

Special Guide to eating delicious foods

in Tottori Prefecture



鳥取食探

Tottori

Shokutan

T O T T O R I

Delicious

Joy of eating
in Tottori Prefecture!

Total 95+ a cases entered



foods

in Tottori

S H O K U T A N



P1 Taste special ingredients from the mountains and to the sea, the pride of Tottori Prefecture!

"Rules for Foods that Must be Eaten" in Tottori Prefecture – The Food Capital of Japan Eat Tottori Brand Foods

"Delicious crab full course"
"White squid and iwagaki Oyster"
"Fresh bluefin tuna" "Sandfish"
"Wagyu kingdom, Tottori Prefecture"
"Local pork under the spotlight"
"Tottori local chicken, Piyo"
"Raw shiitake mushroom"
"Green onion"

P9 Skill and Pride!
Tastes Loved by Tottori Residents Introduced for Your "Eating Trip" !

Tottori Local Gourmet Eating Out Great Challenge

"Tottori beef bone ramen" "Itadaki"
"Simple ramen" "Ankake chanpon"
"Kotoura Ago (flying fish) cutlet curry"
"Salt mackerel of Inaba"
"Harusame (bean-starch vermicelli) steamed egg custard"
"Daisen glutinous rice"

P13 Close-up on "foods," gaining the spotlight across Japan, located in the "Food Capital of Japan"

Food Culture from Tottori!

"Tottori gibier," "Curry paradise"
"That restaurant] having a long line"
"Coffee Kingdom"

P15 Selection Guide for recommended and popular restaurants, cafes, and shops in Tottori Prefecture

Genre-classified directory: "Tottori Shokutan Notebook"

Japanese food, Western food, Udon, Soba, produce stands

P17 From brand goods favored over generations to the latest creations

Tottori Gift Selection

P19 Tonight, toast with local sake!

Tottori's Sakes and Delicious Picks

P9 P21 Delicacy Photobook

Local soft ice creams and gelatos
Tottori Cool Sweets Gallery

Once you start you can't stop!
Delicious "Donburi" Selection

In season anytime! Tottori – The Food Capital of Japan
"Delicious Ingredients" Seasonal Calendar

	Season	Spring		Summer		Autumn		Winter		Spring				
		4	5	6	7	8	9	10	11		12	1	2	3
Seafood	White squid													
	Natsuki (iwagaki oyster)													
	Sakaimito natural bluefin tuna													
	Sakaimito salmon													
	Ago (flying fish)													
	Mosaebi Shrimp													
	Sandfish													
	Crab													
	Red snow crab													
	Matsuba crab Wakamatsuba crab Oya-gani crab													
Livestock products	Tottori local chicken, Piyo													
	Daisen Ruby Pork													
	Tottori wagyu (Olein 55)													
Gibier	Wild bore													
	Deer													
Fruits	Oshu													
	20th century													
	Natsuhime													
	Shinkansen													
	Hanagoshogaki													
	Kitaro													
Vegetables	Watermelon													
	White leeks													
	Rakkyo (raw/processed)													
	Nebarikko (Chinese yams)													
	Kirakiramidori (broccoli)													
Tottori takeo (log-grown shiitake mushrooms)														

●How to use this brochure
●Information published in this brochure is as of December 2016. The indicated prices include consumption tax.
●Two dimensional barcodes of introduced shops comprise map information. When a dedicated app is necessary based on your smartphone model, etc., please download it to read the barcodes.
●A shop with the above logo means that it has been granted the title of "Three Star Supporter," and is recognized as an active promoter of "Tottori – The Food Capital of Japan."
☎Tel ☝Address ☉Open ☪Closed

●The latest information of Tottori – The Food Capital of Japan, can be checked here. ☛
(Tottori Prefecture "Tottori – The Food Capital of Japan Promotion Section" Website)



¥1,300,000 per crab ★★★★★
Matsuba Crab "Itsukiboshi"

Among the Matsuba crabs known as the pride of Tottori Prefecture, "Itsukiboshi" is the super-deluxe crab. Based on five criteria, a shell larger than 13.5cm and weight heavier than 1.2kg, it was selected by 10 connoisseurs as the premium brand.

