

## Seasonal Highlights.

シーズン ハイライト

# 美味しさの秘密は 出汁にあり

Text 文 | IWASAKI Yumi 岩崎由美

The custom of eating “Ozouni” on New Year’s Day is said to have originated from a ritual of being welcomed gods to their homes on New Year and offering rice cakes to gods, and receiving their hand-me-downs. Ozouni is a soup dish consisting of rice cakes and other ingredients in a seasoned *dashi*, and each region has its own unique characteristics. The basis of seasoning in Japanese cuisine is *dashi* which slowly brings out the *umami* of natural ingredients. *Dashi* is a broth made by boiling or kelp, or dried bonito flakes, before letting their *umami* taste dissolve into it. It is called soup stock or bouillon in the West, and it is called tang in China. It is made from meat and bones (chicken, beef, pork), fish, and vegetables.

お正月に「お雑煮」を食べる風習は、新年にお迎えする神様にお餅をお供えし、そのお下がりを頂くという祭事に始まると言われています。「お雑煮」は、味付けした出汁にお餅や具材が入った汁物料理で、地域によって特色があります。和食の味付けの基本は、天然素材のうま味がじっくり引き出された出汁にあります。出汁とは、昆布や鰹節を煮出して、そのうま味が溶け込んだ汁のこと。西洋ではスープストック

やブイヨン、中国では湯と呼ばれ、鶏牛豚の肉や骨、魚類、野菜などが使われます。

The history of *kombu* is ancient, and according to a history book, it was presented to the Imperial Court in the Nara period (around the 8th century). At that time, *kombu* was highly prized. It was in the Kamakura period (around the 13th century) that it appeared as soup stock. In the latter half of the Edo period (around the 17th century), marine transport developed, and the kelp harvested in Ezochi (Hokkaido) was delivered by Kitamae ship from the Japan Sea side to Kyoto and Osaka, and then to Qing (China) via Satsuma (Kagoshima) and Ryukyu (Okinawa) This route was called the “kelp road.” The majority of kelp is produced in the Ezochi, and as the sales channels were expanded, it spread to the general population. Hokuriku, which used to be a transit point for Kitamae ships, prospered as a kelp processing area, and still boasts the highest consumption of kelp in Japan.

昆布の歴史は古く、奈良時代（8世紀頃）には朝廷への献上物だったと歴史書にあります。当時、昆布は珍重されていました。出汁として登場するのは鎌倉時代（13世紀頃）。江戸時代後半（17世紀頃）には海運が発達し、蝦夷地（北海道）で収穫された昆布が、北前船で日本海側から京都・大阪、そして薩摩（鹿児島）、琉球（沖縄）を経て清（中国）まで届けられ、その航路は「昆布ロード」と呼ばれていました。昆布の産地は大半が蝦夷地で、販路が拡大されるとともに庶民へと広がっていきます。かつて北前船の中継地点だった北陸は昆布の加工地として繁栄し、今でも昆布の消費量日本一を誇っています。

*Kombu* and *katsuobushi* (dried bonito flakes), are the ingredients for *dashi* and require a lot of time and effort to make. The *kombu* is landed in the water, dried in the sun, and if it is a high-quality product, it is matured in a warehouse dedicated to *kombu* to improve its color and luster, and to add depth to its

The Secret to its Deliciousness Lies in the Broth





## 上級の「本枯鰹節」

## 美味しさの秘密

flavor. The type of *kombu* differs depending on the region where it is harvested, and the way it is used also changes. All of them are kelp produced in Hokkaido, but especially Rishiri kombu is indispensable for “Kaiseki cuisine (traditional tea-ceremony dishes)” in Kyoto because it can make clear and mild *dashi* and has good flavor. The *dashi* made from *Rausu kombu*, which has a strong flavor and aroma, is rich, but it has a yellowish tinge, so it is suitable for use in dishes other than “*Osui mono* (Japanese style clear soup).” *Makombu* has an elegant aroma and sweetness, and is popular in the Kansai region, mainly in Osaka, because it makes a clear *dashi*. *Hidaka kombu* is delicious both as *dashi* and boiled as it is, and because it is reasonably priced, it is favored for home use and is often used in the Kanto region.

