



● New York ..... 14 hrs.	● Paris ..... 13hrs.	● Beijing ..... 3 hrs.	● Seoul ..... 2 hrs.
● Los Angeles ..... 11hrs.	● Sydney ..... 12 hrs.	● Hong Kong ..... 4 hrs.	● Taipei ..... 3 hrs.
● London ..... 12 hrs.	● New Delhi ..... 8 hrs.	● Kuala Lumpur ..... 6.5 hrs.	



## Nation's kitchen

Osaka was referred to as the "Nation's Kitchen" during the Edo period (1603 – 1868). Lords from other parts of the nation also kept rice and other natural resources in their warehouses in Osaka. Therefore, people in Osaka were exposed to various different foods.

One of food cultures originated in Osaka is "dashi" (fish broth, the foundational flavor of Japanese cuisine), while Kombu seaweed and bonito flakes came from other parts of the country.



\*Photo Source: "Settsu Meisho Zue" (Osaka Municipal Central Library)

## Osaka where people "eat till they drop"

Osaka is known as a place of "kuidaore," which translates literally as "eat till you drop".

The locals don't care how much they spend on food because of the limitless variety of food options.

The Kuromon Ichiba Market is one of the most popular sightseeing destinations in Osaka. Tourists can experience an authentic Japanese market while sampling fresh seafood, meat, vegetables and fruit.

Okonomiyaki, takoyaki, yakiniku BBQ, kushikatsu (deep-fried skewered meat) and tecchiri (blowfish hot pot) and many other food options are in Osaka. We welcome you to take an Osaka-style culinary adventure.



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ENJOY FOOD SPECIALTIES FROM OSAKA, THE FOOD CAPITAL!

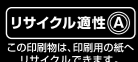
What's 大阪? What's 大阪産?



*Japan Osaka*

Published by **Distribution Policy Office, Osaka Prefectural Government**

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平成28年8月発行



愛され続けるもん「名品」



# Enjoy Food Specialties from Osaka, the Food Capital!

## OSAKAMON

## OSAKAMON Meihin



In Osaka Prefecture, the locally-grown agricultural, livestock, forest products, and the fishery products caught off the coast of the Osaka Bay and the processed products using the above materials are collectively called "Osakamon" or Osaka products.



愛され続けるもん「名品」



The perfect gifts! We promote processed food products which have been loved by the locals and have a history of 50 years or longer, a unique production method and culture as "Osakamon Meihin" or Osaka traditional specialties. Currently many (about 300) products have been authorized as Osakamon Meihin. When purchasing souvenirs in Osaka, be sure to select items with the Osakamon Meihin symbol.



### Grapes • Wine

The Delaware grapes have been cultivated in Osaka since the Meiji Period, approximately 140 years ago. Currently, Osaka is the third largest producer of Delaware grapes in Japan. Delaware grapes are grown along the mountain sides in Osaka, with a harvest period of May to August.

Some wineries in Osaka have a history of 100 years. Thanks to easy access from downtown Osaka (about one hour), recently they have been attracting many overseas tourists for activities including grape picking and winery tours.

### Octopus • Takoyaki

Two well-known specialties from Osaka are Okonomiyaki and Takoyaki. Both of these delicious food items are created with flour and "dashi" (fish broth). Okonomiyaki is a Japanese-style pancake made with flour and cabbage, however you can add any ingredient you wish. A savory sauce is drizzled on top of Okonomiyaki. Takoyaki is a ball-shaped treat made with flour and filled with octopus.

Izumi Dako or Izumi Octopus, the general term for the octopuses caught off the coast of Senshu in Osaka Bay, feature soft meat and natural sweetness, and enjoy a high reputation for being tasty. Abundant shrimps and crabs and the calm tide in the Senshu region make it an ideal environment for growing delicious soft Octopus.



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### Beef • Egg • Suki-yaki

"Suki-yaki" is a mix of grilled vegetables and beef, flavored with soy sauce.

The name "suki-yaki" comes from the fact that farmers used the metallic part of a "suki" (spade), a piece of farming equipment to cook beef and vegetables.

Livestock farmers in Osaka produce their eggs, beef and pork using unique methods of rearing and feeding.



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### Okoshi

"Okoshi" is a slightly sweet, crispy rice cake with a hint of ginger, and loved by the locals. Okoshi was born during the Edo period (1603 - 1868) when there was the Dojima rice market in Osaka, and people had easy access to rice and sugar.



### Western Dessert

Western desserts and the Christian religion were introduced to Japan by Portuguese during the Muromachi period (1336 -1576). With easy access to sugar, locals in the Osaka region began to create Western desserts. Try one of our signature sweets, the Castella.



### Green Tea

The tea culture, along with Buddhism arrived in Japan from China during the Nara, Heian period (700-1100). With its beginnings in Kyoto, the cultivation of tea has spread throughout Japan. Born in Osaka, "Sen no Rikyu" a famous tea master, was the greatest influence to tea culture and was responsible for the creation of a unique Japanese tea ceremony practice. Buddhist priests, nobles, samurais and the general population have been enjoying tea for centuries. Osaka is home to numerous tea shops and houses.



### Senshu Mizu Nasu Eggplant, Pickled Mizu Nasu Eggplant

Grown since the Edo period (1603 - 1868), Mizunasu (a kind of eggplant which can be eaten raw; the name means "water eggplant") has a much softer skin than conventional eggplants, slightly sweet flesh and exquisite texture. It is a specialty of the Senshu area in the Southern part of Osaka Prefecture. Mizunasu no asazuke (mizunasu pickled for a short time) is very popular.

