

志摩の料理士 手捏寿司

What is Tekone Sushi?

The authentic local cuisine of Shima originated in Miketsu-kuni. Miketsu-kuni is the area from which local seafood such as abalone and natural salt was offered to the Imperial court of Japan in ancient times. Shima refers to the area which forms the southern part of Mie prefecture. The origin of the cuisine is said to go back to the days when local fishermen at sea on their fishing boats prepared fish for themselves, and mixed it with steamed rice. 'Tekone-zushi' has now become a major local dish with which to entertain visitors. There is an enormous variety of tastes and flavors to be found in the food available at local restaurants. We do hope that you will take the time to discover the culinary delights that they have to offer.

Shima-city has long been known as the 'ryoshi-no-machi,' a village of fishermen. In the old days, the men went to sea and spent long hectic days working with the nets and fishing; and, even today, there are many such men living in this city. As we can imagine they eat their meals at sea, and it is said that the unique 'tekone-zushi' was created by them to facilitate eating while on the water.

This story was told to us by a local fisherman:
"We're incredibly busy, even between jobs. And, it's always

so troublesome to eat sashimi piece by piece, dipping each mouthful in soy sauce before we eat it. What could we do? Well, we thought about soaking the fish in the soy sauce first. But then, we also thought about mixing it with the rice. Wait a minute! It shouldn't just be rice, but rather vinegared rice. That would be much better. It would keep longer. Then, we could make instant sushi!" So, that's how 'tekone-zushi' was invented.

It was a type of sushi, in which fish, rice and soy sauce is mixed by hands. People soon began to refer to this kind of sushi as 'tekone.' With such a story behind it, Shima-no-tekone-zushi has become a local favorite and is always served at special occasions, such as memorable family events or when entertaining guests.

The recipes for tekone-zushi and its ingredients vary region by region. With such a variety available, it is part of our enjoyment of life to savor each local recipe.

In this brochure, 20 restaurants in Shima-city have been chosen and selectively listed. We hope that you will plan a gourmet tour and visit them and enjoy tasting our traditional local cuisine with its unique taste and flavors.



在御食国的志摩，有一种只有踏足当地才能品尝到的美食。它起源于很久以前，渔夫把刚捕获的鲜鱼在渔船上调味后，拌在米饭里食用。如今，成为了招待游客的乡土料理，它就是“手捏寿司”。其味道鲜美、多样口味，敬请各位品尝。

Honma ni Umai de!
Ippen tabete mi!

It's really tasty!
Why not try once?



Shima city society of commerce and industry

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As of December, 2015



Coverage and production
ZERO Editorial department of
Monthly Magazine "Simple"

