

SHOGOIN TURNIPS



聖護院かぶら
しょうごいん

「おいしくな〜れ」とかき混ぜて /
Stirring the Mixture,
“Make it Delicious!”

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During this hot season, we crave salty and sour *tsukemono* (Japanese pickles) more than usual. Whether at home or at a sumptuous *kaiseki* dinner, it is hard to imagine a Japanese meal without *tsukemono*. They are a perfect accompaniment to rice and *miso* soup, and their crunchy, crispy, mouthwatering flavors are sure to delight your palate.

暑くなってくるこの時期は、塩味と酸味がきいたお漬物が普段以上に食べたくになります。家庭の食卓でも、豪華な懐石料理でも、お漬物のない和食は考えられません。ご飯とみそ汁のお供に、ぱりぱりっ、ぱりぱりっ、口の中で引きしまった味わいが広がります。

Speaking of vegetables, *tsukemono* are pickles of the West, as sauerkraut for Germany, kimchi for Korea, and zaasai for China. In Japan, various vegetables are pickled for various things. These include but not limited to pickles pickled in rice bran or soy sauce, pickles pickled in sake lees such as *narazuke*, pickles pickled in vinegar such as *rakkyou*, pickles pickled in salt such as *takana*, pickles pickled in *miso*, and pickles pickled in sesame, etc. Non-fermented pickles such as *fukujinzuke*, and pickles that are made by marinating food in a pickling bed are called *tsukemono* in Japan.

野菜の漬物というと、欧米ではピクルス、ドイツではザワークラウト、韓国ではキムチ、中国ではザーサイ。日本では、さまざまな野菜を、さまざまなものに漬けこみます。ぬか漬けや醤油漬け、奈良漬けなどの粕漬け、らっきょう漬けなどの酢漬け、高菜漬けなどの塩漬け、みそ漬け、麴漬けな

ぬか漬け



NUKAZUKE

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どがあり、福神漬けなどの発酵していない
ものも含めて、漬床に食材を漬けこんだ
すべてを日本では漬物と呼びます。

Tsukemono used to be made at home. The best time to make a *nuka*-bed for pickles is from pre-summer to the early start of summer, when the temperature is around 20 to 25 degrees Celsius. It takes about one month to mature and produce a tasty pickling bed. Alternatively, a bran bed is labor-intensive and needs to be stirred from the bottom every day to let it air out. Of course, there may be households that continue to use the same old bran bed, but stirring it every day takes a lot of patience. Sometimes the bran bed is damaged in the process, and when that happens, you have to try again with a fresh mind. Every day I stir it with all my heart, hoping that it will be delicious.

漬物は、かつては家庭で作るものでした。とくにぬか漬けのぬか床を作るなら気温20～25度くらいの初夏から夏前の季節が最適です。だいたい1カ月ほどで熟成し、おいしく漬けられるぬか床が出来上がります。ただし、ぬか床は手がかり、毎日日底からかき混ぜて空気を含ませる必要があります。もちろん、年季の入ったぬか床を使い続けているご家庭もあるでしょうが、毎日かき混ぜるのは根気がいる作業。途中でぬか床を傷めてしまうこともあり、そんなときは新たな気持ちで再挑戦。毎日「おいしくな～れ」と念じながら、心をこめてかき混ぜます。

Cucumbers, eggplant, radishes, carrots, and *myouga* (Japanese ginger) etc., virtually any kind of vegetable is ready to be pickled almost overnight. If you forget to pull them up from the *nuka*-bed and they have been pickling for days, cut them into thin slices and enjoy; you can enjoy a different flavor. Unlike store-bought pickles, you can adjust the amount of salt, acidity, and flavor of the



ぬか漬けの樽
つ たる

pickles that you make at home. If you do it right, you can enjoy pickles that taste just the way you like them.

