



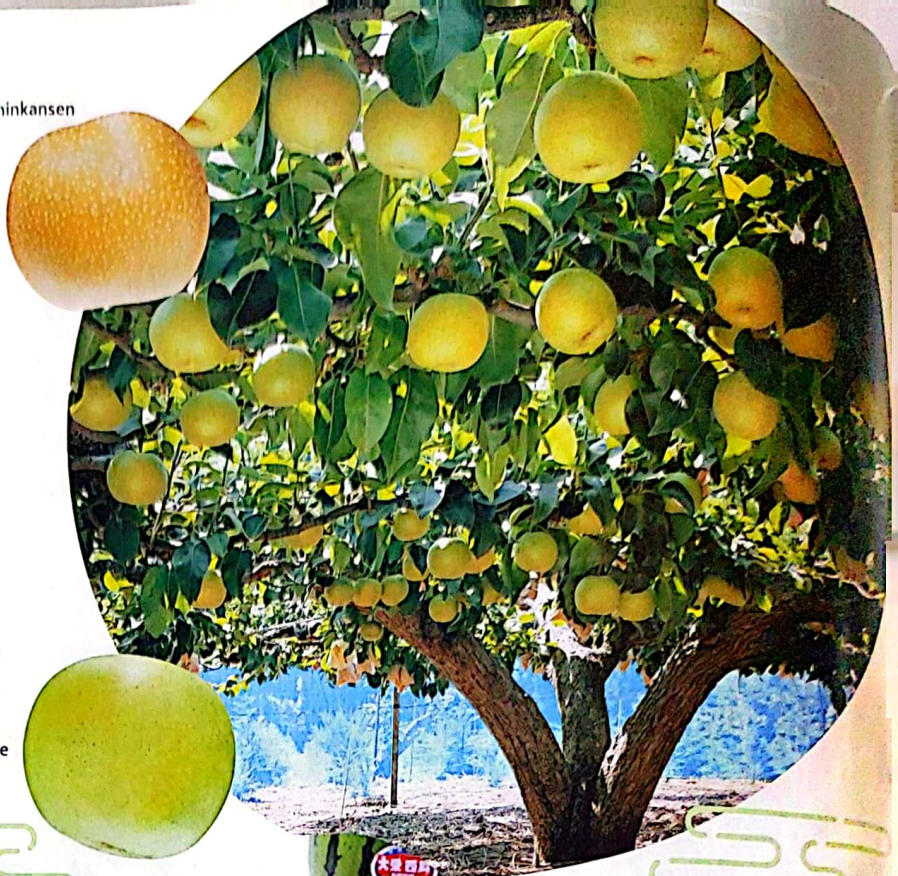


## Nashi Pears

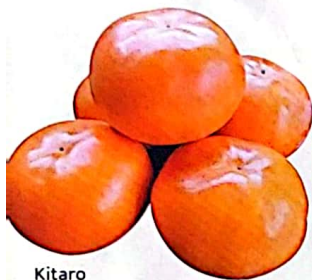
20th Century pears are one of the quintessential fall flavors of Tottori, having been cultivated in the prefecture for over a century. With a luminescent pale green-yellow exterior, these pears are refreshingly sweet and brimming with juice from the very first bite.

One of the keys behind this exquisite flavor is the meticulous care with which every pear is nurtured. 20th Century pears have also passed on their goodness to new varieties such as the sweet, crisp Shinkansen, and Natsuyaka and Natsuhime, which mature earlier than their ancestor.

Shinkansen



Natsuhime



Kitaro



No. 72  
Kogei Hanagoshogaki

## Persimmons

Tottori has a rich history of producing the finest persimmons. Iconic varieties include Kitaro, large persimmons rich in sugar that were first grown in Tottori and mature early in the season, and Hanagoshogaki, which are only cultivated in the eastern town of Yazu and said to be Japan's sweetest persimmons. Saijo persimmons have an elegant sweetness once the astringency is removed and are used for various dishes, including being served dried as anpogaki.



