

鍋と味噌汁

Nabe (Hotpot) and Miso Soup

鍋について

家族や気の合う友人が、一つの鍋を囲んで箸をつつくのは、日本の冬の風物詩のひとつ。すき焼き、寄せ鍋、ちゃんこ鍋、キムチ鍋、もつ鍋、豆乳鍋など、さまざまな種類の鍋が人気となっています(鍋は作るのに手間もかからないので、日本では、友人を招いての鍋パーティーも、よく行われます)。

Nabe (Hotpot)

Nabe or *Nabemono* is a Japanese-style hotpot cooked and served hot at the table. Individuals pick what they like from the communal pot. It's a winter tradition among families and close friends to get together and sit around a table to enjoy nabe. There are wide varieties of ingredients for nabe. *Sukiyaki* (beef hotpot), *yosenabe* (hotpot with an assortment of chicken, seafood and vegetables), *chankonabe* (Sumo wrestlers' hotpot) and *motsunabe* (hotpot with beef and pork offal) are among the most popular.

● 鍋奉行って? Nabebugyō

その人の性格、あるいはふだんの食習慣があらわれるのが、「鍋」の面白いところ。たとえば具を入れる順番、食べるタイミングなどをしきりたがり、他人にあれこれ指図する人を、時代劇になぞらえて、「鍋奉行」といいます。また、同じ時代劇から、アクを取りすぎて旨みまで取ってしまう人を「アク代官(悪代官)」、鍋ができるのをただじっと待っている人を「待ち奉行(町奉行)」というそう。

Since many people eat from a communal pot, nabe is an interesting opportunity to observe diners' personalities. For example, a person who wants to take care of the hotpot and points out do's and don'ts to the other diners is called *nabebugyō* (nabe commissioner); a person who just sits and waits to be served is called *machibugyō* (waiting commissioner).

こまめにアクをとる

鍋の味は、具の鮮度と浮き上がってきたアクや泡をこまめにすくうかどうかにかかっています!

Remove Scum

It's important to frequently remove scum when cooking a hotpot.

入れる順番

最初に魚を入れるとだしができます。肉は煮すぎると固くなるので、野菜類を入れて、それらが半煮えのころに投入して。だしを吸う物(野菜など)とだしが出る物(鯛など)を交互に入れて煮るとよいでしょう。

How to Prepare a Nabe

Put fish first in the pot to extract its flavor. Follow the fish with vegetables and let cook for a while. Slices of meat should be added right before eating, because they will get tough if simmered too long. In general, it's recommended that you alternate putting in vegetables, which absorb *umami* (rich flavor from soup), and putting in fish, which give *umami* to the pot.

直箸

自分の箸で鍋をつつく、「直箸」を嫌がる人もいます。「気がねなく、直箸でいきましょう」と提案したり、「直箸でいいですか?」と聞くことを忘れずに。

Jikabashi

When sharing food from the communal pot, some may not like to use their chopsticks and want to use a separate pair of chopsticks. If you are uncertain whether you should use your chopsticks or not, ask: "*Jikabashi de ii desu ka?*" (Can I use my own chopsticks?) Or, suggest using one's own chopsticks by saying, "*Jikabashi de ikimashō*" (Let's use our own chopsticks).



魚

鍋の中央は流れがはげしくて煮くずれるので端からそっと入れて。

Seafood

Place seafood carefully inside the pot, away from the churning center where the fish could break into pieces.

春菊と白濁は、肉を固くするので肉の近くに入れないこと。

Separate *shungiku* (garland chrysanthemum leaves) and *shirataki* (kon'nyaku noodles) from meat, because they harden the meat.

湯豆腐

煮すぎると豆腐が固くなりますが、いっしょに塩ダラ、昆布を煮ると固くなりません。

Yudōfu (Boiled Tōfu)

Add salted cod and kombu seaweed along with tofu in a pot to prevent the tofu from hardening.



つけダレには、ポン酢醤油などが、薬味には、ネギ、ユズ、大根おろし(紅菜おろし)、鷹節などが用いられます。

Yudōfu is eaten with ponzu-shōyu (citrus-flavored soy sauce). Scallions, yuzu (Japanese citrus) and grated radish are added as condiments to the sauce to deepen the flavor.