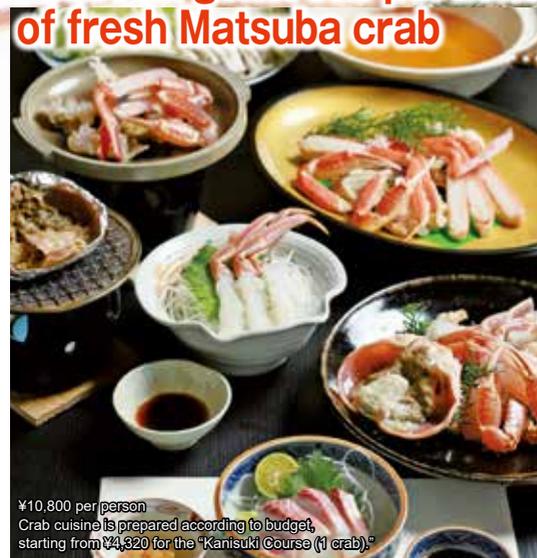
"Crabbing"

In KANItori Prefecture,
An Ample Serving of Delicious Crab

At the first auction in November 2016, the highest bid price recorded among crabs all over Japan reached ¥1,300,000 per crab.

* See P2 for crab season

Feast on generous portions of fresh Matsuba crab



¥10,800 per person
Crab cuisine is prepared according to budget, starting from ¥4,320 for the "Kanisuki Course (1 crab)."

Enjoy ultra-fresh "Matsuba" directly from the live crab tank

Crab full course

Kawamoto Uoten ☎0858-32-0236



A full course of "fresh Matsuba crab" is served by the fish shop. 3 crabs are prepared per person. Savor various types of Matsuba crab cuisine that tell the story of the deliciousness of Matsuba crab, including kanisuki (crab dip nabe), boiled crab, sashimi and grilled (even shell grilled with miso!). Kanisuki and its secret dashi, known as "No. 1 in Japan" (a guest), with thick meat soaked in umami (rich tasting ingredient) and zosui as the final dish (rice porridge) will surely impress you.

♣102 Asahi, Yurihama-cho, Tohaku-gun
☎Reservation required ☪No fixed days



Selected Matsuba crabs are picked from a crab tank as shown in the photo. Freshness is guaranteed.

This is a "fresh fish shop" located near JR Matsuzaki Station. Even fish lovers pay respect to this shop.

Get your fill of real Matsuba crab without a reservation!

Casually authentic full course in front of Yonago Station

5 crab cuisine course



Taiheiki ☎0859-32-3040

Crab "full course," complete set of melted homemade kanimiso, grilled crab, crab sashimi, kanisuki and zosui. Crab is served with one and a half crabs per person, so enjoying crab by two persons is also recommended. The best set menu with more than 50 kinds of special jizake (local Japanese sake).

♣271 Meijimachi, Yonago City ☪17:00 to 24:00 (last order: 23:30)
☪No fixed days



Grilled crab, grilled by diners and full of flavor. ¥8,000 In season from November to March

Truly Delicious Crab [Kani] Only In Tottori Prefecture

In 2015, Governor Shinji Hirai declared that Tottori Prefecture would be known [kanning] as "KANItori Prefecture" each year from November to March. "KANItori Prefecture" is the home of crab [Kani] with 5 selections as "Crab-Related No.1" found only in "KANItori Prefecture."

- **No.1 in landing of crabs in Japan** (total landing volume of major fishing ports in the Prefecture totaled 9,688 tons, more than three times as that of Hokkaido, the next prefecture behind Tottori.)
- **No.1 in shipments of fresh crab in Japan** (Landed by large trawlers equipped with tanks, crabs are shipped and sold alive)
- **No.1 in consumption of crab in Japan** (consumption volume of crab per household totaled 3,818g, about six times the national average. At junior high schools in Iwami Town, Wakamatsuba crab is served for school lunches)
- **No.1 in crab farms in Japan** (prefecture has breeding farms totaling 11,000 ha,

equal to 2,340 Tokyo Domes, at 230m below sea level in the Japan Sea)

- **No.1 in enthusiasm for crab** (Matsuba crab with shells over 11cm are shipped with exclusive tags. In November 2015, super-premium crabs "Special Selection, Tottori Matsuba Crab, Itsukiboshi" were born).

It is always recommended to eat specialties served with "fresh crab" during the right season at the home of the crab if you would like to taste truly delicious crab. To Tottori Prefecture, where the best crabs are landed, come [Kanning] soon!