Hanagoshogaki



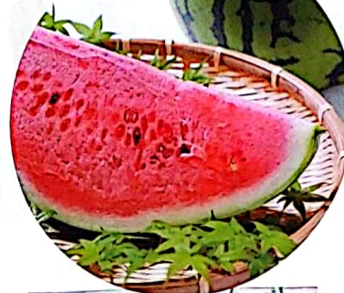
Anpogaki

## Strawberries

Large, juicy strawberries with refreshing sweetness are the pride of Tottori. Totteoki is a variety developed in the prefecture that is characterized by its outstanding flavor and the firmness to stay in top condition even after shipping.



Learn more about the GI Mark  
(Links to Ministry of Agriculture, Forestry and Fisheries website)



No. 80 Daiiei Suika

## Watermelons

Daiiei Suika watermelons are large, sweet, and prized for the way they retain their shape even after cutting, giving them an unrivalled, illustrious reputation. Other outstanding watermelon varieties in Tottori include Kurayoshi's Gokumi, which is carefully cultivated using methods that bring out the unique taste of watermelon, and Kotoura Gaburiko, which has distinctive black skin and few seeds.

## Melons

Melons are beloved as one of Tottori's signature delicacies. The prefecture's numerous varieties include Prince, Ams, Takami, Elizabeth and Earls melons.

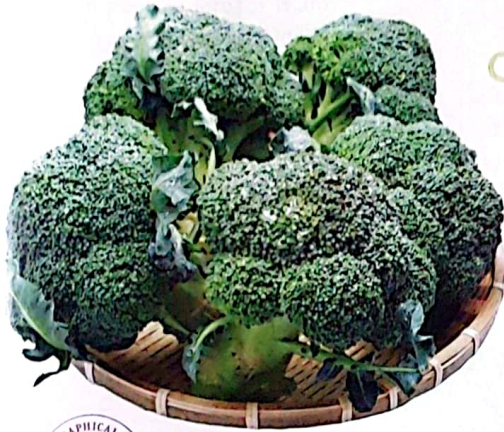






## Grapes

Tenjin River flows through the center of Tottori, and the sand dunes around its downstream areas have excellent drainage ideal for grape cultivation. With varieties ranging from Delaware to Kyoho, Pione, and Shine Muscat, the prefecture's wineries produce truly distinctive vintages.



## Blueberries

Blueberries abound amidst the cool climate around the foothills of Mt. Daisen, including farms where visitors can try picking their own.



No. 70 Daisen Broccoli

## Broccoli

In Tottori, broccoli is grown mainly around the foot of Mt. Daisen and is shipped with the fresh leaves still attached as a vibrant sign of its freshness.



## Japanese Leeks

Japanese leek cultivation in Tottori began amidst the sand dunes of the Yumigahama Peninsula in the west before spreading throughout the prefecture.

Leeks left to develop their sweetness over the harsh winter months are particularly prized.

## Tomatoes

Nestled in the midst of the Chugoku Mountains, Nichinan Town's farmers capitalize on the cool climate to grow tomatoes in summer and fall. Mini tomatoes are also produced in abundance in the center of the prefecture.



## Nagaimo Yams

Sakuyu nagaimo yams are grown amidst the sand dunes of central Tottori and are renowned for their beautiful skin and long, straight form. Their well-balanced stickiness and smoothness make them ideal for myriad dishes.

Another must-try variety of nagaimo yam developed and cultivated in Tottori is Nebarikko, which is comparatively shorter, thicker, stickier and denser.



No. 11 Tottori Sakuyu Rakkyo / Fukube Sakuyu Rakkyo

## Rakkyo Scallions

Tottori's farmers grow rakkyo scallions in sandy fields that are hot in summer and cold in winter. With their white color and distinctive crunchy texture, they have a sterling reputation throughout Japan.