どろい 土瓶蒸し

1. おちよこに汁を注ぎ、香りを楽しむ。
2. すだちをおちよこにしぼって味をみる。
3. ふたをあけて、また香りをかく。

あとは自由に具をおちよこにとって食べましょう。長く火にかけていると煮つまってしまうので、適当に土瓶を平皿へ下ろすこと。

Dobinmushi (Soup in a Clay pot)

Dobinmushi is a traditional Japanese soup dish with ingredients like matsutake mushrooms and seafood served hot in a small clay pot. When eating dobinnmushi,

1. Pour some soup into a small serving cup and enjoy the aroma.
2. Squeeze sudachi citrus in the serving cup and taste the soup.
3. Open the lid of the pot and, again, enjoy the aroma.

After enjoying the aroma of the soup, pick out the ingredients and put them into the serving cup to eat. Don't keep the pot heated too long, because the soup will boil and ruin the flavor.



おちよこ取り皿として使う

すだちは、土瓶にしぼってしまうと、味が変化して、二杯目からおいしくなくなってしまうので注意!

Small Serving Pot

Do not squeeze sudachi citrus into a pot. It could ruin the flavor. Use a small cup called ochoko as a serving cup.

味噌汁

「ごはん味噌汁があればいい」という人もいるくらい、日本の食卓には欠かせない存在である味噌汁は、鰹節や煮干しでだしをとり、食材と味噌をまぜて作ったスープ。東京では「おみおつけ」、関西では「おつゆ」とも。

Miso-shiru (Miso Soup)

Miso soup is essential in Japanese cuisine. In fact, many Japanese are heard to say, "Rice and miso soup, that's all I need!" Miso soup is a soup consisting of fish stock called "dashi," miso paste and other ingredients like scallions, tofu, seaweed and seasonal vegetables. The taste varies from family to family, depending on the stock and ingredients. It's also called omiotsuke or otsuyu.



味噌汁にひと工夫

七味唐辛子、さんしょうを加えると風味が増します。大根の味噌汁には、バターを少し加えると味を引き立たせてくれます

Make Your Miso Soup Even More Delicious Shichimi-tōgarashi (mixture of seven spices) and sanshō (Japanese pepper) add flavor to miso soup. Adding butter into miso soup with daikon radish also complements the miso flavor.



お酒とお茶

Sake and Tea

お酒は20歳から

日本の法律では、アルコール類を飲めるのは成人(20歳)からです。未成年にアルコール類を飲ませても罰せられます。車を運転するときも、アルコールは厳禁。

Drinking Age

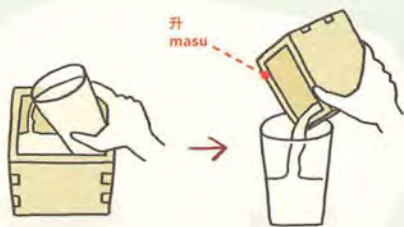
The legal drinking age in Japan is twenty years old. Anyone who provides alcohol to minors will be punished.

日本酒とは?

日本酒は米を発酵させたお酒で、いわば、「米のワイン」。飲むだけでなく、料理酒としても使われます。

Nihonshu

Nihonshu, which literally means "Japanese alcohol," is a fermented beverage made from rice, and is often referred to as rice wine or simply Sake in English. (Sake is the general term for any kind of alcoholic beverage in Japanese.) Since *Nihonshu* is an integral part of the Japanese diet, it's used in Japanese cooking as a seasoning.



枺に入られた日本酒は?

お店では、日本酒がいっぱい注がれたグラスが、枺に入られて出されることがあります。このような場合、グラスを傾けて枺にお酒をこぼし、まずグラスのお酒を飲みます。そのあと、枺のお酒をグラスに移して飲むか、あるいは枺からそのまま飲みます。

Nihonshu in a Masu Box

Sake may be served straight into a glass in a box-like saucer called *masu*. The server generally over-pours sake until it fills the *masu*. In such case, finish the sake in the glass first. Pour surplus sake in the *masu* into the glass and drink from the glass or drink directly from the *masu*.



