



Local Residents and Nagomi



Jan/Feb Dango-Sashi

Dango-sashi was popular among the participants at local gatherings. It is a tradition that we hope would be handed down for generations to come.

Dango-sashi is an event held on January 15th. "We decorated tree branches with dumplings and colorful rice crackers shaped as sea breams, coins, and so on. Back then, there was a tradition called 'kase-dori,' when children would go around the neighborhood to receive sweets. I always looked forward to it as a child." (Male, 80s, Namie)



At a Temporary Housing Complex in Minamiscma

Shimi-Mochi

We would eat these as 'kojihan,' during breaks from work in the rice paddies. (Female, 80s, Iitate Village)

Drying Shimi-Mochi (freeze-dried tofu) (Drawn by Female, 80s, Haramachi)



We would make Shimi-Mochi using "gomboppa" leaves. The rice cakes were soaked in the cold river before they were dried. The colder it was, the better it tasted. This was a work done in the winter, during the coldest time of the year. (Female, 80s, Haramachi)



Gomboppa

Shimi-Mochi made in Iitate Village was sold at a farmer's direct sales market. Please try some if you saw one.

Simmered Shimi-Daikon



Photo by Tomiko Watanabe.

We would make plenty of them and serve them to everyone at gatherings, which was our way of hospitality. (Male, 60s, Iitate Village)

Shimi-Daikon is born out of the cold weather in Iitate Village. It was made by peeling daikon radishes, making a hole in them, putting a string through the hole, soaking them in water, and drying them in the sun.



Photo Credit: Chiyoko Kanno.

Benkei

As the saying "seven tools of Benkei" goes, we use seven ingredients for this dish. My family loved it. (Female, 60s, Haramachi)

Ingredients

1 daikon radish, 10 dried taro stem,
 $\frac{1}{2}$ red pepper, 2 Tbsp oil, 8 Tbsp vinegar,
 4 Tbsp sugar, 6 Tbsp soy sauce

Recipe

- ① Peel the daikon radish and cut into 1mm quarter slice.
- ② Soak dried taro stem in warm water, cut into 2 cm.
- ③ Take seeds out of red pepper and cut in round slices.
- ④ Heat oil in a pot. Mix red pepper, daikon radish, and dried taro.
- ⑤ Mix in vinegar, then sugar, and turn down the heat and put soy sauce (to leave it crisp)
- ⑥ Turn off heat and let it cool without putting a lid on top. Leave for one night.



Dried taro stems before they are dried.



Benkei is a local dish of Kaihama, the coastal area of Haramachi that suffered destruction from the tsunami. Benkei was brought to this region by migrants from the Hokuriku region around the Edo period as a preservative food for the winter. By passing down these dishes, we hope to pass down the memories of this region.

Reference : Minamisoma Museum



Tofu Tiramisu

Ingredients (5 servings)

200ml fresh cream and 4 Tbsp sugar
 50ml dark coffee and 1 Tbsp sugar
 1 block of firm tofu
 20 pieces of cookies
 Cacao powder

I learned to make this dish at a cooking class before the 3.11 disaster. I used to make a lot of it and give it out to my neighbors. (Female, 60s, Namie)

We made this in Kashima at a local gathering, organized by Minamisoma City, for those who evacuated from the Futaba region.

Recipe

- ① Mix 1 Tbsp sugar into hot coffee.
- ② Soak cookies in coffee.
- ③ Whip fresh cream with 4 Tbsp sugar until stiff.
- ④ Drain off water from tofu, grind in a mortar, and mix with whipped cream.
- ⑤ Place soaked cookies in a container and pour in cream.
- ⑥ Repeat this twice. (The container could be anything from a paper cup to a large plate.)
- ⑦ Sprinkle cacao powder on top and refrigerate.



April 2017 Ukedo River Line, Namie

Mar/Apr

Cherry Blossom Viewing Party

Can't wait for the cherry blossoms to come out...

There are many famous sights to see cherry blossoms in the So-So region. Where is your unforgettable place to enjoy cherry blossoms? Where shall we go to see them this year?

Sights to see cherry blossoms in the So-So region

- Soma Nakamura Shrine (Soma)
- Suzugaoka Hachiman Shrine (Soma)
- Sakuradayama Shrine (Kashima)
- Yonomori Park (Haramachi)
- Soma Odaka Shrine (Odaka)
- Ukedo River Line (Namie)
- Yonomori (Tomioka)

There are many other places, so please go and check them out.



"Odaka purrato home"

Sakura mochi reminds us of the time we encouraged one another and enjoyed our time together at local gatherings. I remember the day, the time, and the people when we had this together...