A vast field of rakkyo in bloom



Rakkyo Pickled in Sweet Vinegar





## Bluefin Tuna

Bluefin tuna's Japanese name of hon maguro literally translates as "true tuna," and Tottori's tuna lives up to this lofty moniker.

Sakai Port is one of Japan's leading fishing ports and boasts one of the nation's largest bluefin tuna catch. Between June and August, an abundance of locally-caught fresh bluefin tuna is unloaded from boats and taken to the bustling markets.



The smooth texture and rich flavor of this fresh bluefin tuna cannot be found anywhere else.

Bluefin Tuna Sashimi

## Shiroika Squid

Swordtip squid caught under the sparkling fishing lights in the Sea of Japan on summer nights is known locally as shiroika.

The transparent flesh has a crunchy yet soft consistency and a prominent sweet taste, making fresh shiroika a typical summer

delicacy in Tottori.

Shirakihime is the name given to shiroika that has the ink sacs removed on the boat before being taken to market, for cleaner, easier preparation at home and facilitating incorporation into dishes with other seafood delights.



Shiroika Squid Sashimi

## Flying Fish

Flying fish is known locally as ago and is popular in early summer.

This blue-backed fish with a uniquely refreshing taste and soft texture is delicious whether served raw as sashimi and tataki, or as a deep-fried dish.

Ago eggs are also a prized ingredient and are known for their chewy texture when stewed. In central Tottori, the traditional dish ago no



kushiten contains fresh ago made into surimi paste. Vegetables are then added before deep frying without batter. Ago chikuwa made from 100% ago is another popular delicacy of Tottori, renowned for its fragrant aroma and firm texture.



Ago Sashimi

Ago Chikuwa

## Rock Oysters

Rock oysters are one of Tottori's ultimate summer dishes. Unlike Pacific oysters, which mature in winter, these oysters mature from early summer to mid-August. The meat swells almost to bursting point, resulting in an exquisitely rich, creamy flavor.

All Tottori rock oysters are naturally sourced, being caught by free divers. These oysters are sold under the name Natsuki and boast a flavor unique to the clear waters of the Sea of Japan.

## Red Snow Crab

Red snow crabs take their name from the fact that, unlike other snow crabs, its entire body is red before boiling.

Sakai Port boasts the largest red snow crab catch in all of Japan, caught through pot fishing in waters with depths of 500m to 2,700m in the Sea of Japan.

The meat has a watery quality and is

rich in the sweetness and flavor of crab meat, making it a dish not to be missed when fresh and in season.

Red snow crab is also highly-prized as an ingredient in various products, and the Sakai Port area abounds with makers of frozen foods such as crab sticks, claw meat, and crab miso. The shells are also used to produce chitin and chitosan.





