

Katsuobushi, **Dried bonito**

Japanese traditional food.

In Japanese cuisine, it is used to sprinkle on food or to make stock and broth...





Kamogawa, Chiba

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Q. What is *Katsuobushi*, dried bonito?

Katsuobushi is made from bonito which are dried and shaved.

It contains a lot of protein. In Japanese cuisine, it is used to sprinkle on food or to make stock and broth.

It has a long history. Japanese people probably started eating it around 600 years ago.



Katsuobushi is usually shaved into many different forms depending on how it is used and what it is used for.

People used to shave *Katsuobushi* manually with a shaving tool before, but in present days, machine is used instead.



A shaving tool

《 Example: How to cook 》

To make broth, shaved *Katsuobushi* thin and dip it into hot water.

Using broth, Japanese cook miso soup, fish, vegetables and more.

We often sprinkle *Katsuobushi* itself on some dishes.



Actually, *Katsuobushi* is a **sustainable food**.

In Japan, it's a traditional preserved food, and we have use it and eat it without waste. Any waste resulting from the processing of *Katsuobushi* is used as fertilizer for fields.

SUSTAINABLE DEVELOPMENT GOALS

Katsuobushi dishes !!



Miso soup



Salad



Okonomiyaki



Tofu



Onigiri

How to make Katsuobushi

Process from Bonito to *Katsuobushi*

*The process differs region to region.

It takes between two to six months to make *Katsuobushi*.

Although there are many mechanized companies nowadays, some artisans handcraft them spending around 6 months.

Frozen bonito are unloaded at a wharf



First, freshly caught bonito are frozen to minus 30-50 degrees on the boat to keep them fresh.

Cut into 2-4 large pieces



After unloading them at a wharf, the artisan chooses the appropriate bonito based on their size or fat.

The pieces are placed in a basket



Remove the heads and guts, and cut them into 2-4 pieces. Then, put them on a basket and boil.

Boil the bonito



Temperature and boiling time are controlled by artisan according to Bonito's size and their freshness.

Remove the bones



Remove the bones, scales and dirt.

Smoke the bonito



Smoke them many times until they get dried.

Repair the shape of the bonito



Prevent from defection and scratch.
Keep them in shape again.

Smoke the bonito again



Smoking many times, again and again.

Check the shape again and preserve the bonito by fermenting



Dry the bonito in the sun



Fermented to preserve and dry them in the sun. Repeat these steps again and again.

Ship the bonito



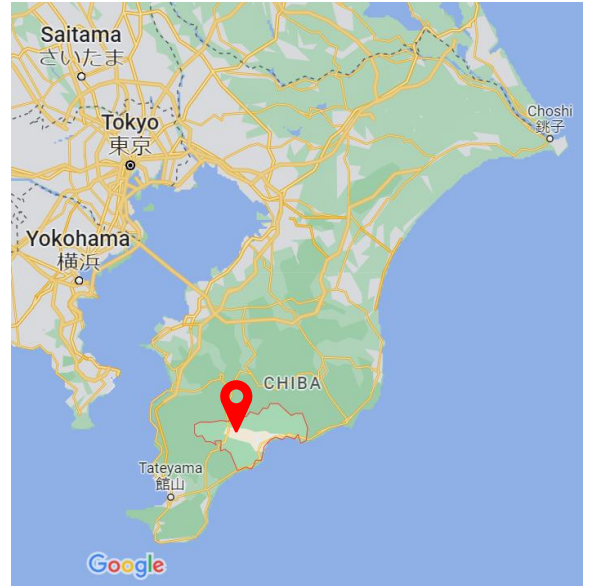
Sort and meet the standard *Katsuobushi* are shipped.

