

〔材料〕米7合 小ぶりのアワビ8個 油揚 1/3 枚 ニンジン 1/2 本 白だし 50cc 酒 50cc 塩少々

①米をといで、調味料を加え、水加減する。 ②アワビを薄く切ったもの、ニンジンの細 切り、油揚も細かく切ったものを乗せて スイッチを入れる。

③炊きあがったら、ご飯と具を混ぜて蒸ら

Rice is boiled with a broth that contains the full flavor of abalone.

You can see slices of mild and tender abalone through the steam rising from the freshly made rice. Ms. Yukari Matsuoka who lives in the Togura district explains how to make this dish. At the end of November, the start of abalone season tells us that winter is approaching. Tasty abalone that has been rejected for shipment appears at the table of fishermen's homes. Of course, they eat savory slices of abalone raw. Another delicious way of eating the abalone is to preserve it in miso soybean paste or sake kasu (sake lees).

The fishermen grill freshly caught abalone on the shell over a briquette fire and eat it. Yukari says, "This is the best way of all for eating abalone." During abalone season, when a member of the Matsuoka family wants to eat takikomi gohan (Japanese paella), rice with abalone appears on the dinner table about twice a month. What an extravagant dish where a whole abalone is used for each family member! But it is not such a special treat for the Matsuoka family. The abalone which the father and son have caught in the sea is a common food like other shellfish or oysters. This rice with abalone is a savory winter delicacy for the fishermen of Minamisanriku.







①暮れに、米の上に置いたもち。正月明けの 11 日に裏返してみると米粒が付着している。その

②暮れにもちつきが終わったら、臼をひっくり

返し、その中に米の入った一升枡につきたての

もちを3つ入れる。注連縄を飾って正月を迎え

る。元旦に、新調したひしゃくとバケツで若水

を汲み、臼に供える。11 日まで、毎朝新しい水

③1月11日、臼のお飾りを下ろして、臼をひっ

くり返し、一升枡のもちを取り出す。首藤利雄

④一升枡には3個のもちが入れられている。(今

回は枡の代わりにお膳を使用した。) 1つ目に裏

返すのが早生の作柄、2つ目に裏返すのは、標

準の時期に植える稲の作柄、3つ目に裏返すの

⑤作柄を占った後、いよいよ農家の仕事始めと

なる。まずは、横倒しにした臼の胴の上でわら

を「ぶつ」(打つ)。繊維を叩いて柔らかくし、

⑥あっという間にできあがった縄。この縄をも

⑦縄ないの間に、朝食になる小豆粥がたかれ、

⑧焼いたもちが入った小豆粥。 囲炉裏端で食べ

るのが、「農はだて」の日の何よりの楽しみだっ

※取材に当たり、入谷の山内登美子さんが「農

はだて」を再現し、集落のみなさんに協力の声

数で新年の作柄を占う。

さんが臼を持ち上げる。

縄ないをしやすくする。

とに草履やむしろを編んだ。

占いに使ったもちが焼かれる。

がけのお世話をしてくださった。

は遅めに植える稲の作柄を示す。

を供える。











小林たか子さん、阿部たけ子さん、髙橋さち子さん。彼女たちのてのひらから、あっという間に縄が生まれ出た。

「農はだて」の再現のために集まってくださった入谷の(左から)首藤とよ子さん、小林あさよさん、菅原正子さん、首藤和子さん、

"No-hadate" A new year on the farm begins from "crop prediction" At farmhouses in the mountainous area of the Iriya district, the yearly from the mortar that had been placed on the earthen floor and it is event called "no-hadate" is held in which predictions are made for the

New Year's crops. This event starts on the 28th of December. On this day, farmers prepare rice cakes for the New Year, and put three round rice cakes on rice grains in a measuring box called "issho-masu." After finishing pounding steamed rice and cleaning the mortar, they turn the mortar

upside down with the issho-masu in it. On New Year's Day, they pour the first water of the year into a brand-new bucket and put it on the mortar as an offering. Every morning, they change the water throughout the New Year's holiday. In the farmhouses, January 11 is the first day of work. In the early morning, all of the family members get up while it is still dark. They lay a straw mat on the earthen floor to make a straw rope. This straw rope is used to bundle straw and charcoal and to make straw sandals,

straw mats, and other utensils and implements. When they finish this task, the main event begins. The water is removed

turned over again. Using the issho-masu which was placed there with the three rice cakes, the ceremony begins for predicting the New

The first rice cake is turned over. Rice grains are attached to the back side of the rice cake. It will be a good harvest if plenty of rice grains are attached to the rice cake. The first rice cake predicts the early maturing, the second rice cake predicts the mid maturing, and the third rice cake predicts the late maturing. On this day, it was nine grains for the early maturing, 35 grains for the mid maturing, and 15 grains for the late maturing. With this prediction, the farmers decide to plant rice seedlings at the usual time. On the mortar, which is sideways, they soften the straw to make a straw rope.

