

Food and Sake Guide

~28の味力~

28 Gourmet Selections

広島県域都市圏

The Hiroshima Regional Urban Area



広島県域都市圏マスコットキャラクター
広島県観光推進センター
Hiroshima Regional Urban Area

広島市 HIROSHIMA



Hiroshima Tsukemen
Hiroshima tsukemen, or Hiroshima-style dipped noodles, began at Shin-kaen, a restaurant in Hiroshima City. Composed of chilled ramen noodles, chashu braised pork slices, boiled vegetables, and a hard-boiled egg that are dipped into a spicy, soy sauce-based sauce made with chili peppers and chili oil, customers can custom order the sauce to be as spicy or as mild as they like.

安芸香辛漬汁「一期」



Pindon: Aki Jerusalem Artichoke Shōchū
A rare distilled spirit made of Jerusalem artichokes grown in Hiroshima Prefecture with a light body that goes down smooth.

Inquiries: Aratani Tel: 082-277-6888

呉市 KURE



Kure Maritime Self Defense Force Curry
This curry is served on ships that belong to the Japan Maritime Self Defense Force (JMSDF) stationed in Kure. After learning how to make about 20 varieties of curry from JMSDF chefs, we faithfully recreated the iconic taste of this very special curry. JMSDF commanders and ship captains agree: this curry is the real deal.

八景の地酒



Local Sake from Eight Breweries
There are eight sake breweries in Kure that use the high-quality soft water that flows from the mountains to brew sake that is highly acclaimed across Japan.

Inquiries: Kure Maritime Self Defense Curry Business Group
Tel: 0823-69-9090

竹原市 TAKEHARA



Takahara-yaki with Sake Lees
This local twist on okonomiyaki incorporates sake lees from daiginjo sake in the batter. The sake lees are produced by three breweries in Takahara City: Nakao Sake Brewery, Taketsuru Sake Brewery, and Fujii Sake Brewery. Enjoy the slightly sweet aroma and taste of local sake lees in this original dish.

竹原の日本酒



Takahara Sake
Savor the distinct flavors of the finest sake made at Takahara's three sake breweries: Nakao Sake Brewery, Taketsuru Sake Brewery, and Fujii Sake Brewery.

Inquiries: Takahara Roadside Station Tel: 0846-23-5100

三原市 MIHARA



Mihara Yassa Octopus
This brand of octopus is caught using Mihara's traditional octopus pot fishing techniques. As the octopus near Mihara grow up in fast currents, their tentacles are short and thick, which means denser textures and deeper flavors. You can find all kinds of fresh octopus cuisine in Mihara, including sashimi, fried octopus, and even octopus okonomiyaki.

蘇心



Suishin
The favored sake brewery of master Japanese painter Taikan Yokoyama. The rich flavors of this sake, made with soft water, have received high praise overseas.

Inquiries: Suishin Yamane Honten Tel: 0849-62-3251

三次市 MIYOSHI



Miyoshi Spicy Okonomiyaki
This unique local okonomiyaki is a spicy twist on a Hiroshima classic, using Spicy Carp Okonomiyaki Sauce and karamen, noodles with red chili peppers mixed into them. Okonomiyaki shops around Miyoshi offer their own versions of Spicy Okonomiyaki for visitors to enjoy.

TOMOシャルドネ新酒



Tomō Chardonnay Shingatsū
Made from carefully selected chardonnay grapes grown in Miyoshi. Powerful and elegant in flavor, it has received high praise from wine competitions both inside and outside of Japan.

Inquiries: Hiroshima Miyoshi Winery Tel: 0824-64-0200

大竹市 OTAKE



Atata Young Yellowtail and Lemons
These young yellowtails are raised on Atata Island, the biggest producer of farmed yellowtail in Hiroshima. Hiroshima lemon juice is fixed into their feed, as Hiroshima is known as the number one producer of lemons in Japan, giving Atata Young Yellowtail a clean and slightly citrusy aroma.

