



## 四季折々の土佐の幸

土佐寿司は、高知県内の各地域で伝統的に作られてきた郷土寿司です。その最大の特徴は、高知では“酢みかん”と呼ばれるユズやブシュカンなどの果汁を寿司飯に使ったお寿司が多いこと。四季折々の食材は、知恵と工夫にあふれたお寿司に姿を変えて、たくさんの土佐寿司を生み出しました。

### Products of Tosa in Each Season

Tosa Sushi is comprised of various types of sushi from different regions within the Kochi prefecture. The feature that distinguishes Tosa Sushi from other forms of sushi is the use of fruit juice made from *yuzu* and *bushukan* within the rice itself. In Kochi, these fruits are called *sumikan*, literally meaning "vinegar citrus." Tosa Sushi can be contributed to the utilization of ingredients based on seasonal changes. Which, has continued to spark a new wave of wisdom and innovation within crafting varieties of sushi.

土佐寿司の情報をもっと知りたい方はこちら！

## おいしい風土こうち

Website "OISHII FOOD KOCHI"

高知の郷土料理や食材に関する情報を集めたWEBサイトです。「地域食材」「郷土料理」「伝承人」「土佐寿司」の4項目から、お求めの情報を得ることができます。(※日本語表記のみになります)

This website brings together information on the local cuisine and food ingredients of Kochi. You can find the information you're looking for under four headings: local ingredients, local cuisine, the inheritors of this culinary tradition, and Tosa Sushi. (\*Information is provided in Japanese only.)



QRコード、または「おいしい風土こうち」で検索！

おいしい風土こうち



visit kochi japan



dining kochi japan

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山川海のめぐみ  
高知のごちそう

The bounty of the mountains, rivers and sea.  
The delicacies of Kochi.

※Tosa Sushi : Tosa is the old name of Kochi

## 高知はなんでも“寿司”にする

森林率84%は日本一。この豊かな森林が育んだ清流四万十川や仁淀川などを有し、南には魚種豊富な黒潮おどる太平洋と、温暖な気候に恵まれ自然豊かな高知県。そこには、豪快でおおらかな県民性が生み出した食文化があります。ハレの日のおきやく<sup>まわら</sup>。血縁には必ずお寿司が並びます。山の幸、川の幸、海の幸、なんでもお寿司にしてみました。種類の多さは、おそらく日本一。(※宴会)

### In Kochi, Everything is Made into Sushi

Within Japan, the prefecture of Kochi is the lead in forest area per capita at 84%. The prefecture is home to the Shimanto River, Niyodo River, and other crystal-clear waters nourished by the surrounding forests. To the south, the prefecture is blessed by the Pacific Ocean and the Kuroshio Current. Which, is rich in a variety of fish species. Additionally, Kochi has a warm climate and a rich natural environment. The culinary culture is driven by the overwhelming, generous character of the community. At *okyaku* banquets, a platter is always served with stacks of sushi, products of the mountains, rivers, and sea. Over the years, people in Kochi have integrated a variety of ingredients into sushi; potentially the highest in Japan.



こちらから土佐寿司の紹介動画をご覧いただけます。

<https://youtu.be/4s54reESPVE>



- 詳細は裏面へ
- 07 シイタケ寿司 SHIITAKE SUSHI
  - 08 リュウキュウ寿司 RYUKYU SUSHI
  - 09 こんにやく寿司 KONJAC SUSHI
  - 10 イタドリ寿司 ITADORI SUSHI
  - 11 タケノコ寿司 TAKENOKO SUSHI
  - 12 ミヨウガ寿司 MYOGA SUSHI

### 04 土佐巻き TOSAMAKI

腰タタキを使った巻き寿司。カツオと一緒にネギやニンニク、大葉なども入る。

### 05 鮎の姿寿司

Makisushi - sushi rolls - are made by using *katsuo no tataki*, seared bonito, together with vinegar, each roll is made with green onions, green shiso - perilla - leaves, garlic, and other ingredients.

### AYU NO SUGATASUSHI

All over Japan, ayu - sweet fish - sushi has become a staple, especially in combination with vinegar. In Kochi, however, the sushi is made by stuffing the entire fish from head to tail, with sushi rice.

### 06 板こぶ寿司

板こぶは、おぼろ昆布を削り取った芯の一番いい昆布。甘酢で煮た板こぶで寿司飯を巻いた風味豊かなお寿司。

### ITAKOBU SUSHI

Itakobu is the fine kelp of the center of an oboro-kombu, dried shredded kelp, after being shaved. This flavorful sushi is made by wrapping sushi rice with itakobu stewed in sweetened vinegar.

