

# LOCAL DELICACIES

## *of Yamanashi Prefecture*



WRITTEN BY KATIE LIU  
INTERNATIONAL RELATIONS COORDINATOR  
YAMANASHI PREFECTURAL GOVERNMENT

## *Houtou*

Have you ever had Houtou?


Well, Houtou is, in simple terms, a Yamanashi speciality which consists of thick and flat udon noodles which are somewhat different from the usual udon you see in Japan such as kitsune udon. What makes this dish so different, is the generous amount of vegetables, and for me, that is all I need from life. From noodles to pumpkin, shiitake mushrooms and Chinese cabbage, all of which are simmered in a miso-based soup bowl - served like hot pot.

Too much vegetables? Don't worry, as pork and chicken are also available for all the meat lovers out there to keep a balanced diet! The dish is full of nutrition, served with meat and vegetables. From ancient times, tales have told of how the famous warlord Shingen Takeda invented this dish as an alternative to rice as rice was much more precious then. This dish is best served in the cold freezing temperatures of winter because, with just one bite, it will warm you up instantly, making you feel like you're sitting in a hot spring.

Many places in Kofu serve this regional speciality; for instance, there is a traditional-style restaurant - a short walk from Kofu station called Kosaku. The menu features a variety of Houtou to choose from.



## KOFU CITY

 1 Chome-7-2 Marunouchi, Kofu, Yamanashi 400-0031  
Hours: Mon-Sat 11:00-22:00 Sun 11:00-21:00

## MINOBU TOWN

To the south of Yamanashi Prefecture, Minobu town boasts a rich culture and abundant nature. In this town, you can find Yuba - the local speciality of this region. Now, what is Yuba? Yuba is tofu skin - a great source of protein known to have great nutritional value and is suitable for vegetarians alike. By itself, it has a slightly sweet and savoury flavour with a nice chew to it and is light in taste. Although typically found in Shojin ryori - Buddhist cuisine and is primarily vegetarian, yuba is an amazing addition to soups, such as udon noodles, as tempura or even as a snack! Unlike tofu, it has a much smoother texture, a thin layer and is much more delicate. Despite both being made from soybeans, tofu and yuba are produced through very different methods.

Yuba is made by simmering soy milk, and the layer that forms on the surface is what makes Yuba. However, dried Yuba should be soaked in lukewarm water and drained before using it in soups or simmered dishes. I highly recommend checking out Seiryuu restaurant, which is attached to a store selling fresh tofu and yuba in the town of Minobu which offers a wide selection of options from Yuba set meals, Yuba tempura to Yuba stew noodles and more!

📍 451-1 Aimata, Minobu, Minamikoma District,  
Yamanashi 409-2536

Hours:

Store 9:30-18:00

Restaurant 11:00-18:00

Closed: Tuesday, if it falls on a public holiday, the following day will be closed. 31st Dec - 1st Jan



# Yuba







# Yoshida Udon

## FUJIYOSHIDA CITY

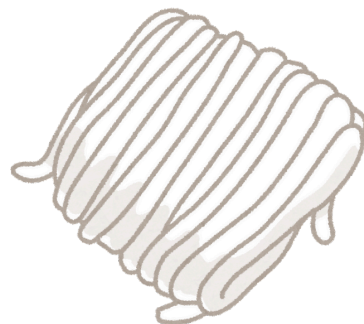
At the foot of Mt. Fuji, a city known for its iconic views of Mt. Fuji - Yoshida udon is a local speciality of Fujiyoshida City. But how is this different to Houtou, which was introduced earlier? Although the same chewy udon noodle is used for this dish, it features miso or a mix of miso and soy sauce broth cooked with water from Mt. Fuji. It is typically served with cabbage and meat, but each restaurant has its own exciting twist with the extra toppings you can add, such as chilli pepper and different types of chilli oil. The spiciness level is fairly mild in Japan, so it may not be on par with our friendship city Sichuan where you feel like spitting fire. However, you can enjoy a bit of spice dancing on the tips of your tongue for a few seconds.

📍 Yoshida Udon Shop 3376-3 Funatsu, Fujikawaguchiko. Minamitsuru District, Yamanashi 401-0301

Car Park: Free parking

Closest Station: Fujikyuko Line, Kawaguchiko Station (12-minute walk)

Hours: 9:30-20:00





# Shine Muscat

## KOSHU



Yamanashi Prefecture...more like fruit heaven?!  
Yamanashi is home to many orchards and vineyards.  
So what do you do with all that at your disposal? Of course, build a fruit empire as you should. Often we are overlooked, being next to the capital city and Shizuoka prefecture taking the spotlight, but I must say, it is now our time to shine, just like these so-called grapes.

No, but I kid you not, Shine Muscat is the actual name of a mouth-watering type of grape grown in Yamanashi Prefecture thanks to its climate, which is rich in nature; and allows other high-quality crops such as peaches and plums to grow. Shine muscat grapes are often highly valued and offered as omiyage (gifts) to visitors. These divine grapes are round, large and juicy, and now that I have tasted the forbidden fruit, alas, I can never go back to the grapes back in my home country.







# Coffee

Three coffee beans are illustrated to the right of the word 'Coffee'.

## KOFU CITY

Not exactly what you can call a local speciality, however, Tersaki Coffee - a short walk from Kofu station is a popular cafe serving both coffee and desserts. As a coffee enthusiast, I have made it my mission to try different coffee shops here in Japan and pin down my favourite spots. Tersaki Coffee offers both filter and espresso coffee, and for the coffee enthusiasts out there, coffee beans as well alongside pound cake, scones, cakes and muffins.

The opening hours start as early as 7:30 am, which is surprisingly rare in Japan. And this is coming from someone who is up at the crack of dawn. The coffee is brewed with light to medium roasted beans with a gentle and subtle chocolatey taste.

📍 1 Chome-20-22 Marunouchi, Kofu, Yamanashi  
400-0031

Hours: Mon-Fri 7:30-18:00, Weekend 7:30-17:00