マロンの星



Marron-no-Sato
Madelesines made with Japanese chestnut paste and an paste made with local chestnut. Named for the Marron-no-Sato Community Center in Kuritani-cho.

Inquiries: Marron-no-Sato Marketplace Tel: 0827-55-0055

東広島市 HIGASHIHIROSHIMA



Koi-no-Yokan Rinse-Free Rice
This unique 'Koi-no-Yokan Rinse-Free Rice' was the first Higashi-Hiroshima-grown rice to be awarded Special A (Tokusai), the highest rank, at the 2021 Japan Grain Inspection Association Ranking. Full of umami, but still light and refined, it's the perfect companion to any meal. This vacuum-packed cube contains 300 grams of rice.

東広島市の日本酒



Higashi-Hiroshima Sake
Using local, high-quality rice and water, as well as exceptional techniques, the best breweries in Higashi-Hiroshima brew sake with their own distinctive characteristics.

Inquiries: Discover Higashi-Hiroshima Tel: 082-493-5815

廿日市市 HATSUKAICHI



Grilled Conger Eel Over Rice
This dish combines conger eel grilled with a savory sauce over freshly steamed rice. Saltwater eel caught in the Ono Seto Strait is flavorful and tender, and this dish has been a popular bento choice since the Meiji Period. A must-try for those visiting Miyajima!

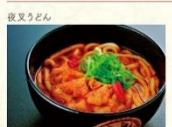
SAKURAO GIN LIMITED



Sakurao Gin (Limited)
Gin made exclusively with carefully selected botanicals from the mountains and coasts of Chirohira. With long-lasting citrus notes, the gin is accented by local cherry blossom petals.

Inquiries: Sakurao Brewery and Distillery Tel: 0829-32-2111

安芸高田市 AKITAKATA



Yasha Udon
Part of the Five Colors of Kagura Noodle Dish series offered by restaurants in Akitakata City. Yasha Udon uses red chili peppers, chili pepper flakes, and chili pepper oil to create this spicy red udon. Served topped with green onions grown in Akitakata for a crunchy accent.

向井郷



Mukai-zakura
Sake made with spring water that flows through the rocks upstream of the Misasa River. The spring water is collected even when it snows to create this exceptional sake.

Inquiries: Mukaiha Sake Brewery Tel: 0826-46-2008

江田島市 ETAJIMA



Fried Oysters
Eтайima City is one of the biggest producers of oysters in all of Japan. Freshly caught oysters are known for their plump texture and deep rich flavor. You can find freshly fried and juicy oysters all around the city in the wintertime.

HIROSHIMA 風物(ふうぶつ)



Hiroshima Furo
Fruity and full of umami from Hiroshima-grown rice, this sake feels like taking a trip back home.

Inquiries: Etajima Meijō Tel: 0823-42-0001

府中町 FUCHU



Aki Fuchu White Soba Noodles
Fuchu White Soba Noodles in Fuchu Town have been famous since the Edo Period. Not only beautiful to look at, these noodles also have a lovely mild flavor.

安芸特



Aki Toubaki
Fermented in the ginjo style, this sake is made using ultra-soft water from the Mikurami Gorge in Fuchu Town, as well as Hiroshima-grown rice and yeast.

Inquiries: Sasai Liquor Store Tel: 082-281-5604

海田町 KAITA



Kaita Satsuma
Kaita Satsuma is a traditional local dish made by mashing seasonal grilled fish with grilled miso and dashi stock. Offered in a ready-to-go pouch, it's now easier than ever to enjoy the flavors of this local tradition.

浜原 ほうぼうずっぼ じゃんぼ



Hop, Step, and Jump Sake
Named after Miko Oda, a Kaita-born Olympic athlete who won a gold medal in the triple jump, becoming the first Japanese athlete to win Olympic gold. It was also named in the hopes that the town of Kaita would also spring its prosperity.

Inquiries: Town Promotion Division, Planning Department, Kaita Town
Tel: 082-233-9234

熊野町 KUMANO



Kumano Chicken Guo Rou
A local take on Sichuan Twice Cooked Chicken. This dish uses lean chicken and a special sauce full of collagen. Each restaurant offering this dish in Kumano has their own variation: find your favorite on your next visit!