(Participants of a local gathering)

Ingredients (For 5 pieces)

20g refined rice flour, 80ml water, 30g flour, 1tsp sugar, red food coloring, 100g bean paste, 5 cherry blossom leaves

Recipe

- ① Wash salted leaves and let dry.
- ② Stir water, sugar, and refined rice flour. Add flour little by little.
- ③ Add small amount of red food coloring.
- ④ Preheat a hot plate to 180°C. Spread dough in 5 oval shapes.
- ⑤ Cook only one side until the rim comes off. Place on cooking sheet and cool.
- ⑥ Roll in red bean paste, and wrap with cherry blossom leaves.

We used to make this at various local gatherings every spring. It reminds us of the arrival of spring.

Many of the residents of Odaka participated and still remember the event.



Provided by Section for Compilation of City's History, Department of Cultural Heritage, Minamisoma City Board of Education, Possession of Odaka's Tourist Association

In 1986, residents of Odaka set a Guinness World Record in making the longest rolled sushi. 2,500 people participated in making a roll of 842.62 meters, as 4,500 others watched. They used 540kg of rice, 6,000 pieces of seaweed, and 3,000 eggs.
(From Historical Materials of Odaka)



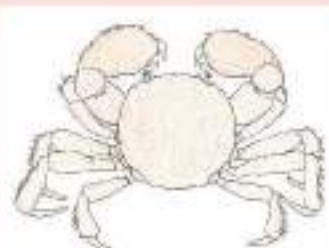
Daijya-Maki

I remember participating in the event when I was in an elementary school. I heard that the Youth Division of the Chamber of Commerce and Industry worked hard for it. I would like to work hard for it.

(Male, 30s, Odaka)

Ingredients (For 2 meter long)
5 cups rice, 10 pieces seaweed,
2 bags powdered fish,
3 bags dried gourd,
3 bags shitake mushrooms,
3-4 cucumbers, 9 eggs,
other ingredients of your preference,
vinegar, sugar, salt.

Spring 2017 Ukifune Festival



Mitten Crab

A neighbor in the Mano River area would bring me crushed crabs. It was delicious.

(Female, 40s, Kashima)



Photo Credit : Hiroaki Ozawa (Restaurant "Sawa")

Gani-Maki

Ingredients
Mitten crab, miso

Recipe

- ① Crush the crab in a mortar.
Add miso and crush further.
- ② Strain and make the first soup.
Set it aside.
- ③ Add water to the remaining solid, strain, and bring to boil.
Add the first soup.

We used to catch mitten crabs in Mano River in Minami-Soma. Since the 3.11 disaster, we are unable to eat the crabs from this area. Now, I order them from Akita Prefecture.

(Male, 50s, Kashima)

We used to catch crabs using a trap made of bamboo leaves. This is a dish that men would make.

(Male, 70s, Namie)

May/June

Sansai

Senior residents become lively when talking about edible wild plants from the mountains. Rich food from the mountain makes us feel the change of the seasons. People also look forward to giving out what they gathered. When you ask what they gathered.....

Bracken, spiral spring, butterbur sprout, udo plant, koshi-abura plant, dropwort, shidoke plant, butterbur, ostrich fern, leaf mustard, fatsia sprouts, bamboo shoots...



Photo Credit: Masayuki Iwasaki

Fuki



The taste of butterbur differs between those planted in the farm and those growing naturally in the fields and mountains. Those growing in the mountain are the tastiest.
(Male, 70s, Namie)



Fukinotoh
(Butterbur Sprout)



Tempura of Kogomi / Photo Credit : Minamisoma Museum

Miso-Dressed Deep Fried Potato

Ingredients

Potatoes, miso, sugar, sake, frying oil

Recipe

- ① Deep fry whole potatoes until inside are cooked.
- ② Mix together miso, sugar, sake, and mirin. Dress deep fried potato.

Sweet and salty with a fragrance of miso. I used to have them as a snack.
(Female, 50s, Haromachi)



After making it in a local gathering, one of the participants brought us her homemade dish at the next gathering. The spirit of sharing was revived! From elderly to youth, we all had a lively conversation over our favorite dish.

Everyone has many fond memories surrounding kashiwa-mochi. Making it at a local gathering brings back many memories and conversations.