 Crab of KANItori Prefecture

Matsuba Crab

Crab season: from November 6 to March 20



Rich umami and thickly packed meat

Male snow crabs. "Matsuba" is the name of snow crabs in the Sanin region, which grow for 7 to 8 years. Heavier and thicker chela is regarded as top grade.

*1 Survey by the Ministry of Agriculture, Forestry and Fisheries in 2014

Know "Deliciousness" of Genuine Crabs



Set menu with grilled crab is about ¥10,000 ~ (reservations required)

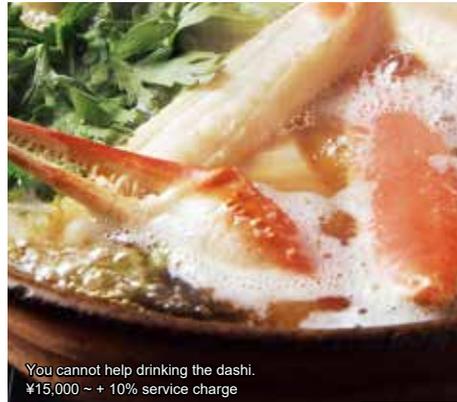
Know and savor the deliciousness of crab at a local restaurant in Tottori Prefecture

Grilled crab

Local Food, Hananoren ☎0857-23-0494

Charcoal grilled crab, given the accolades of gourmets as the "deliciousness of crabs is condensed." First, grill meat to enclose deliciousness. Next, turn over and when meat rises, it's ready to serve. A variety of textures and tastes according to each part will appeal to the senses.

♣526 Kawaramachi, Tottori City ☎11:00 to 14:00, 17:00 to 22:00 (last order: 21:30) ☎Sunday nights



Super-deluxe Matsuba, highly regarded by crab lovers across Japan

Kanisuki

Kaniyoshi ☎0857-22-7738

There are many lovers of this restaurant including even Japanese celebrities. Use only the highest class Matsuba crabs, selected by the proprietor who is a crab broker as well. After dipping into the secretly handed down dashi, fill your mouth with Matsuba crab, and the mouth-watering chewiness and excellent sweetness. Then, you will know why people saying "I want to try once." ♣271 Suehiro Onsen-cho, Tottori City ☎17:00 to 22:30 *On Sat and Sun, open from 13:00 to 15:00.*Reservations required ☎No fixed days



Enriched with "Reasonably Priced" Crabs



Red snow crab

120% satisfaction Offered from September to June

Red Crab Course

Ajdokoro Misa ☎0859-42-3817

If you would like to know the "essence" of red snow crab, eat this crab. About two crabs are lavishly served for one person, and it includes a set menu of truly fresh sashimi, grilled and nabe and creative cuisine. Original cuisine is also a pleasure. ♣6 Kyomachi, Sakaiminato City ☎17:30 to 23:00 (last order: 22:30) ☎Sun, Mon, Fall on holidays, December 31 to January 6



Red snow crab

Glorious Conveyor belt sushi nigiri in KANItori Prefecture

Dossarigani (2piece)

Toretore Market, Nihonkai ☎0857-38-3736

Specialty, gunkanmaki of fresh red snow crab directly sent from the ports in Tottori Prefecture are served "in full." The sweetness and juiciness of the fresh meat is also mouth-watering. ♣Restaurant Street on the 1st Floor of "AEON Mall Tottori-Kita" 348 Okute, Tottori City ☎11:00 to 22:00 (last order: 21:30) ☎the same as AEON Mall Tottori-Kita

Red snow crab

Crab season: September 1 to June 30
Rich taste and also served after spring
Red snow crabs inhabit deeper sea than snow crabs. They have a strong sweetness and thick paste. The crab season is longer and the prices are reasonable.

Oya-gani crab

Crab season: November 6 to December 31
Ovaries and eggs, and dashi is also delicious
Female snow crabs. Ovaries and eggs, recognized as must-eat-parts for crab lovers, have gained enthusiastic fans.

Wakamatsuba crab

Crab season: January 20 to February 28
The juiciness and sweetness is mouth-watering
Snow crabs with soft shells soon after shedding. Melting texture and sweetness are popular.