Shaved

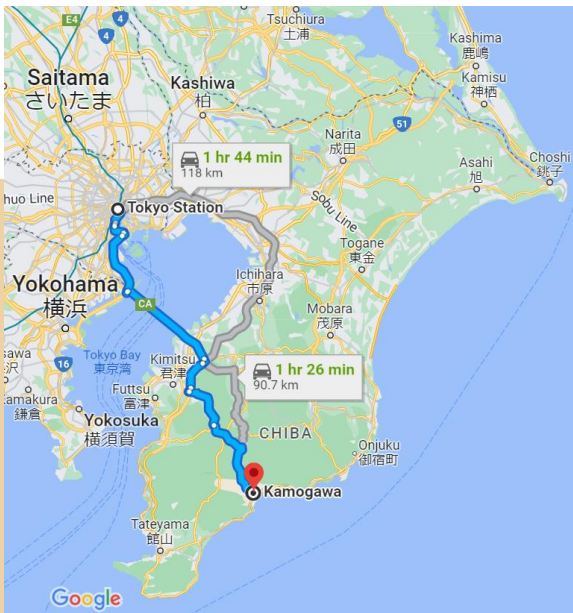


Shaved into many shapes to use for cooking.

Where is Chiba prefecture and Kamogawa city?



Chiba, Kamogawa city ▶



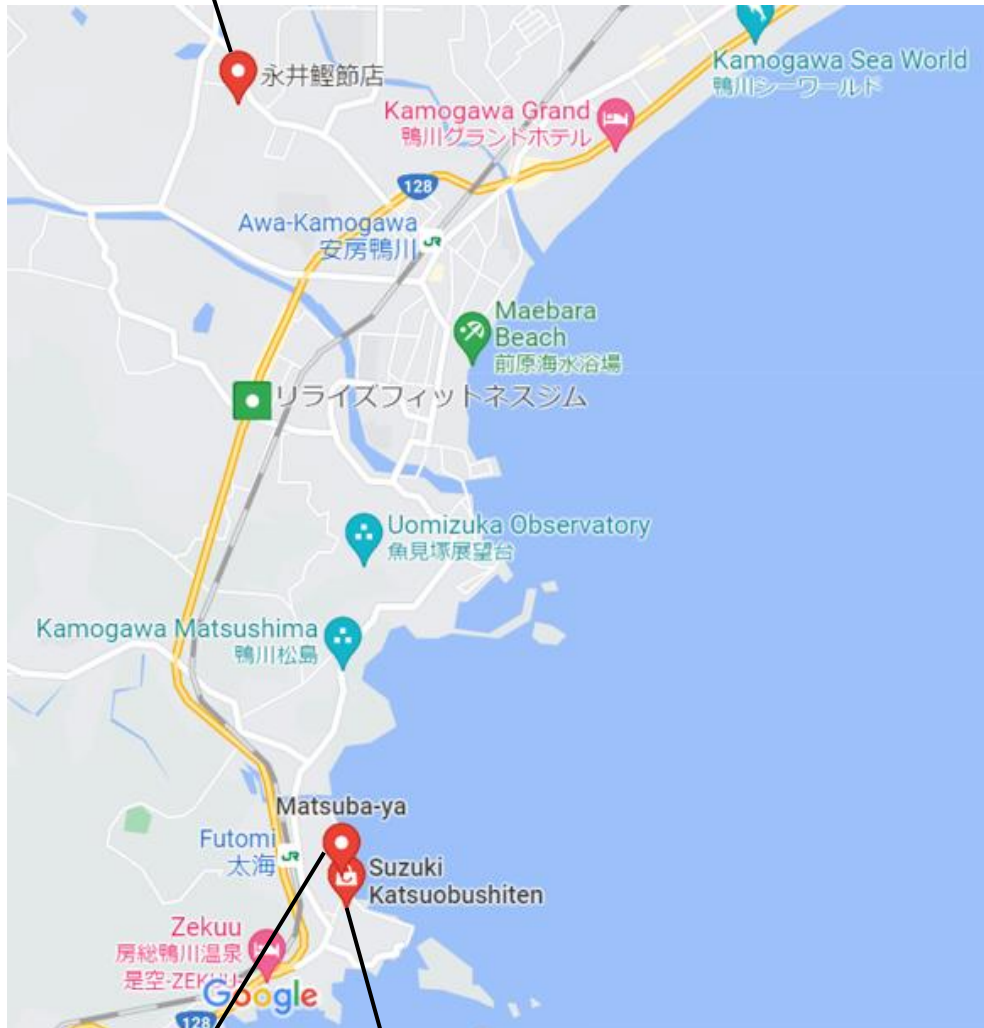
Access

About an hour and 26 minutes from Tokyo station, come through the Tokyo Bay Aqua Line by car.