日本酒は原料や製法によって、本醸造、純米、大吟醸などに分けられる。大吟醸は日本酒の最高峰。

Nihonshu is roughly divided into four categories depending on the raw materials and making methods; *honjōzō* (authentically-brewed), *junmai* (pure rice), *ginjō* (high-quality sake with fine well-polished rice) and *dai-ginjō* (high-quality sake with the finest well-polished rice). *Dai-ginjō* is considered to be the highest grade of *nihonshu*.



古かったり、安いお酒は杉でできた割り箸を立てて燗すると、いい香になります。吟醸酒や生酒は、あためず冷酒で飲んで。

Nihonshu can be enjoyed hot (*atsu-kan*), chilled (*reishu*) or at room temperature (*nuru-kan*). However, it's recommended to drink *ginjōshu* (*ginjō* sake) or *namazake* (non-pasteurized sake) chilled. If the sake is old or low-quality, heat it in a warm pan with cedar chopsticks sticking in the sake flask to extract the aroma.

お燗の美味しいつけ方

鍋にお湯を沸かし一度火からおろして、徳利を肩まで浸けます。2~3分したら徳利の底を触ってお燗の加減を確認してください。徳利の底に手が触れられるくらい(約50℃)が適温です。

How to Prepare Atsu-kan (warm sake)

Boil water in a pan and let it cool till it gets down to 80–90 °C. Dip the sake flask (*tokkuri*) up to its shoulder and wait for a few minutes. After a few minutes, take out the flask and touch its bottom to check the temperature. If you can touch it, the temperature of the sake is supposed to be at around 50 °C, and is ready to serve.

しょうちゅう焼酎とは?

米、麦、イモなどからできる蒸留酒(米焼酎、麦焼酎、イモ焼酎)で、ロック、水割り、お湯割りなどで、風味を味わうことができます。

Shōchū

Shōchū is another popular alcoholic beverage of Japan. It consists of spirits distilled from a variety of raw materials like rice, wheat or sweet potatoes. *Shōchū* is drunk in many ways, including on the rocks, diluted with water or hot water, mixed with oolong tea or fruit juice, or simply straight.



●おいしい日本茶の淹れ方

How to Make Good Green Tea



1. ポットのお茶を、人数分の湯のみに注ぐ。湯のみをあたためると同時に、湯を冷ますため。
2. 急須に茶葉を入れる。2人以上の場合、1人分は、大さじに軽く一杯。1人分を大さじ2/3に。
3. 湯のみの温度が手をもって熱いらしくなったら、急須にお湯を移す。蒸らしたあと、すべての湯のみに少しずつ注ぐ。

湯温と抽出時間

使うお茶の種類によって、温度と抽出時間を変えるとお茶本来のうまみ、甘みが出ます。新茶は熱めの湯でさっと淹れるか、じっくり淹れると美味しくなります。

The Right Temperature and the Infusing Time

The best temperature and infusing time for brewing tea differs depending on the quality of the tea leaves. Generally, the higher quality tea leaves are brewed at a lower temperature for a longer time.

二煎めもおいしく飲むために

急須にお湯が残っていると、お茶の成分が出つくしてしまうので、最後の一滴まで注ぎましょう。

Enjoy the Second Serving

If hot water remains in the teapot, the tea flavor will be ruined. Pour it to the last drop each time.

●急須の素材も大切

Suitable Material for A Teapot



鉄分が多くふくまれる急須は、お茶のタンニンと調和してお茶が美味しくなります。

The iron from an iron teapot will blend well with the catechin and make the tea more flavorful.

日本茶をより深く味わう

玉露(高級)、番茶(低級)、煎茶(中間)などがありますが、日本茶全般を指して煎茶(あるいは緑茶)という場合も。

Japanese Tea

The Japanese drink a variety of *nihoncha* (Japanese tea) on many occasions. Depending on the quality of the tea leaves, *nihoncha* is graded into three categories: *gyokuro* (the finest), *bancha* (coarse) or *sencha* (medium), but they all may be generalized as *sencha* or *ryokucha* (green tea).

