



Bean Sprouts *Pepperoncino*

Ingredients (1 serving)

100g Federini / 50cc Olive oil / 1 clove Garlic (cut into 5 mm thick slices) / 10ml Extra virgin olive oil / ½ pack (about 125g) Bean sprouts (washed) / Sprouts for decoration, Salt as needed

How to make

1. Add 2.5% salt to boiling water and boil federini.
2. Pour olive oil into an aluminum frying pan and add salt and garlic. Heat slowly until slightly browned, then remove from heat.
3. Add boiled federini to the pan, stir four times and place federini on a plate (keep the oil in the pan).
4. Heat remaining oil in the frying pan again, add bean sprouts, season with salt, and add a little of the boiled water to blend.
5. Place bean sprouts on top of federini, and drizzle with extra virgin olive oil.



Just grilled Managatsuo

Ingredients (4 to 6 servings)

1 Managatsuo (butterfish)/Salt (preferably from Okinawa or other coral reef area), Thyme, Extra virgin olive oil (preferably from Australia) as needed.

How to make

1. Remove guts and scales from fish and season with salt on both sides. Place on a baking sheet.
2. Top with thyme and roast in oven at 170°C for about 30 minutes, until slightly dry.
3. Serve with extra virgin olive oil.



Pot-au-feu with Wagyu Beef Belly

Ingredients (4 servings)

400g Wagyu beef Belly (8 chunks cut into 4cm cubes) / Taro, Celery, Carrot, Radish (as needed) / Consommé, Salt as needed

How to make

1. Cut wagyu beef Belly into 4cm cubes and marinate in 3% salt water for 2 days.
2. Drain cubes and put them in a pan with plenty of water. Simmer for about 80 minutes, then remove.
3. Cook celery, carrots, and radish in the water from step 2 until they reach a good softness.
4. Peel taro and boil beforehand with plenty of water at 80 degrees for 80 minutes.
5. Season with consommé about 1/20 the weight of the cooking water.

Harmony of people around sake

Yamagata's unique brewing traditions are rooted in the community

Yasuko Wada ◉ Wada Syuzo Limited Partnership

Ms. Yasuko Wada was actually born in Wada Syuzo, a long-established sake brewery in Kahoku Town, Yamagata Prefecture, founded in 1797. She has been involved in sake brewing in an industry where female brewers are rare, and she puts a great deal of value on the life cycle of the community by making use of sake lees and empty bottles.

Progress as a female brewer

Ms. Wada was born and raised in the Wada Syuzo as the only daughter. In the morning, she went to school watching steam coming out of the boiler area, and when she came back, she greeted the brewers polishing rice, saying "I'm home." She loved the sound of microorganisms fermenting in the quiet brewery in the middle of the night, and looked forward to watching the bubbles. Thus, sake brewing was in her blood from an early age, and she had no hesitation in taking over the business.

Given her family's advice that she should acquire more knowledge and skills before coming back to the brewery, she studied microorganisms, which she was interested in, at the zymology laboratory at Tokyo University of Agriculture and Technology. After graduation, she spent one year as a trainee at the National Research Institute of Brewing and five years as a researcher at the Yamagata Research Institute Of Technology before

returning to the brewery.

At the brewery, newcomers were assigned to the hard work of digging steamed rice in a big steamer pot. Any time she carried something heavy, she was afraid that the veteran brewers would worry about her and stop working. She was able to overcome such concerns as a female brewer with the support of her seniors and friends who were in a similar situation. As she gained experience, she learned that she could get along well by fulfilling what she could do, rather than putting too much pressure on herself.

In the process, a network of female brewers from all over Japan was created, and they started holding a regular summit of women brewers. They'd gather once a year to visit each other's breweries, interacting, talking about their problems, and sharing information. (In 2020, the summit was held online.) In the past, women were not allowed to become brewers, and even today there



Left: "Aratama" Sparkling Sake and Italian vegetables grown in Kahoku area. Sake from GI Yamagata and local vegetables grown with its sake lees are the best match.

Right: Products made with sake lees (a by-product of sake production). Besides pickles, processed products using sake lees, such as candies, sweets, and anpan containing special green soybean, are also popular.



Wada Syuzo has been loved and supported by the local community for generations, and the feelings are mutual. The second woman from the right in the front row of the group photo is Ms. Wada. The clear flavor of sake evokes the truthfulness and warmth of its brewers, who have valued “harmony” for a long time.

are considerably more male brewers than female. However, the foundation is gradually being laid for women to play a more active role.

Sake brewing in the life cycle of the community

Ms. Wada values harmony with the community. Since she came back to the brewery, it was natural for her to be aware of the identity of local sake and its place in the life cycle of the community.

A good example is sake lees produced in the brewing process. In this region, where winters are very cold, people have been pickling vegetables in sake lees for a long time. Sake lees are so closely related to the lives of the local residents that they are always available in the local supermarkets.

In recent years, there are many processed products using sake lees, such as anpan (bread with sweet bean paste inside) and sweets, and Wada Brewery also sells sake lees candy. Other than food, sake lees are also used in many ways such as fertilizer in the fields and compost mixed with cow dung. Nowadays, vegetable producers in the community, including Verdure italiane di KAHOKU (the research group of Italian vegetables

in Kahoku), use them as fertilizer. Straw and rice husks are also used in nearby cattle barns. As a result, the use of sake lees is more advanced in Yamagata than in other prefectures, and the effective use of raw material resources is becoming more widespread.

In addition, recycling is popular in this area, with children collecting empty sake bottles as part of their community activities. Collected bottles are reused not only for sake bottles, but as frames for flower beds and as flower vases displayed at the airport, achieving almost 100% of recycling.

As seen above, various efforts have been made to minimize waste in Yamagata breweries, from full use of raw materials to recycling of bottles. The entire community is involved in making a good life cycle around sake brewing. When the interviewer told Ms. Wada that she was embodying one of the hottest topics, the SDGs (Sustainable Development Goals), she smiled and said, “I didn’t realize that.” The recycling-orientation of sake brewing, so deeply rooted in the community as a matter of course, is another distinctive characteristic of Yamagata.

List of Yamagata Sake Makers Association Members

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360VR Sake brewing
in Yamagata



GI promotional film



PR film by Yamagata
Sake Makers Association
(Film for introducing breweries)

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The number of member breweries : 49

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The information in this booklet is as of February 24, 2021.

YAMAGATA SAKE. BRINGING HARMONY

First published on March 3, 2021

Produced and Published by
Yamagata Sake Makers Association
1-7-46 Midoricho, Yamagata-shi,
Yamagata 990-0041 Japan

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