May 2017, Sakata Area of Namie



We used to make kashiwa-mochi during breaks while planting rice. When we didn't have kashiwa leaves, we would use leaves of Japanese ginger. My mother in law would make these for me to take them back to my parents' home.
(Female, 80s, Namie)

Ingredients (5 pieces)
50g high grade rice flour,
100g refined rice flour, 10g
sugar, 150g water, 100g
bean paste, 5 pieces of
Kashiwa leaves

Recipe
① Wash leaves and wipe off water.
② Mix both rice flours, sugar, and water. Microwave for 2 minutes (600W). Mix and pound well. Repeat 3 times until well cooked. Wrap in saran wrap, cover with towel and knead.
③ Cut the above ② into 5 pieces, and stretch the dough using water to prevent it from sticking.
④ Wrap bean paste in mochi. Wrap the mochi with leaves.
*You can also make this with a steamer or a hotplate.
Reduce water when steaming. When using a hotplate, bake in an oval shape in 160°C. After baking mochi, place them on a plate, cover plate with saran wrap, and let them cool. Stretch the dough using water, wrap in the bean paste, and wrap the mochi with leaves.

Kashiwa-Mochi



The Kizuna Clinic in Kashima used to hold lots of health classes in the temporary housing complexes. This is one of the memorable menus from those days.



I still have the towel they gave us at the health classes, and I still exercise with it.
(Female, 90s, Odaka)

It was difficult to make a meal of only one portion at the temporary housing complex. (Female, 70s, Odaka)

Simple Chirashi-Zushi

Ingredients (2 servings)
2 bowls of rice
50g ginger pickled in
sweet vinegar
1 canned broiled saury
1 cucumber
1 Tbsp white sesame
Shiso leaves, Japanese
ginger, seaweed

Recipe
① Finely slice cucumber, sprinkle in salt and make soft. Wash with water and squeeze out water.
② Mix chopped pickled ginger, cucumber, flaked saury, and white sesame into rice.
③ Sprinkle Japanese ginger, shiso leaves, and seaweed, to your taste.

Jul/Aug Soma Nomaoui

Soma Nomaoui is a festival that brings together five districts of the So-So region, Soma, Kashima, Haramachi, Odaka, and Namie while also strengthening the ties within each of these districts. In the year of the 3.11 disaster, the festival was held at Taka shrine, keeping the traditional sound of the conch shell.

A festival that has seen a long history of over 1,000 years. The Soma clan was a stable clan without any change of the feudal family from the Kamakura period till the end of the Edo period. This may explain why the culture of this region cherishes the ties between the land and its people.



Photo Credit: Kazuto Sugeeta.



Grilled and Marinated Bonitos

This was served as a feast at the Nomaoui Horse Festival in the old days. Back then, they must have kept it in an earthen ware pot.
(Female, 70s, Namie)

Bonitos are plenty during the Nomaoui season. Dishes using bonitos were eaten for good luck. There used to be a time when bonito fishing was common in the area.

Ingredients (4 servings)

4 pieces of bonito, A pinch of salt
1 tsp vegetable oil, 2 Tbsp soy sauce
2 Tbsp mirin, ½ Tbsp sake, ½ Tbsp sugar, ½ ginger

Recipe

- ① Sprinkle salt on bonitos, and leave them for a while.
- ② Cut ginger into thin strips.
- ③ Place seasoning in a frying pan and boil them down a bit. Add ginger and remove from fire.
- ④ Cook bonito with vegetable oil and dip into the sauce above ③.

Sweetfish

The season for sweetfish begins on July 1st. Many tents are built along the river from the day before. At 4 am, fishing lines are dropped into the river all at once. Many people were there and it was like a festival. The sweetfish were given out to neighbors and relatives. Sweetfish festivals were held in many places.

(Male, 40s, Namie)



July 2017 Takase River, Namie



Surf Clam Rice

Ingredients (4 servings)
3 cups rice, 3 surf clams,
carrots, burdock
Seasoning (soy sauce, sugar, sake, vegetable oil)

Surf clam rice was a typical dish we would serve to guests.
(Female, 50s, Namie)

Recipe

- ① Wash the surf clams and cut into fine pieces.
- ② Cut carrots and burdock into thin slices and stir fry with vegetable oil. Stir in seasoning.
- ③ Add surf clams and bring them to boil.
- ④ Wash rice and cook in a rice cooker, adding the stock.
- ⑤ After the rice is cooked, add ③.

※Some people use sticky rice and make steamed surf clam rice.



Dr. Minoru Kamata came to Minamisoma many times. "I was impressed by the delicious surf clam rice served when I came here to give a talk before the 3.11 disaster. It is something I look forward to when coming to Minamisoma," says Dr. Kamata. Surf clam rice is one of Dr. Kamata's 'taste of home'.



Please get rid of internal organs and other non-edible parts of the surf clams.