After that, the rice cakes are baked, and put in a rice porridge cooked with azuki beans. The families gather around the table and eat this porridge. They take great pleasure in eating the rice cakes in the



獲ってきた人

アワビご飯

の違人

アワビご飯

松岡由香利さん

を作る人



冬は冬ならではのアクティビティーとグルメが楽しめる南三陸。 地元人とふれあいながら、最高の冬旅をお楽しみください。

|極上!三陸ワカメ収穫体験 2017

〔ツアー催行期間〕3月~4月の毎週日曜日(祝日は除く) 3月…5日、12日、19日、26日 4月…2日、9日、16日 〔集合場所〕 伊里前商店街

1伊里前商店街集合。

②お客様ご自身の車両(乗用車・バスなど)で体験場所まで移動します。

③体験場所(泊浜)到着後、乗船場所まで移動。

④体験開始(漁船に乗船しワカメの収穫・作業場にてワカメの仕分け体験・ワカメしゃぶしゃ

<料金> 3000 円 + 税 (1 人あたり)※任意で傷害保険に加入可能 (207 円 /1 名) **<定員>**・最少催行人数:6名・最大受入れ可能人数:21名 ※団体でのお申し込みも可。 **<お支払い方法>** 当日現金払い、または後日銀行振り込み

個人受付:1月中旬~下旬より南三陸町観光協会公式予約サイト「みなたび」にて予約受付開始。 団体受付:要相談 お問合せ・お申し込みは南三陸町観光協会まで <その他>

〈<mark>車で来られる方</mark>〉 仙台を含む各方面からのアクセスは下記高速経路図を参考にしてください。 仙台南ICから南三陸町までの所要時間は約120分です。

<mark>(高速バスで来られる方</mark>) 仙台駅から南三陸町間を結ぶバスが一日4本出ています。柳津から南三陸町までの所要時間は約30分です。

■高速パス 宮城交通 仙台・南三陸線 (自由乗車制・予約不要)【仙台発】○乗車のみ/県庁市役所前[8:10-12:10-14:10-16:35] ⇒ 仙台駅前(宮交仙台高速パスセンター40番)[8:20-12:20-14:20-16:45]

◎降車のみ/南三陸ホテル観洋前[10:02 - 14:02 - 16:02 - 18:27] ⇒志津川十日町 [10:06 - 14:06 - 16:06 - 18:31] ⇒歌津枡沢 [10:27 - 14:27 - 16:27 - 18:52] 【仙台行】◎乗車のみ/歌津枡沢 [6:47 - 8:27 - 10:27 - 16:17] ⇒志津川十日町 [7:08 - 8:48 - 10:48 - 16:38] ⇒南三陸ホテル観洋前[7:12 - 8:52 - 10:52 - 16:42] ◎降車のみ/仙台駅前[8:58 - 10:38 - 12:38 - 18:28] ⇒ 県庁市役所前[9:04 - 10:44 - 12:44 - 18:34]

※柳津・気仙沼間の BRT は上記以外の時間にも運行しています。 https://www.ireast.co.ip/railway/train/brt/pdf/data_kesennuma.pdf

・天候悪化で船上体験ができない場合は、 代替プログラムをご体験いただきます。



電話:090-5831-9891(うたちゃんショップ)

または 0226-47-2550

おすばでまつり福興市 12 29 8:30-13:30

志津川仮設魚市場 「おすばで」とは南三陸の方言で「酒の肴」 のこと。年越しと正月用の食材を、ここ で調達してください。正月には欠かせな い志津川ダコをはじめ、新鮮な海産物や かまぼこなど、最高の食材が一堂に集ま

寒鱈まつり福興市

9:00-13:30(予定) 志津川仮設魚市場(予定) 旬の寒鱈がたっぷり入ったは、鱈汁であた

たまりながら、南三陸の冬の味覚をお買い

求めください。

波伝谷漁港特設会場

戸倉の漁師さんたち有志が、自ら水揚げし た海産物や加工品、農産品を直売します。 熱々の鍋を食べながら地元漁師やお母さん たちと交流を楽しんでください。詳しくは 戸倉漁師の会 FB ページをご参照ください。

南三陸町へのアクセス













fishing boats.