大野寺 大の膳



Daigōri Daiginjo
This dry sake is made using traditional techniques and ingredients such as yeasts and rice grown in Hiroshima Prefecture, as well as water from a subterranean river that flows underneath the brewery.

Inquiries: Bajō Sake Brewery Tel: 082-854-0104

坂町 SAKA



Hiroshima Oysters and Satsuma
Hiroshima oysters are nourished by the nutrients that flow from the mountains to the river and, finally, into the Seto Inland Sea. Known for their large size and pillowy plump texture, oysters are full of flavor. Satsuma is a traditional dish that has graced tables in Saka Town, a fishing town, since days of old. Known as fishermen food, satsuma takes seasonal fish and mixes it with local miso, soy sauce, and konnyaku. It's hugely popular with kids, who call it "fish curry".

坂町 坂の酒



Ume-no-Kaori Plum Wine
Ume-no-Kaori White Wine is refreshingly tart, and Ume-no-Kaori Rosé is fruity with a delicate aroma and sweetness. Enjoy these two unique bottles of plum wine.

Inquiries: Construction and Development Division, Construction and Development Department, Saka Town Tel: 082-820-1536

The Hiroshima Regional Urban Area

The Hiroshima Regional Urban Area (HRUA) is made up of 28 cities and towns with Hiroshima City in the center, extending out to Mihara City in the East and Yanai City in Yamaguchi Prefecture to the west. In addition to numerous tourism sites visited by countless tourists every year, such as the Itsukushima Shrine (Itsukushima City), Hiroshima Peace Memorial Museum (Hiroshima City), Yamato Museum (Kure City), Kintaiyō Bridge (wakuni City), and Aquas (Hameda City), HRUA is also home to scenic natural sites (Sandsankyō Gorge in Akikita Town), traditional performing arts (Kagura Monzen Tōji Mura Village in Akikata City), as well as historical districts, such as the important preservation district of historic buildings in Takahara City and Yanai City.

With incredible local food and sake as well, HRUA has something for everyone.





安芸太田町では「冬の保存食」として漬物を熱いて食べる文化があり、この面白くて美味しい食文化を後継に伝えたい。漬けた漬物や焼きそばはかつて安芸太田町の伝統グルメとして愛用されてきた。地ビールも個性バグテンです。

Yakisoba with Japanese Pickles
In Akiōta Town, pickles are often grilled and eaten as a preserved food in the winter. In order to widely convey this unique and delicious food culture, grilled pickles and yakisoba (stir-fried noodles) were combined to create the first "Yak Sake Cuisine" (a Japanese term that refers to low-boil foods that are popular with the masses) unique to Akiōta Town. Goes perfectly with local beer!



副原料に地元産の農産物をふんだんに使用しており、柚子や山椒、米、米こうじ、カボチャ、梨干、粟等などが使われています。

Local Beer from Akiōta Town
This beer makes generous use of local crops, including yuzu citrus fruits, sanshō peppers, rice, rice koji, kabocha squash, Jerusalem artichokes, purple sweet potatoes, and more.
Inquiries: Aki-no-Kuni Sake Brewery Tel: 0826-22-6523



高橋形名人伝説のそば打ちを継承する日本有数のそばどころ。地元産のそば「よひずり」と清らかな水を愛用して作るそばは、香り豊かな高級品です。

Toyoehi Soba
One of the most famous soba restaurants in Western Japan inheriting the soba-making style of renowned soba master, Kunihiko Takahashi. Using Tōy Musume, a local variety of soba, as well as pure water, their soba is an aromatic masterpiece.



