〔材料〕 ワカメの茎(中鍋ひとつ) シイタケ適宜 鷹の爪少々 白ゴマ少々 ザラメ 500g 醬油大さじ 2~3 〔作り方〕

①塩蔵のワカメの茎を水に戻して塩抜きする ②ワカメの茎を湯通しして、斜めに切る。 ③切ったワカメの茎を煮てあく抜きする。

④一度お湯を捨て、鍋に半分くらい の水を入れて、改めてワカメの茎を柔らかくなるまで煮る。 ⑤柔らかくなったら、ザラメを 500 グラムくらい入れて 30 分程煮る。 ⑥30 分程煮たらシイタケ、鷹の爪少々を入れる。 ⑦味をみながら、醤油を風味づけに大さじ2~3入れて仕上げる。 最後に白ゴマを降る。

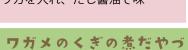
※さらに細くワカメの茎を割いて、根ショウガを入れ、だし醤油で味 付けした料理も、よく食べられる。

In Minamisanriku there is a side dish that is eaten frequently in January and February during the peak of wakame seaweed season. Harvested wakame seaweed are blanched and then salted. The right and left sections of wakame seaweed sold in stores is soft after removing the stem. This hard stem is called "kuki." Although usually "kuki" is not commercially available, sometimes bright

green "kuki" of wakame seaweed is sold at fishmongers in Minamisanriku. Using this "kuki," Minamisanriku women prepare side dishes. Typical dishes are bitter-sweet kuki stewed in soy sauce and sugar. Ms. Rehko Oyama in Hosourahama also makes this dish. The Oyama

family cultures wakame seaweed and sea squirt. Rehko cooks "kuki," which she helps to harvest, together with lots of shiitake mushrooms with

The sweet wakame seaweed stems are indispensable as a side dish in a lunchbox. Moderately crunchy "kuki" melts in your mouth. White sesame sprinkled on the seaweed gives it a pleasant aroma, which makes it more delicious. Adding vinegar at the very end to give it a refreshing taste is also extremely popular.



小山さんのご主人 幸七 さんは約 40 年、商船の 船長として世界中を旅し てきたので英語など何カ 国語かの会話に堪能だ。 小山さん宅でも民泊を受 け入れており、これまで インドネシアや台湾の方 たちが泊まっていった。 幸七さんは 75 歳にして、 現在英検に挑戦中だ。



さんさん商店街オープン記念

仕蝶わかめまつり福興

南三陸さんさん商店街オープンを祝って、 福興市を開催します。仮設魚市場から新 たな商店街の周辺を、海を眺めながら散 策してみてください。新たな志津川のま ちへの第一歩を踏み出す福興市です。

4月末 歌津伊里前

歌津地区伊里前にもいよいよ新たな商店街

がオープンします。町民が憩える海辺の商 店街です。ぜひ「はまって」ください。

詳細は南三陸町観光協会ホームページでお

南三陸福興市

大型連休は南三陸町でお過ごしください。

民宿ステイや海釣り、山歩きもお楽しみい

ただきながら、福興市で春ならではの食材

をお買い求めください。

9:00-13:30 (予定)

志津川仮設魚市場(予定)

知らせします。

9:00-13:30 志津川仮設魚市場

南三陸さんさん商店街 にお出かけください!



●商店街周辺は各種工事が進行している ため、駐車場に限りがあり、混雑が予想 されます。お時間に余裕をもってご来場

●3/3・4・5 は臨時駐車場を使用でき ます。係員の誘導に従い、駐車場にお入 りください。駐車場からは徒歩で移動い ただきます。 ●係員の誘導に従って駐車場にお入りく

ださい。 ●3月3日(金)午前中はオープンセレ モニーを開催するため、一般のお客様は 入場できませんので予めご了承下さい。 ●開場後、もちまき、南京玉すだれの大

道芸披露などを予定しています。

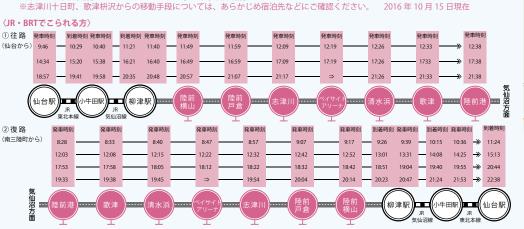
2017年 3月 3日(金)

お問合せは 株式会社南三陸まちづくり未来 TEL 0226-28-9880

〈車で来られる方〉 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。 南三陸町へのアクセス

(高速バスで来られる方) 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。

○降車のみ/南三陸ホテル観洋前[1002 -14:02 -16:02-18:27]⇒志津川十日町 [10:06 -16:04 -18:31]⇒歌津析沢 [10:27 -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.jp/railway/train/brt/pdf/data kesennuma.pdf 2016 年 3 月 26 日改正







At the edge of Minamisanríku

与三階

の時間

煮

小山れえ子

南三陸の端っこで



Sunrise at Tomari

The Tomari district is at the tip of the Utatsu Peninsula that projects into the sea like a dragon. It is blessed with rich shore reefs and offers a magnificent view of the Pacific Ocean as far as the eye can see. Many residents view the first sunrise on New Year's Day from their yards. The sun rises from the Pacific Ocean, dyeing the sky a bright crimson.