### 07 シイタケ寿司

In Kochi, the *himeji* fish - bensasi goatfish - is commonly referred to as *himechi*. The *himechi* fish is a red-bodied fish with refined white flesh. Since ancient times, it has been used in celebrations as a substitute for tai, sea bream.

### HIMEICHI SUSHI

高知では「ヒメチ」のことを「ヒメチ」と呼ぶ。ヒメチは体が赤く、上品な白身魚で、昔から鯛の代用品として扱い事に使われることもある。

### 02 ヒメチ寿司

This sushi is prepared by slicing open a mackerel along the back, seasoning it with salt and vinegar, placing it backside down, and then filling it with sushi rice. This is considered to be a Kochi-style feast for celebratory occasions.

### SABA NO SUGATA SUSHI

鯖を開きにして塩と酢をきかせ、腹を上にして寿司飯を巻くようにした寿司。高知のハレの日のご馳走。

### 01 鯖の姿寿司

A treasure trove of sushi, featuring ample servings of nature's blessings

### TOSA SUSHI COLLECTION

自然の恵みをふんだんに使ったお寿司の宝庫

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# 土佐寿司

## マップ TOSA SUSHI map

土佐寿司と一口に言っても、東西に長い高知県では、地域によって食材も味付けも見た目もさまざま。東部、中部、西部ごとの代表的なお寿司を紹介します。

Even though we speak of a "Tosa Sushi," Kochi is a long prefecture running east to west, and the sushi it produces has different ingredients, tastes, and appearances depending on the locality. Here we present typical sushi from the eastern, central, and western parts of Kochi.



**こけら寿司**  
寿司飯、具材を何層にも重ね、上から重石をして固めて作る。大きいものでは10升もお米で作ることも。

**KOKERA SUSHI**  
*Kokera Sushi* is made by stacking multiple layers of sushi rice and other ingredients on top of one another in order to be compressed. Which, can result in servings weighing from 14-15 kilos in rice alone.



**金時豆の押しずし**  
甘い金時豆と寿司飯を取り合わせた押し寿司で祝いの時に作られる。

**KINTOKI MAME NO OSHISUSHI**  
*Kintoki Mame no Oshisushi* is pressed sushi for auspicious occasions. The sushi is made from a combination of sweetened red kidney beans and sushi rice.



**銀ぶろう寿司**  
「銀ぶろう」とは、高知県大豊町で古くから栽培されてきた紫紺色の豆。お祝いの時などに振る舞うお寿司。

**GINBUROU SUSHI**  
*Ginburou Sushi* is made from using *ginburou*, a bluish-purple bean that has been cultivated since ancient times within Otoyō, Kochi Prefecture. This type of sushi is enjoyed during celebratory times.



**かぶ寿司**  
カブを甘酢に漬けて梅酢等で色を付け、紅白で作るとおめでたい時やお正月にちょうどよく、目でも楽しめる。

**KABU SUSHI**  
When prepared in red-and-white style with turnips that have been soaked in sweetened vinegar and colored with plum vinegar, *Kabu Sushi* is a visually pleasing dish for auspicious occasions, such as the New Year.



**チャーテ寿司**  
チャーテ(ハヤトウリ)を3ミリほどに切り、さつと湯を通して塩をふり、甘酢に浸す。いなり寿司のように中を開いて寿司飯を詰めると完成。

**CHATE SUSHI**  
The plant *hayatori* – *chate* – is cut into 3mm slices, dipped quickly in hot water, salted, and immersed in sweetened vinegar. As with *inarizushi* (sushi rice wrapped in fried tofu), this sushi is finished by opening the inside and filling with sushi rice.



**キビナゴのほおかむり**  
腹開きにしたキビナゴに塩をふり、酢につけ、炒めて、丸めたおからにかぶせたお寿司。寿司飯を使用していないのが特徴。

**KIBINAGO NO HOOKAMURI**  
Within this sushi, *kibinago* – silver-stripped round herring – is slit open, salted, pickled, and placed of fried, rolled *okara* – tofu dregs –. This particular type of sushi is unique in that sushi rice is not used.



**ぶりのへだ寿司**  
ぶりの身から刺身として取ったあとの残った部分を「へだ」といい、それをネタにしたお寿司。「モッタイナイ」精神から作られたお寿司。

**BURI NO HEDASUSHI**  
After removing the flesh of the *buri* – yellow tail – while making *sashimi*, the remaining parts of the dish are called *heda*. This sushi is made in the spirit that “nothing should go to waste.”



**つわ寿司**  
昔は海苔や卵が手に入りづらく、代わりに「つわぶきの葉」を上下に敷き、押し寿司にした。つわの葉は食べない。

**TSUWA SUSHI**  
In the distant past, it was hard to obtain eggs and *nori*, seaweed. Pressed sushi was made by placing *tsuwabuki* – leopard plant – leaves on the top and bottom as a substitute. The leaves, however, are not eaten.