MAP

Katsuobushi craft shops in Kamogawa.

① Nagai Katsuobushi, Dried Bonito Store



② Suzuki Katsuobushi, Dried Bonito Store

③ Matsubaya

01.

Nagai Katsuobushi



It takes about 20 minutes from Kamogawa station on foot.

It was established in 1920. *Katsuobushi* is used at Japanese cuisine restaurant including soba restaurant and ramen restaurant.

Their products are for both professional and household use. There are many products, which you can buy online or local souvenir shops.



They showed me few processes.

They usually make *Katsuobushi* and dried mackerel. In the day I visited them, they were making dried mackerel.



Smoking



Shaving thin dried mackerel



Put in a bag



shipment



Dried Mackerels



Dried bonitos

02. Suzuki Katsuobushi



It takes about 5 minutes from Futomi station on foot.

Go straight this way and turn left front the corner, you'll see it left.



PRODUCTS

“Okakahijiki” is the one of most popular products since it was introduced on TV program.

It was established in 1894.

They're also making other products other than *Katsuobushi* as the their products picture.

Their products are selling at souvenir stores in Kamogawa city. Also, you can buy them online.



Look at this color!!

They showed me the shaving process. These are thick *Katsuobushi*. Smells so good.

03. Matsubaya



It takes about 5 minutes on foot from Futomi station. It was established in around 1868. They're selling products to the famous soba noodles store.

There is the ocean in front of the store. Look at above view!! You can see it on the roof. They sometimes have a BBQ at there.



Matsubaya is making *Katsuobushi* and dried mackerel.

These right pictures are making dried mackerel.

- ① Washing them to remove fermentations.
- ② Dried them in the sun.

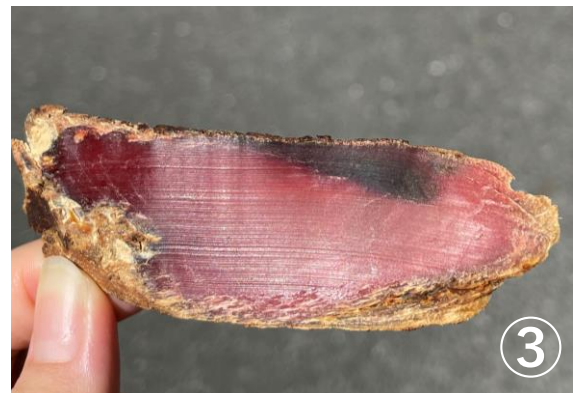


Here is *Katsuobushi*.

- ① *Katsuobushi* that was smoked are shaving. Into the shaving machine.
- ② Shaved *Katsuobushi*.
- ③ A shaved *Katsuobushi*. Look at the surface is shining!!



The left picture is *Katsuobushi* powder that produced when it was shaved. As use it for cooking. We use it everything without waste.

