

Let's Cook and Eat the Tastes of the Season!

— Mizore-nabe (Hot Pot with Grated Daikon Radish) —

The first snowfall of the winter is called “hatsuyuki,” literally meaning “first snow,” in meteorological terms. Have you had hatsuyuki yet where you live?

According to statistics compiled by the Meteorological Agency, hatsuyuki is usually observed between October and January every year in all areas of Japan except Okinawa, but to be more exact, the Agency defines hatsuyuki as “the first snow or sleet of the winter season.” Sleet, called “mizore” in Japanese, is a mixture of rain and snow that is often observed just around this time of year when temperatures are not as low as in mid-winter. Did you know, however, that mizore also refers to shaved ice with syrup and grated daikon radish, because they look like sleet? Dishes that are garnished with grated daikon radish are called “mizore-ae” (dressed with mizore), and dishes that are simmered with grated daikon radish are called “mizore-ni” (simmered with mizore).

Below, we introduce a dish called “mizore-nabe,” which uses daikon radish that comes into season in winter. Daikon has high water content, contains substances that are good for the stomach and intestines, and is thus a healthy ingredient. Mizore-nabe made with a generous amount of daikon is perfect on days that are just cold enough for sleet, as it will warm your heart and body. You might want to also include other seasonal vegetables such as Chinese cabbage, shungiku (garland chrysanthemum) and spinach, as they go well with all sorts of hot pots.

[Ingredients (4 servings)]

1 daikon radish
200g chicken
1 block tofu
1 green onion
Mushrooms (shimeji, etc.) as desired
500cc Japanese dashi stock

[Preparation]

1. Peel and grate the daikon.
 2. Cut the tofu, green onion and mushroom into bite-sized pieces.
 3. Place the ingredients in step 2 into a pot filled with dashi stock and add the grated daikon as though to cover the other ingredients.
 4. Cover the pot and heat until cooked. Eat with a dash of some ponzu sauce or other sauce.
- ※Instead of chicken, you could also use pork or fish, such as codfish, for a mizore-nabe that is just as delicious.

た 食べる！ つく 作ろう！ しゅん あじ 旬の味

— みぞれ鍋 —

その冬最初に降る雪を、気象用語で「初雪」と呼びます。皆さんの暮らす地域ではもう初雪が降ったのでしょうか。

気象庁のデータによると、例年、沖縄を除く各地で10～1月にかけて初雪が見られますが、気象庁が「初雪」とする定義は「冬が来て初めて降る雪、又はみぞれ」だそうです。「みぞれ」とは、真冬の頃ほどは気温が下がっていない、ちょうど今頃の時期によく見られる雨混じりの雪のことです。一方、見た目がそれに似ていることから、蜜を掛けたかき氷や大根おろしのことも「みぞれ」と呼ぶと知っていましたか？ 大根おろしで和えた料理を「みぞれ和え」、大根おろしと一緒に煮た料理を「みぞれ煮」などと言います。

今回は、冬が旬の大根を使った「みぞれ鍋」をご紹介します。大根は水分が豊富で、胃腸に良い成分が含まれる、体に良い食材です。そんな大根をたっぷり使えるみぞれ鍋は、食べれば体もぽかぽか暖まり、ちょうどみぞれが降るような寒い日にお薦めです。やはり旬の野菜である白菜や春菊、ほうれん草などもお鍋の具にぴったりですので、是非使ってみてください。

[材料 (4人分)]

大根…1本 鶏肉…200g 豆腐…1丁 ねぎ…1本
きのこ (シメジなど) …適量 和風だし汁…500cc

[作り方]

1. 大根は皮を剥いておろしておく。
 2. 豆腐、ねぎ、きのこは食べやすい大きさに切る。
 3. だし汁を張った鍋に2を並べ、その上から1をかぶせるように入れる。
 4. 鍋に蓋をして火に掛ける。火が通ればできあがり。ポン酢などで食べる。
- ※鶏肉ではなく豚肉でも良い。又タラなどの魚を入れても美味しい。