In the past, the sea had always been a "playground" for the children of Tomari. They swam to a large fishing boat moored to the offing and crept on deck. They climbed down to every shore reef to catch whelks and abalones. They skinned and dried sea urchins and used them as bait for fishing. If an adult found them trying to catch abalone, they were scolded.

Boys in Tomari went fishing for abalone with their fathers or grandfathers when they were in the third grade. They felt that it was embarrassing to go to school on time on the first day of abalone season. There was a special excitement on that day. Before going out to the sea, their mothers made them special udon noodles. It was a special treat before dawn.

In the pitch-black sea, they looked down at the dark seabed through Hakomegane (underwater glass box). They strained their eyes to see inside the sea down to a depth of 10 meters. Gradually, their eyes adjusted to the dark and finally, they found an abalone!

While they were engrossed in catching abalone, the sea slowly turned red. The light from the morning sun dyed the water red, creating a mystical aura beautiful beyond words. Boats passed by each other in the crimson waters. Children competed with each other on the sea and were very disappointed if they were not able to catch abalone. When it was time for a break, the father grilled abalone on a

charcoal brazier "Shichirin." thus enjoying an extravagant and exciting time with their sons. In this way, the boys of Tomari became fishermen. They became fathers in due time and as time passes, the impressive morning sun continues rising from the sea in

Tomari, unchanged since ancient times.

にない神秘に満い神秘に満い神秘に満りると、父親りると、父親りると、父親りると、父親りると、父親りると、父親りると、父親りると、父親りると、父親りると、父親りると、父親りると、父親りない神秘に満した。







右/夕暮れ時、後藤さんの移動販売車に常連さんが立ち寄る。中/愛息 吏稀くんの作文。いつも車内に置き、数え切れないほど読み返してきた。 左上/バラエティーに富むお惣菜の数々。 左下/後藤さんは、暑いときも寒いときもここでたくさんの人たちと語り合った。



「庄司さん」が持って来てくれた震災前の店に貼ってあった書画の写真。



EVEN ON RAINY OR WINDY DAYS ... I SEE THEIR SMILING FACES ... — KAZUMI'S FIVE AND A HALF YEARS ON THE FOOD TRUCK "SHIOSAI"

He always stands up tall and straight and works hard. The owner of "Shiosai (Sound of the sea)," Mr. Kazumi Goto has

continued to sell "ready-to-eat" food items for five and a half years, even on rainy, windy, or scorching hot days in this town where recovery still continues. When cooking deep-fried foods in his small car, he has to endure temperatures up to 50℃ in summer time. In winter, he has to suffer through freezing winds that blow fiercely. He has driven the truck to the temporary housing complexes in town and sold his "fresh and ready-to-eat" food to the townspeople who have been forced to live hard and disruptive

With 20 years of experience in the restaurant business, he opened in November 2007 his own restaurant called "Shiosai" in Minamimachi in the Shizugawa district. His appealing and delicious dishes attracted wide attention, and his restaurant became so popular that people lined up at lunchtime for a meal there. Everything seemed to be going very well for him. However, on that fateful day in March 2011, his restaurant was

completely washed away by the tsunami. It had been three and a half years since he had opened "Shiosai." In a shelter, the townspeople who lived together with him told him, "We can't wait to eat the dishes you used to make." Kazumi wished to be of use to the townspeople who had to lead such difficult lives in the temporary housing units.

"I was thankful for the memories of when people came to my restaurant and I made up my mind to make food for the people who had lived in the temporary housing units and I did this for 3

During the first year, Kazumi frequently saw tearful scenes of residents meeting each other again after a long time. "Tears rolled down their faces while they chose which dishes to buy." Also, one morning, he prepared "kurozu ae" (salad dressed with

kurozu vinegar) in response to a request from a school boy who had to undergo an operation for a serious illness. Later, the boy recovered, left the hospital, and came to see him and said, "Uncle Kazumi, thank you. It was so delicious." His heart was warmed by For five and a half years, he listened to his customers' various

complaints, and problems at work and at home ... In December 2016, he ended his job selling food from his truck. A new "Shiosai" will open on March 3, 2017 in Minamisanriku Sansan Shopping Mall.

His life has had many ups and downs since he lost everything in the 2011 disaster. One thing has continued to support Kazumi as he made his rounds with his food truck whether the day was hot or

It is the words from his son Riki, "My future dream is to work with

Shiosai. My most precious treasure is "Papa." He has read these words, written by his young son countless times. It was put on the wall of his truck. Day after day these words have continued to cheer and comfort

A thousand emotions are feeling Kazumi's mind as he starts a new chapter in his life with the opening of "Shiosai."



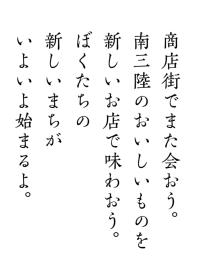
Minamisanriku

海とともに生き

雨の日も風の日も、 あのひとの笑顔を思い描いて ~移動販売「しお彩」後藤さんの5年半~

コロッケやフライをひとつひとつ丁寧に揚げ続けて来た。





移動販売車が来るとにぎやかだったね。おいしかったね。おしゃべりしてたね。おしなうね。とおうね。しお彩のおじさんはもいがある。

まってます。

南三陸町

Minamisanriku-Town Miyagi pref.

当に抱かれ