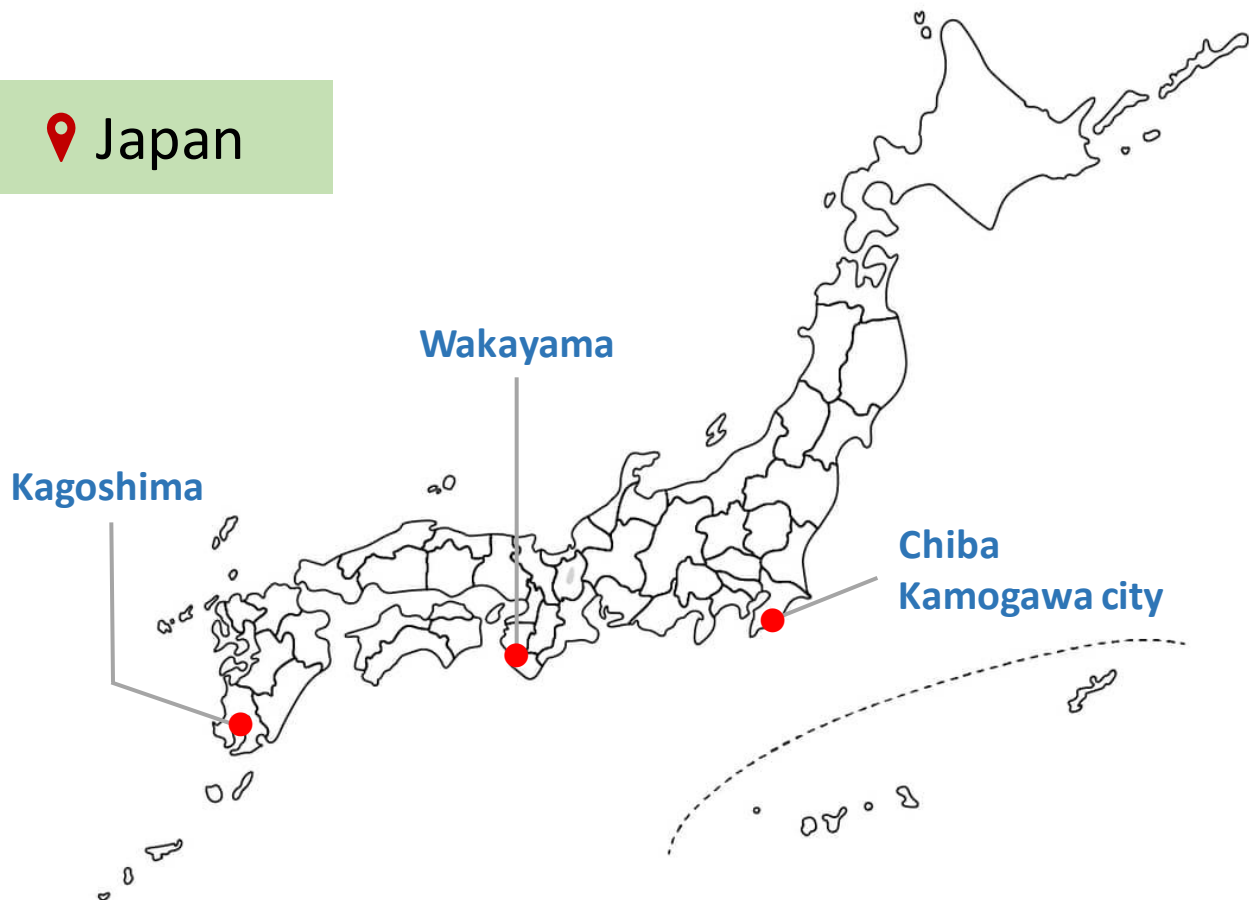


History of Katsuobushi and Kamogawa city



Katsuobushi is an essential ingredient in Japanese cuisine. Kagoshima and Wakayama are historically known for their distinguished quality of *Katsuobushi*.

📍 Japan



However, Kamogawa also has a long history of making *Katsuobushi*, which is not well-known in Japan. There are now three *Katsuobushi* craft shops in Kamogawa, whereas there are almost none in other neighborhood cities.

Let's look more closely at the history and the mystery of *Katsuobushi*!!

Edo period (1600 – 1868)

During the *Edo* period, fishing had rapidly improved in Wakayama because the waves around Wakayama were calm.

And, as for bonito, the bonito caught in Wakayama and Kagoshima were **suitable for *Katsuobushi* since they had relatively little fat.**

Less fat bonito are suitable for *Katsuobushi*

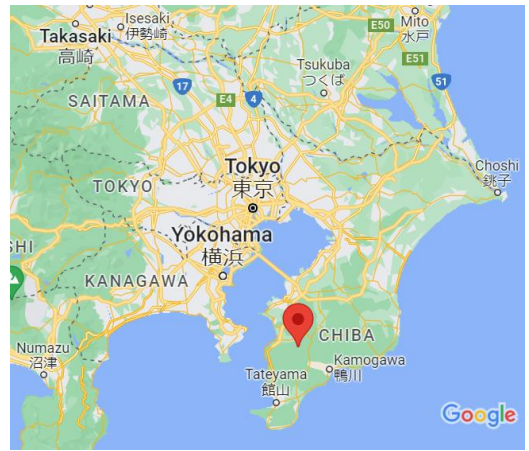
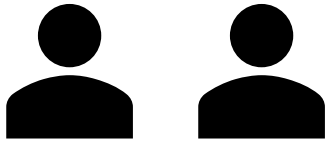


That's why these two areas became famous centers for *Katsuobushi* production, producing high quality *Katsuobushi*.

