

(材料の下準備) ごぼうはささがきに、サツマイモは 1cm ぐらいの 角切りにする。椎茸は水で戻し、細切りにする。 こんにゃくは下茄でして短冊切りに、油抜きした油 揚げ、戻した高野豆腐も大きさを揃えて短冊切りに する。まめ魅は水に浸し、しぼっておく。いんげん は、ひと口大か斜め切りにし下茄でしておく。



①鍋にだし汁と椎茸の戻し汁を入れ 野菜、椎茸、こんにゃく、油揚げ、



味を整え、まめ魅を入れる。



③一旦火を止め、水溶き片栗粉を入 れ、とろみをつける。



④器に盛り付け、下茄でした「いん げん」を彩りにのせる。

定プランです!!

■開催期間

■催行時間

■料 金

■定 員

※お車で仙台南IC

から町内中心部までの所要時間は約

■最少催行人数 1名

〈JR・BRTでこられる方〉※乗り換え一例

南三陸町観光協会公式予約サイト 南三陸の醍醐味体感!

ステングラ 手がらで芋煮を楽しめる!

ラクラク芋煮♪4 名様からご利用いただけける 11 月末までの限

■内容 肉、野菜、調味料のほか、お椀や箸、鍋、お玉、炭、 軍手、

ゴミ袋もご用意いたします。さらに、おひとりにつき、 おにぎ

夏はウニやホヤ、秋はマダコや秋鮭、冬から春はアワビや牡蠣、

春はワカメ。四季それぞれに旬の恵みがいっぱいの南三陸の海。

9:00-10:30 / 13:30-15:00

漁師と船に乗り、自然の恵み豊かな海をご体感ください。

2018年7月~9月

■料金 お一人様 1,000 円(税込) ※お子様同一料金

食材も機材もすべての準備はキャンプ場におまかせ!荷物も少なく

※別途、キャンプ場入村料がかかります。

阿部さん夫婦の漁船に乗って船上体験

ズミ 1 阿部民子さんご夫妻の漁船で漁師の仕事を見学

2 美しい海が育む豊かな恵みを体感!

3,500 円~15,000 円 (参加人数により変動します)

■参加対象年齢 小学生以上 ※小学生未満のご参加については事前にお問い合わせください。

南三陸町の暮らしや文化、風景を楽しむスローサイクルツーリズム。

お問い合わせは「南三陸町観光協会公式予約サイト「みなたび」から!

〈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6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。

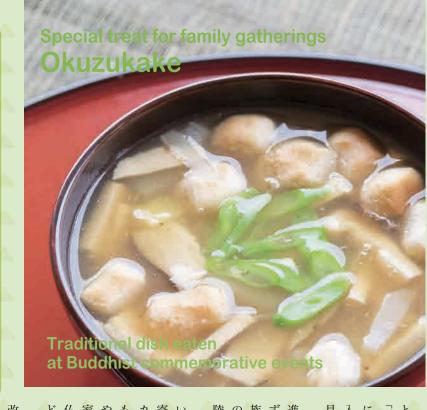
■高速/\(\tau\) 宮城交通 仙台南三陸線 (自由乗車制・予約不要)
【仙台発】◎乗車のみ/県庁市役所前[8:10-11:15-14:10-15:10-16:40-18:15] ⇒ 仙台駅前(宮交仙台高速/\(\tau\)\

https://minatabi.good-travel.info/

みなたひ^{*} お手軽"/アーメニュー

東北、宮城の風物詩「芋煮」を気軽に体験!神割崎キャノス場

2 あちこち観光してから、準備いらすですぐ芋煮!



During Obon (a Japanese Buddhist custom to honor the spirits of one's ancestors held in mid-August) or "Ohigan" (the seven days around the spring or autumn equinox when people pay their respects to their ancestors and visit heir graves), when family members and relatives, etc. gather together, 'Okuzukake" is often served in homes. This is a traditional dish where seasonal vegetables, konjac, abura-age (deep-fried tofu), koya dofu (freeze-dried tofu), mushrooms, and so on are put in a thick soup flavored with soy sauce. his dish is made for Buddhist memorial services where a large number of people gather. This dish evokes memories of lively times when families and elatives used to gather. It is exactly like food that mothers of Minamisanriku used to make.