Photo Credit : Minamisoma Museum



Sept/Oct

Ofukashi



Rice Harvesting

"Yui" refers to farming activities, helping one another. Shiraae



Lunch on the day of 'yui' consisted of on-ishime, shiraae, kinpira, and so on. Potato salad was a treat. (Female, 70s, Namie)

2017 Sakata Area, Namie



On the morning of 'yui,' children of the family that was to receive help would deliver steamed rice to neighboring houses. Children looked forward to receiving a small tip in return.

Local Gatherings



Local Gathering in Haramachi



Broth of dried taro stem made pot boiled taro soup delicious. (Female, 80s, Odaka)

Yamanokami-ko was an event held around the beginning of September when only men would gather for a meal together. Mogami-ko was for women. There were different names for meetings in different regions. It was an important event when neighbors would gather together and strengthen their bond. Many local gatherings have arisen since the 3.11 disaster. We hope to continue cherishing occasions for communication.

Kabocha-Manju



Pumpkin dumplings were produced in Namie, out of an effort by locals to make a specialty rooted in the region. The 3.11 disaster happened right before this product was proudly being promoted. After the disaster, we made it in a cooking class in one of the local gatherings. While it was an enjoyable event, it had a role of passing down the experience and effect of the 3.11 disaster.

Local Gathering in Omachi With Support from Kinue Ishii



Ingredients (12 pieces)

100g pumpkin, 150g flour, 25g sugar, 100ml water (depends on the size of the pumpkin), 5g baking powder, 4g baking soda, 300g bean paste, flour for dusting.

Recipe

- ① Steam pumpkin and mash.
- ② Mix flour, baking powder, baking soda, and sugar.
- ③ Mix the powder ② with warm water and mashed pumpkin. Mix until tender as earlobe.
- ④ Cover with saran wrap and ferment for 3 hours.
- ⑤ Wrap 25g bean paste with 30g dough, using dusting flour.
- ⑥ Place it on a cooking sheet and steam for 15 minutes.

Shimeji Mushrooms

Photo Credit: Masayuki Iwasaki



We had a lecture on mushrooms at one of the local gatherings. Participants exclaimed in delight seeing a picture of Inohana mushrooms. They all had a memory of the mushroom that delicious.

Mushrooms



Inohana Mushrooms



Inohana Mushroom Rice

Photo Credit: Minamisona Museum



Matsutake Mushroom



The scent of fragrant olives was like a sign of the season to go and gather mushrooms. Neighboring elder women would ride on a bus in a group of 5-6 with a basket on their back to gather mushrooms. (Female, 40s, Kashima)

Nov/Dec

Sake Soup



Ingredients (50 servings)
5kg salmon, carrots, daikon radish, Chinese cabbage, burdock, negi, konjac, taro, shimeji mushrooms, miso, soy sauce, sake, and ginger.

Recipe

- ①Boil salmon and drain the hot water to remove the harsh taste.
- ②Boil root vegetables. Add salmon and leaf vegetables and simmer.
- ③Add seasonings.

Support from Médecins du Monde



Children enjoyed salmon grabbing competition. They had to work together, since an adult salmon could grow over 2 feet in length and 12 pounds in weight and could not be grabbed alone. (Male, 80s, Namie)



The best part was dragnet fishing. All of us in the fishing cooperative caught salmon that came upstream with a net, pulled them up together, and showed them to tourists. (Male, 80s, Namie)

Winter Solstice Pumpkin



Ingredients
Pumpkin, red bean paste.

Recipe
Steam pumpkin and mix with red bean paste.

We used to say that eating pumpkins during the winter solstice prevented us from having strokes. (Female, 70s, Namie)



Yuzu-Apple



This would be served at my relatives' place in Namie when I visited them every year.

(Female, 40s, Haramachi)

Ingredients
Yuzu, apples, sugar

Recipe
Slice yuzu and apples into thin quarter slices. Mix with sugar.

Dishes on New Year's Eve

New Year's Eve was an important event to welcome the god of the New Year. A feast was prepared for the day. Those days everyone added a year to their age.

(Female, 70s, litate)

Onishime, kinpira, simmered flounder, namasu, boiled spinach, soba... dishes served were different in different families.

Onishsime

Ingredients

Kelp, dried shitake mushrooms, konjac, daikon radish, taro, carrots, lotus roots, shimi-dofu, deep-fried fish paste, soy sauce, mirin, sake, sugar

Kagami Mochi



New Year

Zoni (rice cake boiled with vegetables)

Tofu-mochi (rice cake with tofu)

Anko-mochi (rice cake with red bean paste)

Ninniku-mochi (rice cake with grated garlic)

Shoga-mochi (rice cake with grated ginger)

Jyunen-mochi (rice cake with wild sesame)

Natto-mochi (rice cake with fermented soybeans)

Zunda-mochi (rice cake with mashed green soybeans)

Daikon-oroshi-mochi (rice cake with grated daikon radish)

Isobe-mochi (grilled rice cake covered in soy sauce and wrapped with nori)

Kinako-mochi (rice cake sprinkled with sweetened soybean flour)

Now how should we eat this fresh mochi?