Oya-gani crab

¥3,500 (Inquire in advance by the end of January)

"Excellent Donburi" containing with everything

Oya-ganidon

Offered during open season from November to January

Ajigoyomi Anbe ☎0857-29-9125

There are many enthusiastic fans who "never forget to visit during open season!" The topping covering rice in the bowl is half and half with crab paste. You can find the deliciousness of Oya-gani crab from boiled ovary with the shell, eggs dipped by the proprietor, creamy rich ovaries to crab paste! ♣175-2 Yayoi-cho, Tottori City ☎18:00 to 22:00 ☎Sun * Open every day during open season offering Oya-ganidon. Open on weekdays: 12:00 to 13:30 and 11:00 to 14:00 on Sat, Sun and holidays.

Melting fresh, Wakamatsuba Crab

One day trip with crab sashimi of Wakamatsuba crab ¥8,640 ~



Filling your stomach with sweet Wakamatsuba Crab Crab full course*

Minshuku, Sangenya ☎0857-72-0184

Wakamatsuba "heaped" in a basket are from Ajiro, selected in confidence by the proprietor, a one-time fisherman. "Course with whole crab" is ¥11,880~. Stay for the night and enjoy sweet sashimi and chewy boiled meat to your heart's content. ♣2827 Uradome, Iwami-cho, Iwami-gun ☎Reservations required ☎No fixed days

* Basically Matsuba crab course. Wakamatsuba crab is offered during the open season from January.

Three Barrages of Crabs in KANItori Prefecture



"Three Great" Treasure Crabs Eat them up!!

Not just one delicious crab but three "delicious and reasonably priced" crabs in KANItori Prefecture. Each one of them has a unique taste and each has a different season. You will be called a "crab eater" only after eating all three kinds of treasure crabs.

Would you like an oyster? White Squid Iwagaki Oyster "Natsuki"

June~September

June~August

Sweet and crispy, ultra-creamy joy of summer

An impressive delicacy representing summer in Tottori

Summer of Tottori - have the chance to encounter squid and oysters like you have never eaten before.

• **White Squid** (standard Japanese name is "swordtip squid." Firm meat is really sweet and Tottori residents recommend it as Tottori's "most favorite squid." From June to September, "isaribi (fishing lights)" on squid fishing boats bob up and down with the waves on the Sea of Japan.)

• **Iwagaki Oyster, "Natsuki"** (immediately after eating, you may feel your mouth is full of the Sea of Japan. All Iwagaki oysters from Tottori Prefecture are natural oysters. Their fresh and thick taste and flavor are as attractive as they are "unforgettable." Oysters with the tag of "Natsuki" are large with shells 13cm.)

If you want to change what you thought you know about squid and oysters, come to Tottori in the summer.

White squid and Iwagaki oysters, "Natsuki" must be eaten.

Enjoy with the shells opened right in front of you



The proprietor recommends oysters at around ¥600 per piece. Eat them with ponzu sauce.

Iwagaki oyster paradise, the Sea of Japan extends outward in front of the restaurant Fresh Iwagaki oysters (June~August)

Muranaka Suisan (Direct Shop) ☎0857-85-1452

Oysters taken from a seawater tank that directly takes in seawater are opened right in front of you for your mouth-watering enjoyment! Reasonably priced at ¥350 to ¥800 per oyster and young visitors are on the rise from outside of Tottori Prefecture, as one of oyster eaters (male in the 20's) says, "I came from Osaka to eat oysters here." ♣1072-5 Nagawase, Aoya-cho, Tottori City ☎9:00 to 18:00 ☒ Irregular



In the restaurant, Iwagaki oysters sorted by size are displayed. You must eat fresh Iwagaki oysters.



Try it once! The true essence of squid Fresh squid sugata-zukuri (sashimi in original shape)

Natural sea water preserves, Kaiyotei

☎0857-31-4649

Squid lovers yearn for "fresh sashimi." Transparent with a sufficient chewy texture delivered by an artisan, making squid into sashimi in a couple of minutes after removing it from its tank. Enjoy the happiest mouth-watering time with sweet soy sauce and ginger. Choose between tempura or salt-grilled tentacles and fins.

♣3-27-1 Karocho-nishi, Tottori City ☎11:00 to 15:00, 17:00 to 22:00 (last order: 21:00) ☒ No fixed days



In season from May to October
¥2,160 /100g
(One squid is about 200g~300g)

Donburi is also popular Let's eat the specialty of summer



Eat with tasty sauce
¥1,080

Donburi specialty of a port town, loved by many people outside of Tottori
Original Ikadon (squid bowl)

Tasty Inn Yamadaya ☎0857-28-1004

Enjoy white squid 120%! Two different tastes, composed of fresh sashimi on rice and tentacle teriyaki with a rich flavor in rice. Served with squid rice malt dip and salted squid, and recommended to mix the contents together and then feast.