1. Pour hot water into *yunomi* (tea cups) to warm up the cups and cool down the hot water.
2. Put tea leaves in the *kyūsu* (teapot).
For One Person: One table spoon of tea leaves for one person
For More Than Two People: Two thirds of a table spoon of tea leaves for one person.
3. When the tea cups are heated, pour the water into the teapot. Leave the tea to infuse for a while, and pour a little into each cup alternately.

●お茶の種類とそれぞれの淹れ方

Preparation Methods Vary According to Tea Types



100 °C
(212 F)

ほうじ茶・番茶・玄米茶

Hōjicha (roasted tea), **Bancha** (coarse tea), **Genmaicha** (brown rice tea)

沸騰したてのお湯で

蒸らし: 1分

Water temperature: freshly boiled

Infusing Time: 1 minute



60 °C
(140 F)

煎茶

Sencha (medium grade)

湯のみのを持ってぐらいの熱さのお湯で

蒸らし: 1~2分

Water temperature: tea cup touchable

Infusing Time: 1 - 2 minutes



50 °C
(122 F)

玉露

Gyokuro (the finest grade)

ひと肌よりやや熱し程度のお湯で

蒸らし: 2~3分

Water temperature: slightly warmer than skin temperature

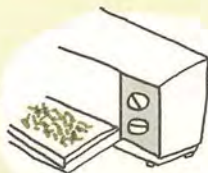
Infusing Time: 2 - 3 minutes

●お茶が湿気てしまったら

If the Tea Leaves Get Moist

湿気をふくんだお茶はトースターで空煎りするると、香ばしいお茶に戻ります。薄く広げて30秒くらい。

Toast the tea leaves in a toaster for about 30 seconds to get back the flavor.



text by Fuhito Shimoyama

お土産はチョコレート Omiyage and Chocolates

What's omiyage?



知人の日本語学習者クリスが、来日して最初に覚えた日本語は「おみやげ」だった。そして、その意味をチョコレートのことだと思いこんでいた。出張帰りの日本人の同僚たちが「おみやげです」とチョコレートを配るからだ。出張先からはチョコレートを買ってくるものと理解した彼は、出張に出かける度にチョコレートを買い求め、「おみやげです」と渡していたという。ある日、クリスが「バレンタインデーにおみやげをもらった」という話をしたところ、「おみやげ」がチョコレートを意味する言葉ではないことを知らされる。この勘違いにより、クリスはおみやげの習慣を理解することになるのだが、この勘違い、怪我の功名だったとも言える。出張や旅行に出かけた先から持ち帰るおみやげの習慣は、日本人でさえ面倒に感じることがある。特に職場へのおみやげ選びはひと苦労だ。大勢に配れて、デスクで食べやすく、みんなの口に合い、日持ちがし、そしてあまり安っぽくもなく高すぎもしないものを探すと、結局チョコレートあたりを選ぶことになる。日本語学習者クリスは、おみやげの何たるかを知らないながらも、おみやげの作法をこなし、しかもおみやげ選びの苦労を乗り越えていたのだ。

The first Japanese word that Chris picked up after moving to Japan was "omiyage." But he was under the misunderstanding that "omiyage" was the Japanese word for chocolate. Every time Japanese colleagues returned from business trips, they passed out chocolates in the office while saying, "Here's some omiyage for you." Believing that it was a Japanese rule to bring back chocolates from business trips, Chris began doing the same. One day, though, he happened to learn that omiyage actually means "souvenir" when he said in a casual conversation, "I received an omiyage on Valentine's day." This trivial mix-up, however, taught him the Japanese custom of buying omiyage. The custom of bringing back a local specialty, especially food, from the place they have visited often taxes even the Japanese. Choosing the appropriate omiyage for colleagues can be tricky. There has to be enough for everyone, and it has to be easy to eat at the desk and please all palates. It can't be perishable, and it can't be too cheap or too costly. Hence Chris's colleagues' unvarying choice of chocolates. And so even without being fully aware of Japan's omiyage custom, Chris had followed it and, moreover, found a stress-free way of doing it.