キュウリにナス、大根、にんじん、ミョウガ……どんな野菜もほぼ一晩漬ければできあがり。もし、ぬか床から引き上げるのを忘れて何日もたってしまったら、薄切りにして召し上がれ。違う味わいでいただけます。家で作るぬか漬けは市販のものとは違い、塩加減も酸味も旨みも自分で調整ができ、うまくできれば自分好みの味の漬物を楽しめます。

KOIZUMI Takeo, a fermentation scientist, says, “Already in the Jomon period, there was a simple salted pickled peel of *sosai* (an old way of saying vegetable). Looking through documents, *myouga*, cucumbers, and eggplants pickled in *hishio* (the original form of soy sauce) appear in the “Shosoin Documents” (first half of the 8th century), and the “*Engishiki*” (mid-10th century), which describes court ceremonies and annual events, of which records dozens of different kinds of pickled vegetables. At that time, salt was expensive; so, only a few people could eat them.

らっきょう漬け
つ



RAKKYOU ZUKE

UME- BOSHI



梅干し
うめぼ

発酵学者の小泉武夫氏は、「すでに縄文時代には、野菜（野菜の古い言い方）の皮を塩漬けた簡単なものがあった」と言っています。文献をひもとくと「正倉院文書」（8世紀前半）に「醬（醤油の原型）」で漬けたミョウガ、ウリ、ナスが登場し、宮中の儀式や年中行事を記した「延喜式」（10世紀半ば）には、何十種類もの漬物の記録が見られます。当時は塩が高価だったため、一部のしか食べられないものでした。

Umeboshi first appeared in the Kamakura period (12th-14th century) and was a portable food for samurai warriors. In the Muromachi period (14th to 16th century), there were “seed malt makers” who made kouji mold. In the Edo period (1603-1868), salt was widely distributed and milled white rice became available to the general public. Pickles spread throughout the country and “Kounomono ya” (tsukemono shops) flourished. The use of rice bran from polished rice in the bran bed became popular because it could be used over and over again, and also during this time period takuan (pickled daikon radish) had become popular.

梅干しが登場するのは鎌倉時代（12～14世紀）で、武士の携行食でした。室町時代（14～16世紀）には麴を作る「種麴屋」も存在しています。塩が広く流通し、精米した白米を庶民でも食べられるようになった江戸時代になると漬物は全国に広がり、「香の物屋」（漬物屋）が繁盛します。さらに、精米したときに出る米ぬかを使ったぬか床は、繰り返し使えるため一気に普及し、干した大根を漬けた沢庵も人気になりました。