菊酒師侍仕込 純米酒「菊ッ酒」
復讐した酒蔵の、青川家が所有する酒蔵の太刀の産地とした酒蔵(どぶろく)。純米酒は菊酒蔵青川酒蔵で有名な酒蔵の産地です。

Kitsune-gaki Sake
This cloudy sake is named after a sword (recognized as a national treasure) belonging to the Kikkawa Family of Kita-Hiroshima Town. The Kikkawa Family is best known for Warring States Period General, Motomaru Kikkawa.
Inquiries: Fukumitsu Sake Brewery Tel: 090-7129-2767



瀬戸内海でとれた新鮮な、豊かな製法でつくられた、同本醤油の味噌で丹念に仕上げました。鯉の骨のりも身も丁寧に削り分け、出汁を香かもしながら煮て、味噌と鯉の骨のり、鯉の骨のりかつとすりと「おかず味噌」です。

Island Sea Bream Miso
Carefully crafted with freshly caught sea bream from the Seto Inland Sea and local miso made by Okamoto Soy Sauce using traditional techniques. Made by mixing miso with the meat nearest to the bones, as well as dashi stock from the bones, it's the perfect companion to rice.



旨味のある塩と良いコクと爽やかなレモンの香。爽やかなレモンとレモンピールの心地よい香りが特徴的なクラフトビールです。

Lemon Beer
This craft beer, made with hops and lemon peels, has the refreshing aroma of lemons with a deep richness, umami, and hint of bitterness.
Inquiries: Katokuya Tel: 0846-64-2007
Maekawa Liquor Store Tel: 0846-22-9265



地元産葡萄ブドウ100%で醸造した日本ワイン。「ハニーベリー」や「マスカット・ベリーA」など、その品種ごと味わいを丁寧に引き出したシリーズです。

Sera Wine Hyakka Series
Japanese wine made with grapes grown only in Sera Town. Each bottle features a different variety of grape, such as Honey Venus and Muscat Bailey A, and highlights the delicate flavors of each one.



ブドウの持つ自然な味わいをそのままに、シンプンに仕上げたシリーズ。飲みやすい味わいが特徴です。

Sera Wine Ce La La Series
This series features the natural taste of grapes and is sure to please every palate.
Inquiries: Sera Winery Sera Agri Park Tel: 0847-25-4300



高級牛は、しつこすぎないさっぱりとした脂と、身肉から溢れ出る肉本来のしっとりとした味わいがあります。焼いた柔らかさを味わってください。

Takamori Wagyu
Known for its rich, but not cloying, fat and flavorful red meat that is characteristic of beef, this wagyu is a local favorite and worth a try.



五蔵の地酒(五本、五株、金瓶長安、金瓶、新築)
五蔵の地酒は、いずれも全国的に高く評価される名産品です。岩国の地酒をお楽しみください。

Local Sake from Five Breweries
(Gang, Goby, Kinkan Kurumatsi, Kinsuzume, Dassai)
Each sake produced at these five breweries is highly acclaimed across Japan. Enjoy the flavors of Iwakuni City's local sake.
Inquiries: Yaoshin Sake Brewery *Sakai Sake Brewery *Murasage Sake Brewery *Horie Brewery *Asahi Sake Brewery



日本三重港のひとつ、大島の瀬戸の漁舟でつくった潮は、身が引き締まり、独特の風味。その旨味の鮮と地元の名産品や新鮮な食材を共賞し合いにたくは海鮮刺身です。

Shio-machi Hot Pot
The Obatake-Seto Strait is known as one of the top three places in Japan to swap swirling whirlpools. The sea bream raised in the nearby cove is firm with a delicate sweetness and bold flavor. This hot pot incorporates that sea bream, as well as local specialties and fresh local produce, to create a truly extravaganza dish. Offered by four restaurants in the city, each one puts their own original spin on this filling hot pot.



郷土産甜芋が生産されたサツマモロを使用、フルーティーでまろやかな味わいです。

Heigun Sweet Potato Shochū
This fruity and mild distilled spirit uses sweet potatoes grown on Heigun Island in Yanai City.
Inquiries: Island Revitalization Promotion Committee, Heigun-Higashi Tel: 0820-47-2211



周防大島が誇る新鮮な金魚介類と瀬州みかんがタッグを組んだ新発想の鍋「周防大島みかん鍋」。みかんはそのままもみかみか粉で、ゼリーと刻いたアサゲトがせになること間違いなしのシメジふわふわメンブレンのご披露で最後の一息まで鍋の旨味を堪能してください。

Suo-Oshima Mikan Hot Pot
This recent regional cuisine combines the fresh seafood that Suo-Oshima is known for with another local specialty, Unshū Mikan Oranges. Served with mikan koshō, a unique and spicy taste of peppers and mikan zest, for extra flavor. Finish off your meal with a meringue-topped bubbly rice porridge made with the leftover soup.



