waters of the black current.

#### Climate

Owing to the effects of the Kuroshio Sea, the climate is generally warm. For Japan, the area sees little temperature variation throughout the year and the southern region is mild even in winter.





### The Best citrus in the Far East **Ponkan**

Season:  
January thru March

The strong sweetness and fragrance are what make these ponkans popular. Though the peel is thick, it is easily removed. The flesh is soft and juicy. The sack that envelops the flesh tears easily, making it easy to eat.

Largest Yield in Japan

### **Hassaku**

Season:  
January thru April

About 60% of all hassaku grown in Japan come from Wakayama. They are just the right sweetness, refreshingly acidic and faintly fragrant. The flesh is slightly harder than mandarin oranges, which makes it enjoyable to chew. They can also be added delectably to salads.



### High Sugar Content and High Quality **Dekopon**

Season:  
December thru April

Easily peeled, the flesh of these dekopons can be eaten sack and all. The sugar content is 13% or more, and there is a good balance between sweetness and acidity. It is a very delicious fruit.

### Prominent Growing Region in Japan **Kiwi Fruit**

Season:  
December thru March

Wakayama kiwis are liked for their brightly colored flesh and refreshing sweet and sour taste. Because of the abundance of vitamin C, potassium and fiber, they are popular as a beauty food. The most widely grown type is the Hayward variety.



### A Traditional Spice of Japan **"Sansho" Japanese Pepper**

Season: May (Fresh)  
Early July thru Late August (Dried)



Wakayama Prefecture boasts the largest yield of Japanese pepper in Japan. It is one of the representative spices of Japan. It has a unique fragrance and is used to kill food odors and in food boiled in soy sauce.

# 果実加工品 Processed Fruit Products

Enjoy the True Sweetness of Persimmons.

## **Anpokaki**

Anpokaki is the half-dried product of rather flat, boxy persimmons, which Wakayama grows more than anywhere else in Japan. On the outside, they resemble dried persimmons, but on the inside, they are semi-fresh, supple and succulent. This is how you enjoy the true sweetness of ripe persimmons.



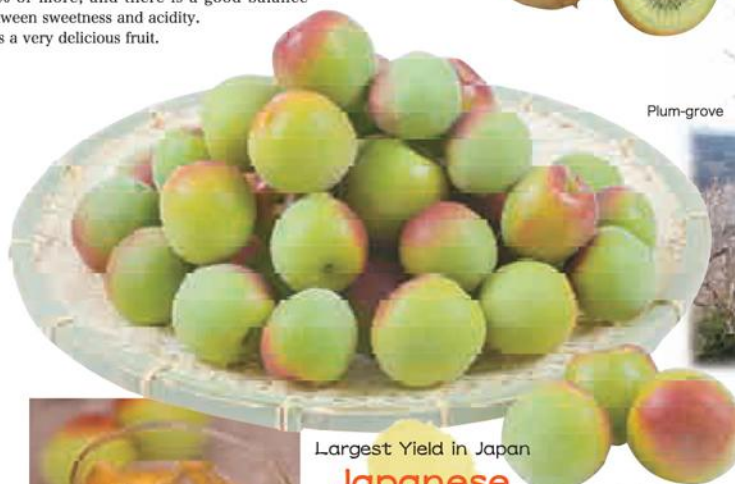
## Natural Taste Jam

There are proud product lines of jams and marmalades that draw the true flavor of seasonal ripe fruits.



## The Real Taste of Fruits **Fruit Drink**

These fresh beverages taste exactly like the fruits as they come from. There is a wide variety to choose from, starting with mandarin orange juice.



Plum-grove



Largest Yield in Japan

## **Japanese Ume-Plum**

Season:  
Late May thru June

Some 60% of the Ume-plums in Japan hail from Wakayama. Wakayama developed as a growing region alongside the processed food industry that delivers pickled Ume-plums. The most popular brand known as "Nanko-Ume" is a Wakayama original. It is large and meaty, and processed into pickled Ume-plums and Ume-plum liquor.



A Japanese Original Liquor

## **Ume-Plum Liquor**

Wakayama is Japan's number one in terms of quality and quantity of pickled Ume-plums. Of the various brands, that made with top-quality Nanko-Ume is popular because of its plumpness and meaty flesh. There are also many other products, honey-flavored one for example, to choose from.



Japan's Top Brand

## **Pickled Ume-Plum**

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### How to Make Ume-Plum Juice

Quantities are approximate. Ume-Plums~2kg, Sugar~2kg

### Easy-to-Make Health Drink



1 Wash the Ume-plums in water, drain and set them in the freezer for 24 hours or more.



2 Alternately layer the sugar and the Ume-plums in a jar, and seal the jar. (Adjust the sweetness by increasing/decreasing the amount of sugar.)



