ENJOY FOOD SPECIALTIES FROM OSAKA, THE FOOD CAPITAL!

Osaka was referred to as the “Nation’s Kitchen” during the Edo period (1603 – 1868). Lords from other parts of the nation also kept rice and other natural resources in their warehouses in Osaka. Therefore, people in Osaka were exposed to various different foods. One of food cultures originated in Osaka is “dashi” (fish broth, the foundational flavor of Japanese cuisine), while Kombu seaweed and bonito flakes came from other parts of the country.

One of sightseeing destinations in Osaka is the Kuromon Ichiba Market. Tourists can experience an authentic Japanese market while sampling fresh seafood, meat, vegetables and fruit. Okonomiyaki, takoyaki, yakiniku BBQ, kushikatsu (deep-fried skewered meat) and tecchiri (blowfish hot pot) and many other food options are in Osaka. We welcome you to take an Osaka-style culinary adventure.

Distribution Policy Office, Osaka Prefectural Government

Published by

ENJOY FOOD SPECIALTIES FROM OSAKA, THE FOOD CAPITAL!
The Delaware grapes have been cultivated in Osaka since the Meiji Period, approximately 140 years ago. Currently, Osaka is the third largest producer of Delaware grapes in Japan. Delaware grapes are grown along the mountain sides in Osaka, with a harvest period of May to August.

Some wineries in Osaka have a history of 100 years. Thanks to easy access from downtown Osaka (about one hour), recently they have been attracting many overseas tourists for activities including grape picking and winery tours.

“Okoshi” is a slightly sweet, crispy rice cake with a hint of ginger, and loved by the locals. Okoshi was born during the Edo period (1603 – 1868) when there was the Dojima rice market in Osaka, and people had easy access to rice and sugar.

Western dessert
Western desserts and the Christian religion were introduced to Japan by Portuguese during the Muromachi period (1336 – 1576). With easy access to sugar, locals in the Osaka region began to create Western desserts. Try one of our signature sweets, the Castella.

Grown since the Edo period (1603 – 1868), Mizunasu (a kind of eggplant which can be eaten raw; the name means “water eggplant”) has a much softer skin than conventional eggplants, slightly sweet flesh and exquisite texture. It is a specialty of the Senshu area in the Southern part of Osaka Prefecture. Mizunasu no asazuke (mizunasu pickled for a short time) is very popular.

“Sukiyaki” is a mix of grilled vegetables and beef, flavored with soy sauce. The name “sukiyaki” comes from the fact that farmers used the metallic part of a “suki” (spade), a piece of farming equipment to cook beef and vegetables. Livestock farmers in Osaka produce their eggs, beef and pork using unique methods of rearing and feeding.

“Okoshi” is a slightly sweet, crispy rice cake with a hint of ginger, and loved by the locals. Okoshi was born during the Edo period (1603 – 1868) when there was the Dojima rice market in Osaka, and people had easy access to rice and sugar.

The tea culture, along with Buddhism arrived in Japan from China during the Nara, Heian period (700-1100). With its beginnings in Kyoto, the cultivation of tea has spread throughout Japan. Born in Osaka, “Sen no Rikyu” a famous tea master, was the greatest influence to tea culture and was responsible for the creation of a unique Japanese tea ceremony practice. Buddhist priests, nobles, samurais and the general population have been enjoying tea for centuries. Osaka is home to numerous tea shops and houses.

Enjoy Food Specialties from Osaka, the Food Capital!