右上/「孝喜丸」でアワビの開口日に海に出る岩石さん。左上/次に造る船のために道端で杉材を乾燥させている

右下/船は小型で取り回しやすく安定感がある。 下中/岩石さんが造った櫂 左下/4種類の船釘は頭の形や長さが少しずつ異なる。

里海暮らしの喜びを

おすそ分けします。

Koki Iwaishi's daily routine is to build a boat. It will be 60 years long and 1.2-1.3 meters wide. Cedar boards with a width of 30 since he started to build boats at the age of 16. He builds wooden centimeters are used to build the boats. Cedar trees around 70 years old are cut after examining the shape and thickness of the

reinforced plastics (FRP), some fishermen in the Utatsu district mountains for trees to be used for boats. Now, he orders them still use wooden boats. An FRP boat is thin so that it can be easily from a sawmill. pierced when colliding with a rock, and its light body makes it easy A boat spike is used to precisely fit boards to each other. Because to be carried away on windy days. On the other hand, a wooden boat is thick and strong so that it is not easily damaged by rocks, and more difficult to be carried away by the wind. A wooden boat is stable and there is no fear of capsizing even when the load is

heavier on one side. This type of boat is ideal for sea urchin and abalone fishing of the shore reefs in Utatsu. Between around 1955 and 1965, the families in Utatsu were large and it is said that some of them had up to three wooden boats each. However, while an FRP boat can be moored in the water since it is less likely to be damaged, a wooden boat has to be brought onto land after each use, which requires much time and effort, so gradually the wooden boat stopped being used. After almost all of the boats were carried away by the massive tsunami of 2011, the fishermen asked Koki to build their boats. Since Koki's workshop had been washed away, he lost all his tools. He ordered new tools and started once more to build boats. He built and delivered several boats. "It was a very

Even now, when almost all fishing boats are made of fiber

He recently restored a wooden boat that was formerly used in the present-day Teizan Canal in Yuriage, Natori City, and on September 25, he launched it at the canal. In the past when he used to receive frequent boat orders, cedar boards used for boats were dried out in the sun and made a long line along the slope to

difficult time for me since I lost all my tools," recalls Koki.

the number of wooden boats is decreasing, there is only one manufacturer of boat spikes in Japan and it is located in Hiroshima Prefecture. Four types of different boat spikes are used

trunks. When he was young, he occasionally searched the

to bind boards precisely and proficient skills are necessary to do this. The head shapes and length of boat spikes used should be slightly different depending on the section of the boat where the boat spike is driven. Koki displayed his proficiency in binding the boards with exact skill and driving a clamp. When creating a curved surface on the side of the boat, rice straws are burnt to warm the board and a curve is gradually created. The

rice straw is burnt to spread heat uniformly over a wide area. Although there used to be some craftsmen in his workshop who made scaffolds and oars in the past, since there is no one to make them now, he makes them by himself. In his workshop, oars made from oak create a beautiful curve as they stand against the wall. He truly loves building boats. He has a broad smile on his face when he speaks of boats. He comes alive when he uses his tools to work on a boat. On the day when abalone or sea urchin season

starts, he also puts his boat to sea and goes fishing although he usually does not do this. The fishermen ask him to repair their damaged boats. There is, however, no one who will carry on his skills.

his house. This scene used to be typical of Tomarihama Beach in The craftsmanship and skills needed to build a wooden boat is a precious heritage of Japan.



歌津の泊浜では「船を造る」。 とを「船をはぐ」という。 「はぐ」という方言がどこから 来たのか?については確固たる 説はない。かつては「かっこ船」 のように、山から切り出した木 を割り、皮を剥ぎ、くり抜き、 つなぎ合わせて船を作っていた ため、その時代の言葉が今日ま で伝わったのではないかと語る 地元の高齢者もいる。



Minamisanriku

海とともに生きるまち

木の船を造り続ける男

BUILDING A BOAT

A BOAT BUILDER WHO CONTINUES TO BUILD WOODEN BOATS







The boats used for fisheries in Utatsu are seven to eight meters