Moderately thickened Okuzukake is easy to eat. It is a local favorite for everyone from children to seniors and is delicious whether eaten hot or cold.

It are for small dried white-gluten bread and somen noodles) and the start in front of the

asonings are different in each family and area. When eating in front of the uddhist altar, reddish food such as carrots are not used. he Minamisanriku Council for Promotion of Good Dietary Habits, also 🕏 🐍 known as "Health Mates," has been collecting local recipes. In recent years, there have been fewer opportunities to make traditional cuisine such as "Okuzukake." Therefore, they have been working hard to gather recipes by

sking older residents how to make traditional dishes.

When recalling memories of one's hometown, one of the first things people remember is the taste of good food they enjoyed when growing up. Providing information on local food and cuisine will help people to develop their community. The women's love of their hometown is expressed in their desire to transmit the taste of local food to future generations.



Every summer, after the Bon festival season, white cutout pictures are displayed at shops and offices in Minamisanriku. Each shop, company, or district has a story that is made into a picture, and they are carefully or district has a story that is made into a picture, and they are carefully created one by one.

As part of a Tourism Promotion Project that is started by Minamisanriku Town and run by women in Minamisanriku, the members collaborated with ENVISI, a volunteer group, which is based in Sendai and is supporting revitalization through art, in the summer of 2010, the year before the Great East Japan Earthquake of 2011. They interviewed various people living or working along the main streets of the Shizugawa district and put up kiriko (cutout pictures) of family treasures on the eaves of shops and houses. The one-kilometer long street from JR Shizugawa Station to Osakana Street was decorated with about 650 kiriko. The photos taken of the area at that time are valuable records of how the town looked before the 2011 disaster. In addition, these kiriko have become precious "symbols" of the traditions handed down through generations that were lost in the tsunami.

After the disaster, the "Minamisanriku Kiriko Project" has continued

with the cooperation of volunteers who spend hours cutting out every single sheet of kiriko every summer and placing them in the shops and offices that reopened after the tsunami.

Partitions of the hospital and the "Machidoma" (lounge area for residents) at the both of Minamisanriku Town Office(in Shizugawa) and the Utatsu General Branch of the Minamisanriku Town Office were also decorated with kiriko made by members of the "Minamisanriku Kiriko Project." Motifs that symbolize Minamisanriku, such as oysters, scallops, abalone, seaweed, cedar forests, deer dance, azalea blossoms from Mt. Tatsugane. and ichthyosaurs, were displayed. Since 2017, members have been interviewing residents gathered at community halls of public housing complexes. Everyone has unique and irreplaceable stories to tell about their life.

Each person has an unforgettable story. No two kiriko pictures are the same. The "Minamisanriku Kiriko Project" shows us the importance of understanding each person's unique history through the creation of works of art to which people can relate, and support the development of Minamisanriku.

南三陸の端ってで

町の人々の物語を

た。(志津川・八幡橋付近)

思いを込めて切り続けてきた。

「みんなのきりこ」。





おくずかけの

、違人たちょと

秋のイベント

【志津川湾タコまつり福興市)



9:00-13:30 志津川仮設魚市場

南三陸志津川名産のタコをテーマにした福 興市。タコを使ったメニューや飲食ブース が立ち並び、おなじみのタコのキャラク ターオクトパス君グッズの販売もありま す。「タコ神輿」も登場!

南三陸町産業フェア



ベイサイドアリーナ隣接 特設会場(予定)

町内の農業・林業・水産業・商工業者が一堂 に会して、自慢の地場産品を展示・即売す る南三陸町最大の産業祭です。当日は特産 のローカルグルメブースも出店、もちまき などのステージイベントもあります。秋の 恵み満載の一日にぜひお出かけください。

志津川湾鮭・L)くらまつり福興市



9:00-13:30 志津川仮設魚市場

南三陸産秋鮭といくらを味わえる福興市で す。鮭を使ったオリジナルメニューなど、 秋ならではの豪華な食材が満喫できます。

南三陸町へのアクセス

Minamisanriku as a new Mecca for wine, food, and people

A variety of grapes called Chardonnay from which white wine is produced, has been planted in a vineyard in Iriya. About 500 seedlings of two-year-old grapes are thriving. In another vineyard, three varieties of grapes have been planted for a total of 300 grapevines. After 3 years or so, farmers expect to harvest enough to produce two bottles of wine from each vine. The day when wine from Minamisanriku will make its debut is not so far off.