沢庵
たくあん



TAKUAN

ぬか漬けの樽
つたる

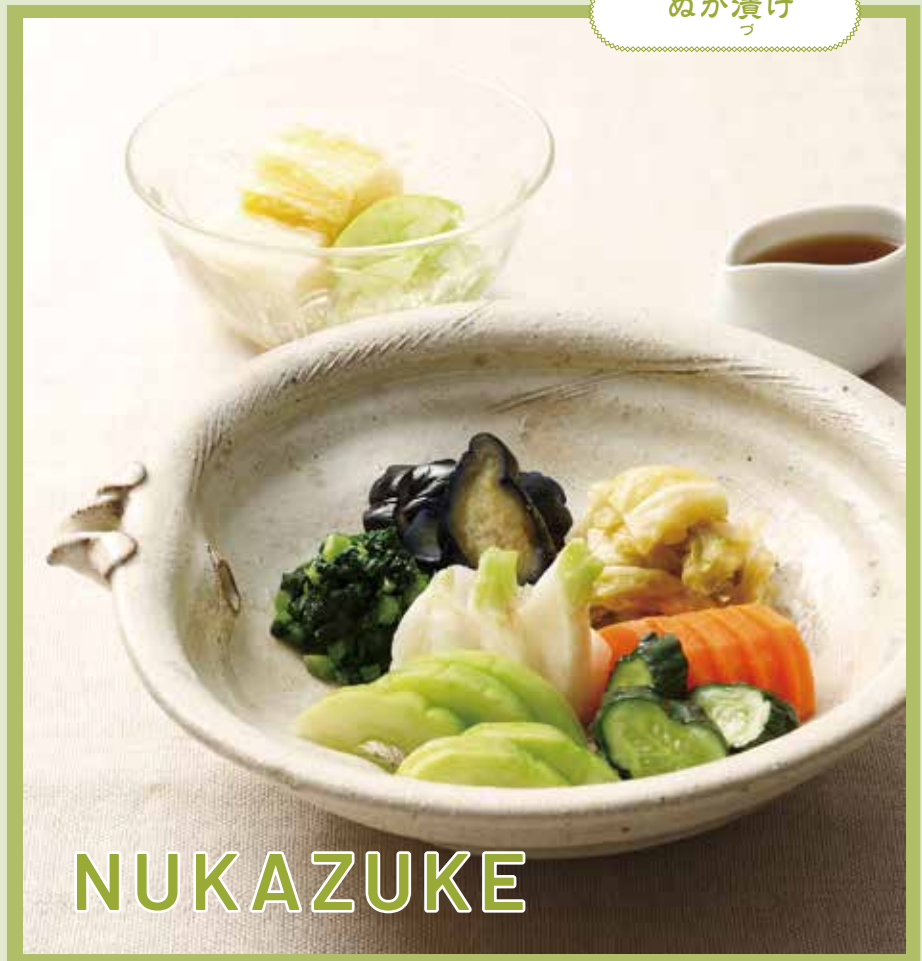


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Nowadays, however, the habit of eating Japanese food is decreasing, and opportunities to eat pickles are becoming less frequent. What has come at such a time, is a so-called fermented food boom. Fermentation is a phenomenon in which lactic acid bacteria are produced by microorganisms working on foodstuffs. There are pickles that are not fermented, unlike *nukazuke* and other fermented pickled foods. It has a high preservation property, and the flavor and rich nutrition that were not present in the ingredients are newly added. Microorganisms, especially lactobacilli, improve the intestinal environment, containing a lot of dietary fiber, and are attracting attention from people becoming more health-conscious.

しかし今は、和食を食べる習慣が減り、漬物を食べる機会が少なくなってきました。そんなときにやってきたのが発酵食品ブームです。発酵とは、微生物が食材に働きかけることで乳酸菌が生まれる現象ですが、その乳酸菌が体に良いと、見直され始めたのです。発酵させない漬物もありますが、ぬか漬けなどは発酵食品。保存性が高く、素材になかった旨みや豊富な栄養素が新たに加わります。微生物、とりわけ乳酸菌は腸内環境を良くし、食物繊維も多く含まれるため、健康志向の高まりに伴って注目されるようになりました。

Some people have even become fermentation meisters or fermentation designers, and I, for one, learned about fermentation in a working adult course at Tokyo University of Agriculture. The experience of making not



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only pickles, but also vinegar, *miso*, *mirin*, and *nattou* (fermented soybeans) by myself was full of surprises. In addition to the power of the microorganisms that live in the land, stirring with your bare hands adds to the power of the microorganisms that live in you. One does put a lot of time, effort, and love into the process of fermentation.

発酵マイスターや、発酵デザイナーといった肩書の職業の人でも現れ、かくいう私も東京農業大学の社会人講座で発酵を学びました。漬物はもちろん、酢、みそ、

みりん、納豆に至るまで自分で作る体験は驚きに満ちていました。その土地に棲む微生物の力に加え、素手でかき混ぜることでその人個人にいる微生物の力も加わり、手間と時間と愛情がこめられます。

Even if you do not make pickles by yourself, the elegant sweet and sour taste of *senmaizuke* made from very thinly sliced Shogoin turnips is irresistible. *Fukujinzuke* and *rakkazuke* are essential for curry and rice, and *narazuke* is essential for *unajuu* (rice topped with grilled eel). This year, by all means, let's use pickles to improve the intestinal environment, and strengthen the immune system, to make it through the hot summer battling Covid-19.

自分で漬けたものでなくても、ごく薄く切った聖護院かぶで作られた千枚漬けの上品な甘酸っぱさはたまりませんし、カレーライスには福神漬けやらっきょう漬け、うな重には奈良漬けが欠かせません。今年はずいぶん、漬物で腸内環境を整え、免疫力を高めて、コロナと暑い夏を乗り切りましょう。

千枚漬け



SENMAIZUKE