But some people just like plain and simple white mochi.

Konetori is someone in charge of assisting the pounding of rice cake, turning it over and see to the timing of the whole process.



Relatives would gather at the end of the year to pound mochi together using a mortar. 'Konetori' was difficult.
(Female, 80s, Kashima)

Everyone's Kojihan

Kojihan is a light meal served in between their farm work. There are many delicious foods that are only available in this So-So region, which hosts a long history and abundant natural resources. Local residents recommended the following. Why don't you take a break with them?



Butter Monaka
Not an ordinary monaka. The butter adds flavor to the regular bean paste.
(Syorindo, Soma)



Madoka-Manju
Recommended manju with refined flavor and chewy texture.
(Funabashiya, Soma)



Choco & Choco
Bread that was sold at the high school co-op. The store in Haramachi moved and reopened in Shinchi after the 3.11 disaster.
(Bonheur Yasuhiro 66, Shinchi)



Maitake Mushroom Okowa
Maitake Mushroom Okowa is the specialty of Shogetsudo. It's a must-try dish.
(Shogetsudo, Kashima)



Shimiten
A snack that made shimi-mochi a familiar taste. Try one and it will make you full.
(Mochidokoro Konowata, Haramachi)

Kojihan Map



Nomatan Cookie
Nomatan is the mascot character of Minamisoma. Made with gratitude and hope for reconstruction.
(Eisendo, Haramachi)

Nomaoi no Sato

7

Recommended as a souvenir from the Nomsai Festival and as an everyday snack.
(Kameya, Haramachi)

Fujo

9

A snack that represents the good-old taste of Odaka. A taste that those who moved away from their hometown still miss.
(Shogetsudo, Haramachi)

Pan de rusk

12

Light texture and fulfilling size. Various flavors to choose from.
(Nami, Access Home Sakura)

St.Haranomachi

St.Odaka

St.Namie

12 ※Reopened in Nihonmatsu

13 ※Reopened in Koriyama

Ice Manju

10

Red bean paste in milk ice cream. A craving, regardless of any season.
(Matsunaga Milk, Haramachi)

Your Favorite

Share your favorites
with your friends!

Odaka Shu

Crème puff "Shu" is marked by its exquisitely sweet flavor.
(Confectionary Watanabe, Haramachi)

Kintai Ham (Odaka Ham)

Made with skillful smoking technique. Their bacon enhances the taste of any dish.
(Fukuso Shokuhin, Odaka)

Namie Yakisoba

13

As thick as udon noodles. Locally produced bean sprout and pork back ribs with appetizing special sauce. (Men no Asahiya, Namie)

About the 'Natsu Shoku' Project

"I miss that dish." "I want to eat it again." Everyone has dishes that they fondly remember. This booklet was made by asking participants at tea gatherings and those whom we visited about their homemade dishes. The So-So Region is a land rich in harvest, with mountains, rivers, and sea. We learned how much people had cherished their natural environment and received its blessings.

Since 2012, Minamisoma City has measured radiation levels in homegrown vegetables, wild plants and mushrooms harvested from the mountains, and food products consumed at home. In 2016, only 0.3% of the homegrown vegetables exceeded the national radiation standard.

On the other hand, 20.4% of the wild plants and 86.1% of the wild mushrooms exceeded the standard level. There is a deep sense of loss for not being able to harvest the riches of the soil growing right before their eyes. However, someday, in another generation, there might come a time when they can enjoy these riches again. Until then, we hope to pass down the memory of these delicious flavor.

Conversations on homemade dishes always invoked conversations on relationships with friends, neighbors, and relatives. Cooking seems to have served as an opportunity for people to get together as a community. We hope that this booklet will facilitate conversations, provide opportunities to cook together, and ensure the continuation of the spirit of sharing among community members.

What is more, for children, the dishes they eat will become what they will fondly remember in the future. It is wonderful to see how conversations about dishes often become a common topic of conversation that ties people across generation and region. Handing down the recipes of homemade dishes, taking note of the lifestyle and episodes associated with them, may allow memories of the old days and of the 3.11 disaster to be passed down to the next generation.

Finally...

When asked about tastes, voices like "as you see fit," "just taste it a few times," "decide the taste little by little when using a large pot" were heard. "Experience" is the trick to your tastes. Please find your own taste by cooking many times and having someone to eat.

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