Two young men who entrusted their dreams to this Chardonnay grape launched the Minamisanriku Wine Project.

Mr. Gack Fujita has been studying grapes as a member of the Community-Reactivating Cooperator Squad (CRCS) for the past two years. Gack, born in Saitama, is familiar with the ecosystem of the ocean and has carried out various educational activities. Gack believes that Minamisanriku is a place that has great potential. Both the local government that plans "recycling-oriented environment," and residents who wisely utilize their valuable natural environment while preserving it, are working together to achieve a brighter future.

Wine is a reflection of the soil, wind, and water of the area where the grapes grow. The true appeal of a wine is in the enjoyment of the fragrance and taste that can only be found in a specific area. There is a word that expresses the relationship between wine and land and that word is "terroir." It is derived from the French word "terre," which means land, and describes the characteristics unique to the land such as soil, climate, topography, and agricultural techniques, and these factors give the wine its distinctive flavor and aroma. Also, you may often hear the word "mariage" to express the exquisite harmony

between food and sake or other alcoholic beverages. Mr. Chikafusa Mori who runs a winery in Akiu created the word "terro-age" from these two words. Chikafusa plans to transmit information about the abundant

agricultural and fishery products in the Tohoku region where people can enjoy the "mariage" between wine and sake and local produce. Chikafusa says, "To realize this goal, it is now necessary to foster personnel who can provide support for 'wine Apples produced in Iriya, Minamisanriku are used to produce apple cider, which

is brewed at the Akiu Winery. In this way, Chikafusa has started collaborative efforts between his winery and Minamisanriku. Last year, they placed wine from the Akiu Winery into the seas off Togura for aging, and also held an event to enjoy the "mariage" between wine and internationally certified oysters.

Another member of CRCS. Mr. Yuta Shoji, studies grape cultivation and winemaking under Chikafusa. He was born in Tokyo and later worked as a company employee in the Kanto region. Yuta retired from the company to pursue his interest in wine. He worked in wineries in Hokkaido and Yamanashi. Since 2017, he has been involved in the Minamisanriku Wine Project and received training at the Akiu Winery to learn how to establish a winery.

When visiting Minamisanriku for the first time, Yuta was struck by the beauty of the sea and the taste of marine products. He was also impressed by the fields near the sea with its favorable conditions of large temperature variations which are necessary to grow good grapes.

By making full use of its rich environment of forests, fields, and seas, Chikafusa and Yuta dream of the creation of a new Minamisanriku through revitalization of various industries centered around wine. If wine tourism becomes popular, new employment will be created. Another feature that will be invaluable for the future of the town is the outstanding achievements in forest management and aquaculture that have received international certification.

"It is wonderful to drink wine while nibbling on delicious oysters and slices of octopus and enjoying a lovely view of the ocean. In order to make this vision come true, we need chefs who can make dishes using local ingredients that are tailored to different wines. We also need experts who can explain different wines and help the customer to choose the right pairing. I think that it is important for the town to work together to create a more attractive Minamisanriku," Yuta says. Chikafusa has the following view of Minamisanriku:

"Minamisanriku is rich in regional resources, not only in terms of diverse food to be paired with wine, but also in outstanding human resources. The people are so friendly and I feel as though it is my second hometown. In addition, I am so impressed and moved by the stories of the people who have overcome the devastation from the earthquake. If a winery were to be established, it would have an excellent geographical advantage, making it ideal for wine tourism. Even though it is some distance from Sendai, which is the capital of Miyagi Prefecture, I think we can successfully overcome this issue. "

The key to a bright future is not only "terroir" that contributes to the local flavor of wine but also by raising people's awareness of the concept of "terroir" so that everyone can work together to make the most of Minamisanriku's unique features. Chikafusa and Yuji will undoubtedly work hard to make this a reality with their flexibility and optimism.



南三陸をワインと食材と人をめぐる旅のメッカに





















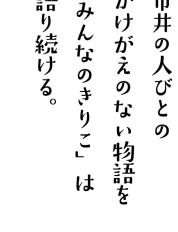














ひとり





切





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K

人々

の物語

Ο

続けて

きた。



Minamisanriku-Town Miyagi pref.

