

OSAKA'S CITY OF FOOD

In the Edo period Osaka prospered as the heart of the Japanese economy, with rice and local specialties being gathered from across Japan in the storehouses of major feudal lords. Compared to the political capital, Edo, Osaka was historically the economic and cultural capital. Its unique culture and traditions are still highly valued today in Japan and abroad. In particular, Osaka's food culture attracts much attention, and the city is earning a reputation abroad as a city of food. Takoyaki and Okonomiyaki, known as konamon (flour-based food), are Osaka's soul food. They are easy to eat and also popular among foreigners, along with the unique culture of dashi (stock) made with kelp and bonito flakes from across Japan. There are also many unique food spots apart from Umeda in the north and Namba in the south: skewered pork cutlet Kushikatsu shops line the streets of Shinsekai, the symbolic downtown with the Tsutenkaku Tower, and there are famous Yakiniku restaurants located in Tsuruhashi. In the suburbs, farmers' markets of locally produced vegetables and fruits, fruit harvesting, and winery visits are popular among foreign tourists. Enjoy various food-related tourist spots along with food and drinks in this city of food!




大阪の食

Osaka's Top Quality Regional Foods



Osaka-mon is the moniker given to the agricultural, forestry or fishery products produced in Osaka Prefecture and the goods made from those products.



Osaka-mon Meihin are specialty foods that have been long loved in Osaka, also known as the kitchen of Japan. There is no better choice for a souvenir or a gift from Osaka.



http://www.pref.osaka.lg.jp.e.agb.hp.transer.com/ryutai/osaka_mon/index.html

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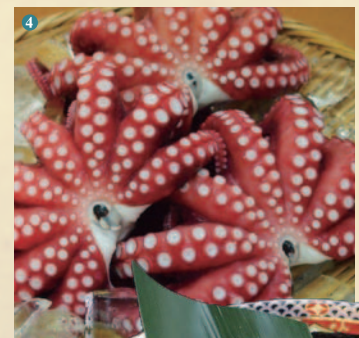


Osaka, a city of food, is filled with top-quality, delicious food!

OSAKA

Livestock products

Vegetables



Animal husbandry has been popular in Osaka since ancient times. Although small-scale, the farmers take advantage of being in the suburbs of a large consumption area to provide fresh, safe livestock products by means such as farmers' markets. As food industries gather nearby, they have taken advantage of this to make use of eco-feed, feed made with food waste discharged by food businesses.

1 Wagyu Beef

A few producers produce original branded beef using the finest feed and raising methods amid the nature of the suburbs of Osaka. This beef, with the perfect amount of fat, is delicious.

2 Eggs

Brands of eggs are produced using original feed and hand-collection methods and sold as fresh jitamago (locally produced eggs) at farmers' markets, etc.

3 Aigamo Duck

Duck breeding is said to have been encouraged by Toyotomi Hideyoshi who built Osaka Castle. Osaka has been Japan's largest duck breeding area since then. Kawachi Duck is an Aigamo duck breeder and wholesaler with a 140-year history which raises the ducks with original feed and takes care of them until they are slaughtered. Enjoy this historic duck meat.



Seafood

Osaka Bay has abundant seafood thanks to the strong currents from the Pacific Ocean and the Seto Inland Sea, as well as rich nutrients from the Yodo River which originates in Lake Biwa. Osaka is said to be called Naniwa because the kanji characters that mean "garden with abundant fish" were read as naniwa. Enjoy rich seafood you cannot find elsewhere.

4 Izumidako Octopus

Soft, flavorful octopus grow up Osaka Bay thanks to the calm current and abundant prey, such as shrimp and crab. Boiling it increases its softness and sweetness. Madako octopus caught along the shore of Senshu and boiled is known as Izumidako, a locally registered brand.

5 Ako (red-spotted grouper)

Ako is considered a delicacy, along with pufferfish. Its supple, slightly pink meat has a fresh flavor when eaten raw, and a deep, collagen-rich flavor when cooked.

6 Hamo (pike conger)

Hamo is known as a summer delicacy of Kansai and is essential for Tenjin Festival in Osaka and Gion Festival in Kyoto. Its lean meat has a simple yet deep flavor.

7 Shirasu (whitebait)

Shirasu, young sardines, are caught in great numbers in Osaka Bay. They are usually eaten boiled, but some restaurants serve them raw.

Vegetables have been produced in Osaka since ancient times; there is even a record of Japanese green onion being transported from Osaka to Kyoto 1,300 years ago.

Many varieties of eggplant are grown in Osaka. Senshu Water Eggplant 8 is slightly sweet with a soft skin and a lot of moisture. It can be eaten raw and is great for salads. Osaka Eggplant 9 is a large, vividly colored eggplant that goes well with a variety of dishes.

Shungiku 10, essential for winter hot pots, is aromatic and also delicious in salads.

Senshu Onion 11 is from Senshu, which is known as the birthplace of onions in Japan along with Hokkaido. It is sweet with a lot of moisture and can be eaten raw or grilled. Senshu Cabbage 12 is very sweet and flavorful. It is an essential ingredient for Osaka-style Okonomiyaki. Traditional Naniwa vegetables, such as fresh Edamame 13, Yao Young Burdock 14 (a spring vegetable with unique aroma and texture) and Tennoji Turnip 15, are also part of Osaka's food culture.



Fruit



Osaka's warm climate and well-drained hills are great for growing fruit. The production of grapes, which started in the 1800s, is one of the largest in Japan, and many varieties are produced here. Among them, the Delaware 16 grapes are especially popular and can be harvested for a long period from May to August. Wine 17 has also been produced since the old times; some wineries have a history of over 100 years. Grape harvest and winery visits can be enjoyed only an hour away from central Osaka and attract many foreign tourists.

In addition to grapes, Osaka has many unique varieties of fruit such as: figs 18, which are shipped ripe and of which Osaka boasts one of the largest production in Japan, Ginyose Chestnuts 19 which are a top-class chestnut variety, and Kanechika Peaches 20 from Kishiwada City which was listed in the Guinness Records for its high sugar content.