3 As the Ume-plums begin to thaw, shake the jar so as to dissolve the sugar. The juice is ready in about 10 days.



4 To store, transfer the juice into a pan, and sterilize it by heating. Then, cool and set it in the refrigerator.

Dilute juice with 4 to 5 times of chilled water to drink. It can also be used straight as snow cone syrup or mixed with soda or milk.

※Makes about 1.8 liters of juice.  
※Plum juice readily ferments, therefore transfer it to a separate container and keep it in the refrigerator to store.  
※When made with fresh Ume-plums, the juice takes longer to make than when using frozen Ume-plums. (Preparation time can be shortened without consequences by freezing the Ume-plums.)



# 水産物

## Marine Products

### Ample Blessings of the Black Current

Since long ago, the marine products industry has thrived on the resourceful fishing grounds and different kinds of fishing techniques.

One of Japan's most Producing Regions  
**Hair Tail**

### A Pink Delicacy **Sea Bream**

The sea bream is the king of fishes in Japan. The sea bream caught in the fast currents off the Wakayama coast are prized for their firm meat.

### Made from Carefully Selected Ingredients **Vinegar**

Wakayama has many vinegar products, including grain-based and fruit-based brands that are made with pristine natural water and the choicest ingredients. They are used as a seasoning, and some brands may be taken as a health drink.

### Raised in the Seas off Wakayama **Young Sardines**

Young Sardines are boiled near the beach immediately after being landed. They come as "Kamaage Shirasu" (simple boiled), "Tenpihoshi Chirimen" (sun-dried,) and more.

Season: Year-round

The straits with their ample fish stocks have made Wakayama one of more prominent fishing grounds in Japan. The white meat of the hair tail is boiled, grilled, fried and steamed as a part of Japanese food, as well as served in Chinese and French cuisines.

### Largest Hauls in Japan **Tuna**

The tuna caught off Wakayama are landed live, so they are fresh and tasty. The "Kishu Katsuuru Tuna", in particular, is one of the top brands in Japan. Also, Wakayama was the first in Japan to start farm-raising tuna.

Season: Year-round (Farm-raised)  
December thru February (Wild)

# 水産物加工品

## Processed Marine Products

### Freshness and Variety to Be Proud Of **Sun-Dried Fish**

The sun-dried marine products of Wakayama use carefully selected fresh fish, which are cooked or processed before drying in the sun. The flavor is enhanced by sun curing.

### Blessed with Pristine Water Sources **"Ayu" Sweetfish**

Season: Year-round (Farm-raised)  
June thru Early July (Wild)

Wakayama is the top producer in Japan of farm-raised sweetfish, and there are ample stocks of wild sweetfish amidst the wondrous environment.

### High Protein, Low Fat Processed Marine Product **Fish Paste**

This processed marine product is made of ground fresh fish. It preserves the nutrition of the meat, while making it tastier and easier to eat.

### A Rare and Nourishing Meal **Boiled & Fried Moray Eel**

Flavorful and gelatinous moray eel is a rare delicacy that is first boiled in a sweet-and-sour stock and then fried. It is crunchy when eaten, and contains ample amounts of iron and calcium.

# 和歌山の味

## Tastes of Wakayama

### Century-Old Traditions by Preference **Confectionaries**

A wide variety of confectionaries were created in Wakayama City when it thrived as a castle town. Even today, there are bean-jam buns and crackers, and traditional products like sweet bean jelly.

### Particularly Proud of the Concentrated Flavor **Wakayama Ramen**

This soupy noodle dish adds soy sauce to a meaty broth of pork bones and chicken. The noodles that are drenched in the thick and aromatic broth are made by adding egg whites to wheat.

### The Crystallization of Good Quality Water and Distillers **Sake**

The crystallization of pristine water, choice rice and traditional techniques come together as good-tasting sake. There are plenty of brands that have been elaborately planned.

### A Traditional Health Food **Sesame Seed Tofu**

Sesame seeds are ground, boiled and mixed with kudzu to prepare this delicacy. Sesame seeds are a good source of nutrition such as vitamin E. Tofu made from sesame seeds is a famous treat from the holy land of Mt. Koya.



### What People Use Around the World Originated in Wakayama **Soy Sauce**

Soy sauce is an internationally known seasoning. It is brewed even today using methods adopted centuries ago. It is highly prized for its natural taste and fragrance.



### Traditional Flavors **The Origin of Japanese Flavors**

It is said that the predecessor to soy sauce today was first made in the mid-13th century by a monk from Koukoku-ji Temple in Yura, Wakayama. He discovered that the liquor that had settled to the bottom of the barrel when making miso was tasty as a seasoning, and then perfected the technique.