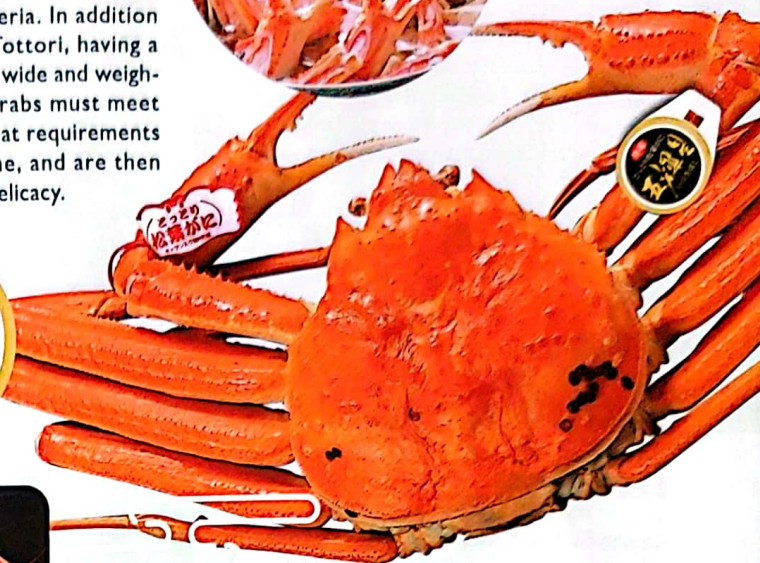
## Matsuba Crab

Matsuba crab is the local name for adult male snow crabs. Packed with meat and elegant flavor, it is one of Tottori's signature winter delicacies. Fishing for these crabs takes place on the high waves of the Sea of Japan between early November to March. Female crabs are known as oya gani and are a staple of home cooking in Tottori thanks to their relatively smaller size and affordable price. These crabs can be boiled to feast on the sotoko and uchiko eggs, found outside and inside the body respectively, and served together with miso soup and seasoned rice.

Itsukiboshi crab is the absolute pinnacle of Matsuba crab and must meet five strict criteria. In addition to being caught in Tottori, having a shell at least 13.5cm wide and weighing at least 1.2kg, crabs must meet color, shape and meat requirements to receive this name, and are then sold as a top-class delicacy.



Snow Crab Hotpot



## Mosa Shrimp

Mosa shrimp is caught through offshore trawling between September and May. It is consumed locally due to its relatively short shelf life and has a springy texture and flavor said to surpass sweet shrimp (Alaskan pink shrimp), making it an exceptional treat for those in the know.

## Flathead Flounder

Flathead flounder is also caught through offshore trawling. Its prime season is winter, when fat levels reach their peak, and they are popular as a stewed dish in local home cooking. Komaburi is a traditional specialty of eastern Tottori whereby the boiled fish eggs are separated and sprinkled on thin-sliced sashimi. The springy flathead flounder meat and the grain-like eggs come together to create an exquisite texture. At Ajiro Fishing Port in eastern Tottori, fresh, fatty egg-bearing flathead flounder is labeled as ajiro garei.

Stewed Flathead Flounder



## Sailfin Sandfish

Caught through offshore trawling, sailfin sandfish is known locally as shirohata. It has been designated the prefectural fish of Tottori for fall and spring.

Easy to prepare thanks to its lack of scales and featuring soft bones that make it easy to eat, this fish is a staple of local school meals.

Rather than spawning groups, the fish caught in Tottori are feeding and migrating schools, meaning visitors to

Tottori can enjoy delicious, fatty sailfin sandfish.

This incredibly versatile fish tastes great whether stewed, grilled, fried or seared. At the Hoenya Festival held in Karo in eastern Tottori in spring, it is served as shirohata zushi, which is an unmissable part of the event.

Sailfin sandfish at least 20cm in length generally have a fat content of at least 10% and are sold under the name torohata.



Stewed Shirohata



Shirohata Zushi



## Milk & Dairy Products

Milk in Tottori is among the finest in Japan. Produced based on exacting standards, it is characterized by its sweetness and clear taste. Raw milk is processed the same day the cows are milked, ensuring peak freshness for consumers.

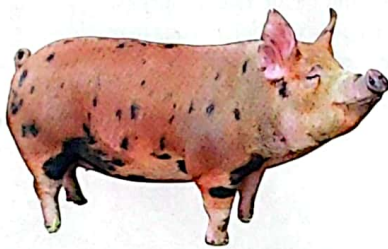


## Tottori-Jidori Piyo

Bred to meet the increasingly sophisticated palettes of diners, this chicken variety is unique to Tottori and stands out thanks to its firmness and deep flavor that highlights the taste inherent to chicken meat.

## Daisen Ruby

Daisen Ruby inherits the best of two pig varieties, combining Daisen Akabuta's richness oleic acid, a flavor component, with Berkshire's highly-rated taste and tenderness. This variety was bred by the Tottori Swine and Poultry Experiment Station.