Meanwhile, the market for *Katsuobushi* had established itself and prices were raised. Then, *Katsuobushi* artisans started to spread their skills nationwide.



Tosanoyoichi and Kisyuguma, two artisans in the west, had a huge influence on *Katsuobushi* production in the Boso area.



Boso area

In the beginning, **the complicated process of making *Katsuobushi* was kept top secret.** However, two artisans brought the secret from their homeland, and their secret recipe was also brought to the Boso area.

From that point, the quality of *Katsuobushi* in the Boso area dramatically improved.

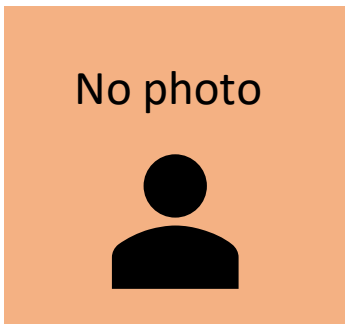
Tosanoyoichi brought the secret recipe to the small villages in the Boso area, so that the quality of *Katsuobushi* in each village improved and they became known as high quality brands.

Futomi-bushi is a one such a brand of *Katsuobushi*.
(Futomi is a small village in Kamogawa.)

Meiji period (1868–1912)

The *Futomi-bushi* brand became quite famous for its outstanding quality, thanks to Matsugoro Suzuki and Ikichi Tamaru, local *Katsuobushi* artisans from Kamogawa.

It was even selected as a gift for the Emperor.



Matsugoro Suzuki



Ikichi Tamaru

Therefore, the secret recipe of *Katsuobushi* has been maintained among the local artisans, and *Katsuobushi* has become an essential ingredient in Japanese cuisine.

Today, there are still three *Katsuobushi* craft shops in Kamogawa city, and they are extremely popular. When you come to Kamogawa city, please visit these *Katsuobushi* craft shops and enjoy the delicious taste and scent of *Katsuobushi*.

About Kamogawa city

Here, I introduce the popular tourist destinations in Kamogawa that I recommend.

You can visit and enjoy them throughout the year.



Kamogawa Sea World

An hour and ten minutes by car from the Umihotaru Service Area on the Tokyo Bay Aqua Line.

It is a popular aquarium in Kamogawa city.

It is famous for the performance of Orcas and smiling seal lions.

The visitors love to take pictures with the smiling sea lions.

Every winter, Kamogawa city holds its Coming-of-age Ceremony at Kamogawa Sea World. It must be one of the greatest moments in their lifetime.



Ohyama *Senmaida*

(Ohyama Terraced Rice Fields)

Thirty minutes from Awa Kamogawa station by car.

In Japanese, we call terraced rice fields *Senmaida* or *Tanada*.
They stepped rice fields on a slope.

During summer, you can see a spectacular view in the evening
when they are lighted up with a number of LED lights and torches.

Canola Flowers Road



Twenty minutes from Awa Kamogawa station on foot.

Canola flowers are the symbol of spring in Kamogawa city and the
canola is designated as the city flower.

Every spring, the fields around Kamogawa are covered with
beautiful yellow flowers.



◀ Maehama Beach

Five minutes from Awa Kamogawa station on foot.

It is the largest and most popular beach in Kamogawa city. It is a good place to take a stroll, go swimming or enjoy sunbathing. You can see kites flying when you look up at the sky here, sometimes these birds swoop down to get your food!

Tojyo Beach ▶



Thirty minutes from Awa Kamogawa station on foot.

It is one of the most popular beaches in Kamogawa city. Many people from other prefectures visit and go surfing from the early morning.

Dishes

Namero (Namero made with Horse Mackerel)



This is a Local dish from the Minami Boso Peninsula in Chiba.
This is finely chopped horse mackerel, seasoned with such ingredients as miso, green onion and ginger.
Local people like to eat it with vinegar.

Kinmedai-No-Nitsuke (Simmered Sea Bream)



Sea bream is simmered with sugar, soy sauce and ginger.
You can eat it at local restaurants.
Even though it is a little expensive, it is still a very popular dish.

Thank you !!