## 土佐寿司豆知識!

### Tips on Tosa Sushi

#### 「おきゃく」と血鉢料理

高知では宴会のことを「おきゃく」と言い、宴の席には必ずといって良いほど「血鉢料理」が並ぶ。血鉢料理とは「活魚の刺身」、「組み物」、「寿司(土佐寿司)」を約40センチほどの大皿に豪快に盛り付けた料理。

#### Okyaku and Sawachi cuisine (Kochi's local food)

In Kochi, a banquet is called an *okyaku*, and *Sawachi* cuisine is virtually always featured. *Sawachi* means “platter,” and in this cuisine a large platter about 40 cm in length is amply stacked with fresh fish sashimi, combinations, and Tosa Sushi.



#### 寿司飯の種類も多種多様

香酸柑橘類(ユズやブシュカンなど)の酢を使った高知の寿司飯。焼いたり蒸したりした魚の身を酢に浸したり、ほぐして混ぜ込んだりして寿司飯のコクを出す。

#### The diverse types of sushi rice

Kochi sushi rice uses vinegar seasoned with fragrant and sour citrus – yuzu and *bushukan* –. Grilled or steamed fish flesh is soaked in vinegar, broken up, and mixed in to bring out the richness of the sushi rice.



## 彩り鮮やか ユズ香るお山のごちそう

その昔、海苔や昆布が手に入りにくかった頃、山のものを使ってお寿司を作りました。決め手は「ゆの酢」\*。素材でかわいらしく、「ゆの酢」の効いたさわやかな味わいは、子どもからお年寄りまで幅広く、多くの人に愛されています。(※ユズの果汁)

### A colorful feast from the mountains, fragrant with yuzu

In the past, when it was hard to obtain *nori* – seaweed – and *kombu* – kelp –, sushi was made using ingredients from the mountains. The key was *yunosu* – Fruit juice from *yuzu* –. The simple, charming, and refreshing tastes of seasoning with *yunosu* are still beloved by many people, ranging in age from children to the elderly.



#### 01 リュウキュウ寿司

シャキシャキした食感と鮮やかな黄緑色が特徴の押し寿司。リュウキュウとはハスイモのことで、芋から育つが食べるのは茎の方。高知ではよく食べられる食材で、大きいものでは人の背丈もこえるものも。

#### RYUKYU SUSHI

*Ryukyu* is a term from the Indian Taro. This sushi is pressed with to a crunchy texture and a vivid-green color. The plant grows as a tube but the stalk is the only edible part. Within Kochi, this is a popular dish to eat. Not to mention, that the plant's height can exceed that of a person.



#### 02 シイタケ寿司

甘く煮たシイタケをネタにしたお寿司。丸いシルエットが可愛く、女性にも人気。

#### SHIITAKE SUSHI

*Shiitake Sushi* is prepared using sweetly stewed shiitake mushrooms. The round silhouette of the mushroom itself is cute and popular among women.



#### 03 イタドリ寿司

高知で愛される春の山菜を使ったにぎり寿司。イタドリは日本中に生きているが、お寿司などにして食べるのは珍しい。シャキシャキとした食感で炒めてもおいしい。

#### ITADORI SUSHI

*Nigiri* is hand-formed sushi using wild spring vegetables. Which, are adored in Kochi. Within Japan, *itadori* – Japanese knotweed – grows wild but is rarely eaten in the form of sushi or other dishes. It has a crunchy texture and is delicious when stir-fried.



#### 04 こんにやく寿司

甘く煮たこんにやくの中央に切り目を入れ、そこに寿司飯を詰めたもの。自家製のこんにやくで作る家庭もある。

#### KONNYAKU SUSHI

For *Konnyaku Sushi*, a slice is made into the center of sweetly stewed konjac and the stuffed with sushi rice. Some homes prepare this dish using their own homemade *konnyaku* – konjac gelatin –.



#### 05 タケノコ寿司

タケノコは、巻き寿司、握り寿司、詰め寿司と、地域や家庭、お店によって形はさまざま。

#### TAKENOKO SUSHI

*Takenoko* – bamboo shoots – are used in various forms depending in the locality, household, and restaurant such as, but not limited to, *makisushi*, *nigiri sushi*, and *tsumesushi* – stuffed sushi –.



#### 06 ミョウガ寿司

主に薬味として使われることが多いミョウガをネタにしたお寿司。ほんのりと薄紅色に育てる栽培技術は高知県独自のもの。

#### MYOGA SUSHI

*Myoga* Sushi is made with *myoga* – Japanese ginger –, an ingredient used primarily as a seasoning. Cultivation techniques from raising *myoga* with a faint reddish color are specifically unique to the prefecture of Kochi.