## Game Meat

The environment in which deer and wild boar are raised and the techniques used by hunters and meat processors are key to the quality of game meat, and Tottori hits the mark on both counts. Local deer are mainly found in the lush green surrounds of the Chugoku Mountains, including around the 1,510m-high Mt. Hyonosen in the southeast.

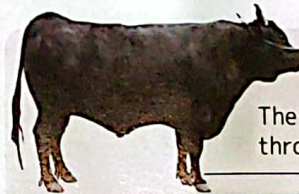
Higher elevations mean greater physical exertion for the deer, resulting in firm, supple meat with an elegant, smooth flavor. Wild boars live throughout the prefecture, raised on a rich diet of chestnuts and acorns born from the abundance of natural water. Their meat is characterized by their sweet fat and deep flavor.

## Tottori Wagyu Beef

Tottori is renowned for its kuroge wagyu beef. In the Edo period (1603–1868), Mt. Daisen hosted one of Japan's "big three" cattle and horse markets.

Tottori's Inpaku wagyu was highly revered during this period, and is the forebear of many famous wagyu beef brands found today.

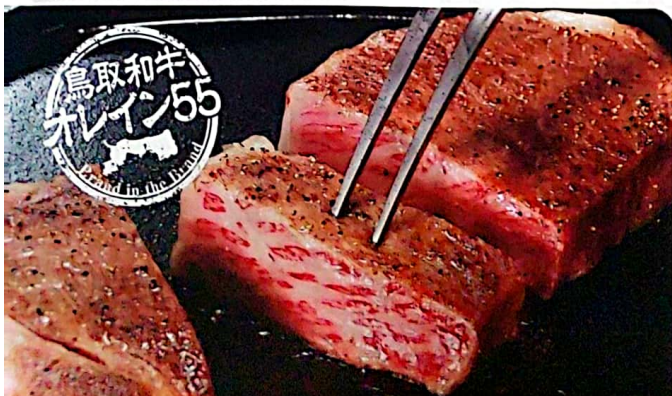
At various meat competitions, Tottori wagyu has been highly-graded in various categories, including marbling, meat color, and fat quality. The Tottori bloodline is also known for being rich in oleic acid, an unsaturated fatty acid. Oleic acid contributes to the "melt-in-the-mouth" quality of beef, and Tottori wagyu with an oleic acid content of 55% or more is branded as Tottori Wagyu Olein 55.



The forebearer of wagyu throughout Japan

## Ketaka

Ketaka bulls from Tottori won the prestigious first prize at Japan's inaugural National Competitive Exhibition of Wagyu in 1966, and the bloodline's lineage has been carried on through wagyu across the nation. In Tottori, this includes varieties such as Hakuho 85-3 and Yurishirakiyo 2, which more than live up to their illustrious ancestor.





## Mushrooms

Tottori is home to the Tottori Mycological Institute of the Japan Kinoko Research Center Foundation. As one of Japan's leading institutes in this field, it carries out wide-ranging research.

### Koimaru: (エリンギ) Sporeless Eryngii Mushrooms

Featuring beautifully round dark brown caps, Koimaru mushrooms have a subtle aroma that appeals to various palettes, including people who do not generally enjoy conventional eryngii mushrooms.



Tottori 115 are shiitake mushrooms cultivated from the log shiitake variety Kinko 115 developed in Tottori that meet standards such as cap diameter and thickness. The most highly-prized are known as Tottori Takeou, literally "Tottori Mushroom King," rare gems of a level that even experienced growers seldom see.

### Tottori Takeou Tottori 115

Tottori Takeou



Tottori 115



### Cloud Ear Fungus

Various Tottori-based producers are actively working to upscale production of these mushrooms, which have seen relatively limited domestic supply until now.

### Perilla (エゴマ)

Wild sesame is found in towns such as Wakasa and Nanbu at the foot of the Chu-goku Mountains, and every stage of production and processing—from cultivation to harvesting and oil extraction—can be found in Wakasa.