出汁の素材となる昆布や鰹節は、つくるのに手間暇がかかるのが特徴です。昆布を水揚げし、天日乾して乾燥させ、高級品になると昆布専用の倉庫で熟成させて色つやを良くし、味に深みを出します。昆布は採れる地域によって種類が違い、使い方も変わります。同じ北海道でも「利尻昆布」からは透き通ったクセのない出汁がとれ、風味が良いため京都の懐石料理に欠かせません。風味と香りが強い「羅臼昆布」でとった出汁は濃厚ですが、黄色味を帯びているので、お吸い物以外に向いています。「真昆布」は上品な香りとおみがあり、澄んだ出汁がとれることから大阪を中心に関西地方で人気です。「日高昆布」は、出汁としても、そのまま煮て食べても美味

しく、価格が手頃なため家庭用として好まれ、関東で使われることが多い昆布です。

To make “*katsubushi*,” first cut raw bonito into 3 pieces, cut it in half lengthwise, boil them, then smoking and dry them. After that, they are then covered with mold and dried in the sun. It is finally completed after repeating that many times. It is said that a fisherman named KADOYA Jintaro invented this method in the Edo period (around the 17th century), and October 28, the anniversary of his death, is designated as “*Odashi's Day*.” In addition, the second generation developed the “method of covered with good mold and smoked.” This method makes good quality *katsubushi* mold adhere to the *katsubushi* to prevent it from developing malignant mold, thereby improving its shelf life, and producing *katsubushi* that can withstand long-term transportation. Today, the main production areas for dried bonito flakes are Kagoshima and Shizuoka prefectures, each with their own production methods. The highest quality “*honkare katsubushi* (fermented dried bonito)” has a refined taste without any miscellaneous flavors.

鰹節は、生の鰹を3枚におろして縦半分に切ったものを、煮てからいぶして乾燥させ、カビをつけて天日干しをするのを何度も繰り返してようやく完成です。江戸時代（17世紀頃）の角屋甚太郎という漁民がこの方法を考案したと言われ、彼の命日である10月28日は、「おだしの日」とされています。さらに二代目は、保存性を高めるた



めに良質な鰹節カビを附着させて悪性のカビの発生を防ぐ「燻乾カビ付け製法」を編み出し、長い輸送に耐えられる鰹節を誕生させました。現在の鰹節の主産地は鹿児島県と静岡県で、それぞれ製法が違います。最上級の「本枯鰹節」は、雑味のない上品な味わいです。

In 2013, “washoku” (traditional Japanese cuisine) was registered as an intangible cultural heritage by UNESCO, and “umami” has now become a universal term. Typical *umami* ingredients are glutamic acid from *kombu*, inosinic acid from dried bonito flakes and dried *shiitake* mushrooms, and guanylic acid from dried *shiitake* mushrooms. The amino acids that make up protein and nucleic acids are the source of *umami*. It has also been shown that when *kombu* and *katsuobushi* are mixed together, they create a synergistic effect that makes the *umami* taste even stronger.

2013年、「和食」はユネスコの無形文化遺産に登録され、いまや「うま味UMAMI」は世界共通語になりました。代表的なうま味成分は、昆布などのグルタミン酸、鰹節や煮干しのイノシン酸、干ししいたけなどのグアニル酸で、たんぱく質を構成するアミノ酸と、そして核酸がうま味のもととなっています。また、昆布と鰹節の出汁が混ざり合うことで相乗効果を生み、うま味が一層強くなることが明らかになっています。

*Umami* was first discovered by Dr. IKEDA Kikunae in 1908. The *umami* seasoning “ajinomoto (MSG)” was artificially synthesized from his research. It is now used in more than 100 countries around the world as a simple way to add delicious *umami* to food. However, as expected, the taste is still different from that of *dashi*, which is made by a cook who takes time and puts his heart and soul into it.

うま味は、1908年に池田菊苗博士によって発見されました。博士の研究から人工的に合成されたのがうま味調味料の「味の素」です。簡単に美味しいうま味を加えられるとして、現在、世界100カ国以上で使われています。ただ、やはり、料理する人が時間をかけて心を込めてとった出汁とは味わいが違います。

Mr. MACHIDA Tadao of the Corporate Planning Department at Ninben, a long-established dried bonito flakes specialty store, says, “Nowadays, it seems that an increasing number of people regard “taking *dashi*” not just an extension of housework, but as a hobby and enjoy it on special occasions. They can feel it enriches their lives,” he says. Now, the traditional Japanese food culture of adding *umami* to give a rich taste is in the spotlight.

老舗の鰹節専門店「にんべん」、経営企画部の町田忠男さんは、「今は“出汁をとる”ということを家事の延長線上ではなく、趣味の領域として捉え、特別な時の楽しみにされる方が増えているようです。暮らしの豊かさを感じていただいています」と話します。今、うま味を加えてコクを出すという日本人の伝統的な食文化に、光が当たっています。