刺身に「ほひかん」で、柑橘の香りをまとう。「ほひかん」をすりつぶすことで、皮がとろろと柔らかく、歯に刺さらないほど噛み砕かれます。

Haitall Mirror Sashimi
Named so for the shiny skin of the haitall, this plate of sashimi uses a delicate mirikan orange to imbue it with a delicate citrusy fragrance. Then, the sashimi is lightly torched, causing the skin to curl slightly and turning the plate into what looks like a chrysanthemum flower in bloom.
Inquiries: Suo-Oshima Tourism Association Tel: 0820-72-2134



和木町の郷土料理として親しまれている「もぶり」(混じり飯)。「混じり飯」は、お米を混ぜるだけで簡単に作る事ができます。雑草やマツタケなど山菜の風味が使用されています。

Moburi Mixed Rice Mix
Moburi is one of the most beloved local cuisines in Waki Town. All you need to do is mix it into steamed rice for the perfect moburi every time. Includes local ingredients from Yamaguchi Prefecture, including shitake mushrooms and baby clams.



町木「マモモ」の果汁を使った生クリームソフトクリーム「Pony's Side Cafe」(特々、大塚公園内)で楽しむことができます。

Yamamoto Soft Cream
The bayberry tree is the town tree of Waki, and this specialty soft serve is made with bayberry juice. Can be purchased at Pony's Side Cafe inside Hachi-ga-Mine Grand Park.
Inquiries: Waki Town Local Promotion Association Tel: 0827-28-4666



「灰干し」は、特殊なオイルで包んで炙り、火気から取り除き、低温でじっくり乾燥させる製法。乾燥した海苔は、旨味と食感の両方があります。シューゼンで包んでお楽しみください。

Hai-boshi (Ash-dried Seafood)
Hai-boshi refers to the process of drying seafood at a low temperature by wrapping it in a special film and then burying it in volcanic ash. The process differs significantly from traditional seafood drying techniques and the finished product is juicy and tender. Blowfish, pike conger, sole, octopus, and squid are just some of the Kaminoseki seafood used for hai-boshi.



上関といえば、干し(から揚げ)。上関近海で獲れた新鮮な魚を皮を付まらず、長湯・空揚げの両方で仕上げます。

Tempura (Fried Fish Cakes)
The flavor of wild boar changes with the seasons: in the winter, the fat has an elegant sweetness, and in the summer, the red meat has a clean aftertaste. Taste the rich flavors of wild boar raised in the vast natural environment of the San-in region.



いちじくDARAKE
いちじくをこぼれそうな程のせた季節限定「DARAKE」中にはたっぴソフトクリームといちじくシャーベットの「さくらみ」(国産高級果実産地)でこだわりました。朝に到着した「いちじくDARAKE」(「ベリーミックスDARAKE」も楽しめます)。

Fig Fanatic
This parfait, limited to fig season, contains soft serve, fig sorbet, and a mountain of fresh fig! Can be purchased at Sekura Michi inside the Tabuse Community Center. Depending on the season, you can also enjoy Strawberry Sensation parfaits and Very Mixed Berry Parfaits.



田布施町いちじくワイン
山中県有数のいちじくの産地。そのいちじくをたっぷり100%使用した自然な風味が楽しめるワインです。

Tabuse Fig Wine
Tabuse is one of the biggest fig-producing towns in Yamaguchi Prefecture. This wine uses figs grown only in Tabuse, allowing you to enjoy their natural flavor and aroma.
Inquiries: Tabuse Community Marketplace Tel: 0820-51-0222



平生町の新鮮なこの野菜も、三味線から丁寧に選り分け、干してあげます。味の香りが最高級。サツとあってお楽しみください。

Dried Konoko
This delicacy is made by drying the egg sacs of fresh sea cucumbers caught in Hiraō Town. Best served toasted over an open flame.