Wild sesame oil is also attracting attention for its health benefits due to its richness in alpha-linolenic acid, which is often found in blue-backed fish.



## Tofu Culture

"If not fish, let them eat tofu."

These were the words spoken to locals by Mitsunaka Ikeda, a Daimyo of the Tottori Domain during the Edo period (1603–1868).

He put forward this supplementary source of protein because fish from the Sea of Japan were extremely valuable at the time, putting them beyond the means of ordinary people. With booming soybean cultivation in the mountainous areas and an abundance of suitable water, tofu was then produced in vast quantities. Despite having a population under 30,000 people, the town of Tottori was home to nearly 100 tofu shops in the middle of the Meiji era (1868–1912), and tofu processing stations emerged in villages across the area

during the early Showa era (1926–1989).

Tofu is intertwined with the lives of the people of Tottori, who have developed unique ways of eating it. These include tofu chikuwa made by adding tofu to surimi paste, and don-doroke-meshi—a simple rice dish made with oil-fried tofu and vegetables.

Soybean varieties native to Tottori, including Misasa Kannokura, Midori Dandan and Tottori Daisen 2001, are also made into items such as tofu and natto in various locations within the prefecture.



Itadaki



Komo Dofu



Don-doroke-meshi



Tofu Chikuwa



# Water at the Heart of Tottori's Flavors

Tottori's abundant lush greenery is epitomized by the vast beech forest at the foot of Mt. Daisen—one of the largest such forests in western Japan. Rain and snow descend on the region's hills, forming subterranean rivers that naturally filter through the terrain before gushing out in myriad locations throughout the prefecture. This remarkable soft water contains an exquisite balance of minerals, including sodium and calcium, together with components such as carbonic acid. The result is an outstanding taste that has even attracted major drinks producers to the area.



## Local Sake

Tottori's renowned water sources are one of the secrets behind its remarkable sake. The quality of the water shows in the rice, and this shines through in the final result. As more brewers grow their own rice for use in sake-making, Goriki sake rice, which was created in Tottori, has garnered particular attention.

## Local Craft Beer

Tottori's vast array of local craft beers are a symphony of the prefecture's plentiful water and the skills of local brewers.

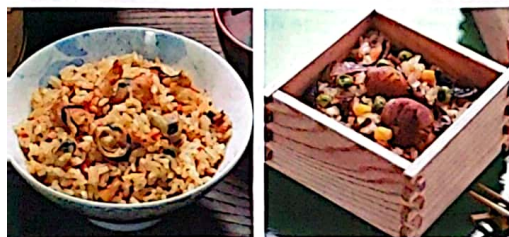


Trout Kakinoha Zushi



## Rice

Tottori boasts some of Japan's most spectacular skies for stargazing, earning it the moniker "Hoshitori Prefecture," literally "the star-catching prefecture." The pure air synergizes with the prefecture's rich nature and the crystal-clear streams flowing from the Chugoku Mountains to create truly delicious rice.



Igai Meshi

Daisen Okowa

## Princess Kaori

This rice variety created in Tottori combines the luxurious fragrance of basmati with the delicious taste of Japanese white rice. The aroma reminiscent of popcorn make it ideal for curry and myriad similar dishes.



The Tottori Agricultural Experiment Station spent about 30 years painstakingly developing this rice variety unique to Tottori that debuted in 2018. Literally translating as "starry sky dance," it takes its name from the grains' star-like shine. When cooked, it has a beautiful luster, together with a moderate stickiness and a "grainy" texture with a slight spring.



美味すぎてショック!!

食パラダイス鳥取県

Food Paradise Tottori Prefecture

Food Paradise Promotion Division,  
Market Development Bureau, Tottori Prefecture  
Department of Labor and Commerce  
Department of Agriculture, Forestry and Fishery

1-220 Higashimachi, Tottori-city,  
Tottori Prefecture, 680-8570  
Phone: 0857-26-7853  
Email: shoku-paradise@pref.tottori.lg.jp

