



**Miso and Shio Koji:
Grilled Silver Cod**

A grilled silver cod marinated in miso and shio koji made by a long-established shop in Kanazawa. Two different flavors are available.

Asadaya Ryokan [料亭旅館 浅田屋]
23, Jukenmachi TEL.076-231-2228
<https://www.asadaya.co.jp/ryokan/>

Kanazawa Accommodation “Delightful Breakfast”

Chapter 7: **The Charm
of Fermented Foods**

Period: October 1 to December 25, 2023

Offered by: 14 member establishments of the Kanazawa Ryokan and Hotel Cooperative Association

**Breakfast
is available
for non-guests.**

Non-guests are welcome to breakfast.

The following three establishments bearing this sign offer a “Delightful Breakfast” to both guests and non-guests.

Kanazawa Chaya: 2,750yen / Reservation required by 4:00 PM the day before

Mitsui Garden Hotel Kanazawa: 2,530yen / No reservation required

THE HOTEL SANRAKU KANAZAWA: 4,000yen / No reservation required



**Shio Koji:
Megisu Dried Overnight**

A grilled megisu (deep-sea smelt) from Ishikawa Prefecture, which has been soaked in homemade shio koji for 30 minutes and then air-dried in the shade for about a day.

Kinjoro [金城楼]

2-23, Hashibachoi TEL.076-221-8188
<https://www.kinjohro.co.jp>



**Miso and Sake Kasu:
Miso Soup with Seafood Broth**

A delectable miso soup featuring Kaga miso, elevated by a seafood-infused broth and enriched with the essence of sake kasu for a velvety and exquisite taste.

Kincha'ryou [金茶寮]
1-8-50, Teramachi TEL.076-243-2121
<https://kincharyou.co.jp>



Konka: Japanese salad with Dried Daikon Radish Strips and Rice Bran Sardines

A Japanese salad with a vinegar-infused twist, featuring flaked sardines pickled in fermented rice bran, accompanied by crispy strips of dried daikon radish.

Kanazawa Chaya [金沢茶屋]
2-17-21, Hon-machi TEL.076-231-2225
<https://www.chayaryokan.co.jp/en/>



Yogurt and Pickles: Fruits with Yogurt & Three Types of Pickles

Savor yogurt paired with seasonal fruits, complemented by three pickled vegetable varieties.

Riverside hot-spring inn Takitei [金沢岸川温泉 川端の湯宿 滝亭]
23-10, Sue-machi TEL.076-229-1122
<https://takitei.co.jp/en>



Miso: Miso Soup with Seasonal Kaga Vegetables

Miso soup that is rich in rice koji from Higashiyama, Kanazawa, and featuring seasonal Kaga vegetables.

Motoyu Ishiya [深谷温泉 元湯石屋]
Chi 95, Fukatanimachi TEL.076-258-2133
<https://www.motoyu-ishiya.jp/en>



Pickles: Vegetables Pickled in Pesticide-Free Brown Rice Bran

Locally grown vegetables pickled in rice bran made by polishing pesticide-free brown rice.

Murataya Ryokan [村田屋旅館]
1-5-2, Katamachi TEL.076-263-0455
<http://murataya-ryokan.com/eng/>



Miso: Tofu and Seaweed Miso Soup

Miso crafted exclusively using local ingredients from Ishikawa Prefecture: miso, salt, and seaweed from Noto, and silken tofu from Mikawa, which is renowned for its pristine water flowing from Mt. Hakusan.

Kashimaya Ryokan [鹿島屋旅館]
2-19-13, Hon-machi TEL.076-221-0187
<http://www.ne.jp/asahi/kanazawa/kashimaya/>



Pickles: Cucumber and Carrot Rice Bran Pickles

Fresh, homegrown cucumbers and carrots marinated in rice bran, providing an ideal harmony of saltiness and a delicate sweetness.

Ryokan Hashimotoya [旅館橋本屋]
3-30, Juichiya-machi TEL.076-243-1631
<http://hashimotoya-kanazawa.com/>



Miso: Simmered Daikon Radish with Miso Sauce

Daikon radish is simmered in a broth until tender. The Kaga miso used for the sauce undergoes a long aging process and is made with rice koji, giving it a hint of rice sweetness.

Kanazawa Central Hotel [金沢セントラルホテル]
5-3, Horikawa-cho TEL.076-263-5311
<https://www.centralh.co.jp/en/>



Miso: Kaga Miso Soup

This luscious broth made from mackerel and dried sardine, complemented by the savory essence of miso, provides a comforting warmth to your entire body.

Kanazawa Hakuchoro Hotel Sanraku [金沢白鳥路 ホテル山楽]
6-3, Marunouchi TEL.076-222-1212
<https://sanraku.premierhotel-group.com/kanazawa/en/>



**Amazake, Shio Koji, Miso:
Yuki's Healthy Breakfast**

Bread infused with homemade amazake, chicken ham dressed in homemade shio koji dressing, and a salad served with a dressing made from homemade miso.

Camellia Inn Yukitsubaki [カメリアイン雪椿]
4-17, Kosho-machi TEL.076-223-5725
<https://www.camellia.jp/english/>



Heshiko: Rice in Broth with Rice Bran Mackerel

A rice dish adorned with locally sourced mackerel, marinated in rice bran, bathed in a broth crafted from nodoguro (blackthroat seaperch), and garnished with assorted condiments.

Mitsui Garden Hotel Kanazawa [三井ガーデンホテル金沢]
1-22, Kamitsutsumi-cho TEL.076-263-5531
<https://www.gardenhotels.co.jp/kanazawa/eng/>



**Koji Amazake:
Seasonal Grilled Fish**

Fresh seasonal fish, marinated in koji amazake and grilled to perfection, beautifully captures the delicate sweetness and aromatic essence of the fermented rice drink.

THE HOTEL SANRAKU KANAZAWA
1-1-1, Owaricho TEL.076-222-8077
<https://thehotelsanraku.premierhotel-group.com/kanazawa/>

Eight Fermented Foods

Fermentation, a natural process that unlocks the umami flavors of food while extending its shelf life, is a longstanding tradition in Japan. In Kanazawa, this culinary heritage of savoring fermented foods remains vibrant even today. Such foods are highly regarded for kickstarting the day due to their potential to promote digestive well-being.

Koji | A product where mold is cultivated on steamed grains such as rice, wheat, and soybeans. It is commonly used in Japan as a base for various fermented foods and seasonings native to the country.

Miso | This is made by fermenting soybeans, rice, wheat, or other grains with salt and koji.

Shio Koji | A fermented seasoning made using only three ingredients: rice koji, salt, and water.

Sake Kasu | A byproduct of the Japanese sake-making process. It is the white solid residue remaining after fermenting a blend of steamed rice, rice koji, and yeast with water, followed by the extraction of sake.

Konka/Heshiko | Blue-backed fish marinated in rice bran.

Yogurt | This is produced by fermenting milk with lactic acid bacteria and yeast.

Pickles | This essential food in Japanese cuisine is made by pickling and maturing various ingredients in salt, vinegar, sake kasu, and rice bran to enhance its flavor.

Amazake | There are two types of amazake: koji amazake, a fermented drink made by mixing and fermenting rice koji, and rice, and sake kasu amazake, made by adding sugar to sake kasu, which contains alcohol and has a faint aroma of sake.

For inquiries and reservations, please contact each establishment.



Planning and Operating
金沢市旅館ホテル協同組合
Kanazawa Ryokan & Hotel Cooperative Association



五感に
ごちそう
かなざわ



金沢市
白鳥路
ホテル山楽