化学肥料不使用で自社栽培した米で米麹から丁寧に選り分け、日本酒で割って美味しくいただきます。

Amazake (Non-Alcoholic)
Made with rice koji that was made with rice grown by our company without the use of chemical fertilizers. Also tastes incredible when mixed with sake.
Inquiries: Hiraō Town Tourism Association Tel: 0820-56-5050



「地産地消をおもてなしの心」の思いをこめて、活動しているはまごち加賀野では、海と山の豊かな自然に育まれた浜田の食材を生かしたお楽しみメニューをご用意しています。魚はもちろん、肉や野菜、果物など、山の恵も豊富です。

Hama-gochi
You can find Hama-gochi (lit. A Feast of Hamada) dishes at participating restaurants who support the idea of "locally produced, locally consumed" and providing hospitality. Showcasing the best dishes at each restaurant featuring ingredients cultivated in Hamada's rich natural land and sea environment, ingredients include seafood, meats, vegetables, fruits, and more.



浜田産高級黒「ノドグロ」料理との相性を考え、醸造した、香り控えめでキリッとした飲み口の純米吟醸酒です。

Nodoguro Junmai Ginjo
Brewed to complement the flavors of Blackthroat Seaperch, a high-grade, expensive fish and well-known Hamada specialty. Light and crisp.
Inquiries: Nihonkai Sake Brewery Tel: 0855-32-1221



山くじら(イノシシ肉)
イノシシ肉は季節によってさまざまな味わいがあります。冬は旨みのある上質な肉質、夏はあっさりとした味わいが特徴です。山間の豊かな自然が育んだイノシシ肉をぜひ一度ご賞味ください。

Wild Boar Meat
The flavor of wild boar changes with the seasons: in the winter, the fat has an elegant sweetness, and in the summer, the red meat has a clean aftertaste. Taste the rich flavors of wild boar raised in the vast natural environment of the San-in region.



濁酒(どぶろく) 濁川
濁川は発酵食品のひとつ、発酵味が強く、深い味わいや香りの濁酒で、独特な味わいが特徴です。

Osan Nigori Sake
Nigori sake, or cloudy sake, is an example of fermented food and is highly nutritious. Full of rich flavors and stunning aromas while still being surprisingly simple and rustic.
Inquiries: Osan Nigori Sake Brewery Tel: 0855-74-6122



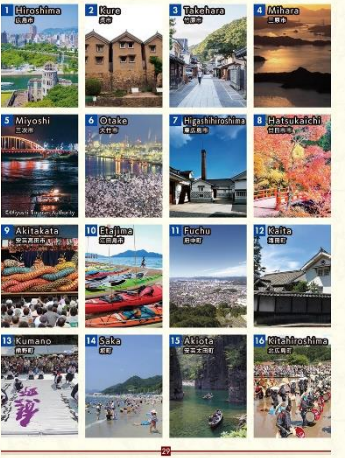
邑南町はきれいな水と豊かな自然の恵みを生かして、さまざまな食材が揃っています。本町には数多くの産地。本町へお越しの際にはぜひ一度ご賞味ください。

Gourmet Riches of Ohnan
Ohnan Town is blessed with pristine water and a rich natural environment where hardworking farmers produce a variety of ingredients, albeit in limited quantities. Sample some of these gourmet riches on your next visit!



米どころ邑南町の誇る地酒
邑南町には3つの酒造り場があり、地産の良質な米と中国山脈の山々から流れてくる水で丁寧に醸造されています。

Local Sake
Ohnan Town is home to three sake breweries that use high-quality, locally grown rice, and water that flows from the Chugoku Mountain Range to carefully craft their sake.
Inquiries: Ohnan Town Tourism Association Tel: 0855-95-2369



おすすめ情報 Tourism Information

