

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

# 食べよう！ 作ろう！ 旬の味

## Furofuki Daikon (Simmered Daikon Radish with Sweet Miso Sauce)

## ふろふき大根

### [Ingredients (4 servings)]

- 1 daikon radish
- 15 cm konbu seaweed
- 80 g miso
- 1 Tbsp mirin (Japanese sweet cooking wine)
- 1 Tbsp sugar
- 3 Tbsp water

### [Preparation]

1. Cut off the leaves of the daikon, peel the skin, and cut into 3-cm-thick rounds. On one side of each daikon round, make a cross-shaped incision 1 cm deep to speed up the cooking.
2. Line the bottom of a pot with the konbu and place the daikon on top of it. Add just enough water to cover the daikon, and put the pot on heat.
3. Prepare the dengaku-miso (sweet miso sauce). Mix the miso, mirin, sugar and water in a pot and stir over low heat until thick.
4. Simmer the pot of daikon for about 30 minutes, or until the daikon becomes soft. Serve the daikon in a dish and pour the miso sauce over it.

Daikon can be said to be a typical winter vegetable. There are many varieties of daikon, but in Japan, the term “daikon” generally refers to the *aokubi* (green neck) daikon that is white, thick and long. Since daikon can be eaten either raw or cooked, many daikon recipes exist, but the recipe for furofuki daikon introduced above, in particular, is a simple dish that brings out the natural taste of daikon and delivers a sense of the season. There are many explanations of the meaning of “furofuki,” but it is commonly said that long ago, the way people ate hot daikon resembled the way people cooled down after a sauna bath by puffing their breath. When you eat hot furofuki daikon, blow on each bite and enjoy the warmth it gives your body during this cold season.

By the way, the term *dengaku* in “dengaku miso” mentioned in the recipe above refers to a dance that was performed during rice-planting in the olden days as a prayer for an abundant harvest. It is still performed today at some shrines. Originally, a dish of baked tofu on a stick garnished with miso was called *dengaku*, as the appearance of the tofu on a stick resembled the appearance of people dancing the *dengaku*, so it is said. Today, *dengaku* is used to refer to dishes of baked or cooked ingredients, such as konnyaku and eggplant in addition to tofu, which are garnished with miso sauce. The miso sauce is called “dengaku miso.” Dengaku miso keeps for a long time, so it can be made in batches and used as a garnish or dipping sauce for various dishes. You might also want to add yuzu peel or ground meat to the miso for added flavor.

### [材料 (4人分)]

大根…1本 昆布…15cm 味噌…80g みりん…大さじ1  
砂糖…大さじ1 水…大さじ3

### [作り方]

1. 大根は葉を取り除き皮を剥いて厚さ3cmの輪切りにし、火が通り易いように切れ目を深さ1cmの十字字に入れておく。
2. 鍋に昆布を敷き1を並べ、材料がかぶるぐらいの水を入れて火に掛ける。
3. 田楽味噌を作る。鍋に味噌、みりん、砂糖、水を入れ混ぜ合わせ、弱火に掛けてもったりするまで練る。
4. 2を30分程煮て、大根に火が通って柔らかくなったら出来上がり。大根に田楽味噌を掛けて食べる。

冬の野菜の代表とも言える大根。大根にも色々な品種がありますが、日本では一般的に「だいこん」と呼ぶ時は、白くて長太い品種「青首大根」を指すことが多いようです。生でも食べられ煮物にもよく使われる大根のレシピは数々ありますが、中でも今回のレシピ「ふろふき大根」はシンプルに大根を堪能できる季節感溢れる料理です。「ふろふき」の意味は諸説ありますが、昔々、蒸し風呂で熱くなった体をふうふう吹いて冷ますようす、あつだいこんを食べる時に似ていたからだとか。皆さんも暑いふろふき大根をふうふう吹いて食べて、寒い季節を暖かく過ごしてくださいね。

ちなみにレシピに出てくる「田楽味噌」の「田楽」は、昔田植の時に豊作を願い踊った舞のことで、現在でも神社などで見られることがあります。元々は豆腐に串を刺して焼いたものに味噌を塗った料理を「田楽」と言い、これは豆腐に串を刺した格好が「田楽」を踊る姿に似ていたことからこう呼ぶようになったそうです。今では豆腐以外にも、こんにゃくや茄子などを焼いたり煮たりして、そこに味噌をかけたものを「田楽」と呼び、掛ける味噌のことを「田楽味噌」と呼んでいます。作り置きしておく色々なものに掛けたり付けたりして使えるので便利です。柚子の皮を混ぜ込んだり、挽肉と合わせて作っても美味しいですよ。