♣1-5-36 Karocho-kita, Tottori City ☎11:00 to 14:00, 17:00 to 19:00 (please ask about service at night). ☒ Irregular



A Iwagaki oyster at ¥1,000 per oyster is occasionally served.
¥1,880 (only oysters ¥1,580)
Limited to only the summer, and sale of this item will end when it sells out.

Extra-large size, these are fried oysters Set menu of fried natural Iwagaki oysters

Karo Port Market Dining ☎0857-28-2391

Fried extra-large oysters delivered directly from a specialty shop. Each oyster is carefully taken from its shell, drained and fried when an order is made. With each bite, the thick "juice" of oyster and the flavor of the sea fills your mouth.

♣4-1803-2 Karocho-nishi, Tottori City ☎10:30 to 15:00* Sat, Sun and Holidays: 10:00 to 15:30 ☒ New Year's Day

* Closed for several days at the beginning of January.



All the ingredients from the Sea of Japan, with a topping of tuna dip and rock seaweed.
¥918

Bluefin Tuna of Sakaiminato goes well with Ramen! Sakaiminato Bluefin Tuna Ramen

Tuna Ramen Honpo, Taiyoken ☎0859-44-1245

Transparent, clear and smooth soup comes from the long, slow simmer of the direct-from-the-sea roasted head of a bluefin tuna together with herb vegetables and seaweed. Fine noodles, using good flour and matured at a low temperature, almost melt in your mouth.

♣31 Honmachi, Sakaiminato City ☎10:00 to 17:00* ☒ No fixed days

* Hours differ from December to the end of March: 10:30 to 15:00, Sat, Sun and holidays: ~ 17:00



The sweetest Mosaebi Shrimp

September~May

All seafood lovers proclaim that this is sweeter than amaebi shrimps! Not only sashimi, but also roasting creates an even smoother taste

Thick but mild soup Mosaebi ramen

Shan Shan tei ☎0857-24-6528

The proprietor who trained at a Japanese cuisine restaurant carefully prepared this creative ramen. Rich mosaebi dashi as a base, mild miso soup mix goes perfectly with ramen noodles. Also enjoy the spicy flavor of mosaebi shrimps.

♣158-3 Suehiro-Onsen-cho, Tottori City ☎18:00 to 24:00 (last order: 23:30) ☒ Sun

After a night of a few to several drinks, this bowl of ramen is great for capping the night: ¥700/bowl



"Fresh and wiggly" fish in Mikuriyagoko



Horse mackerel (full course of chopped, fried and mill): ¥900

Local fish set menu at a restaurant where fish are directly sent from the fishing port!

Horse mackerel set menu

Local fish foods: Ebisu ☎0859-54-5522

Located on the 2nd floor a specialty fish seller in Mikuriyagoko. Set menu is comprised of "Fresh and wiggly," landing fresh fish of the day. You can savor a "full course" of horse mackerel. Donburi is also popular. ♣29-4 Mikuriya, Daisen-cho, Saihaku-gun ☎11:00 to 14:00* Sat and Sun: ~ 14:30 ☒ Tue (open on holidays)



Nagomi Set Menu

(only weekdays and Saturdays daytime)

Ryori, Wakabayashi ☎0857-31-1178

Serving fresh fish and homemade cuisine, this dining spot is also popular for its large servings. Set menus are served at large dining tables, comprised with sashimi, cooked fish, tempura and soba. ♣1-7-26 Karocho-kita, Tottori City ☎11:00 to 14:00, 17:00 to 21:00* Sun, Holidays: 11:00 to 15:00, 16:00 to 21:00 ☒ Irregular



In front of Tottori Port, popular among women



Full of fresh fish landed that day: ¥1,250

Rare blessed "Fish"!!

June~August

Fresh bluefin tuna Summer diamond, fully enjoy the raw taste

While packed with just the right amount of fat, the mild taste is given only by "fresh tuna."



Red meat: ¥185, medium fatty tuna and heavily-marbled fatty tuna are both ¥360
Try a double!

Full course fresh tuna from red meat to medium and heavily-marbled fatty tuna

Nigiri tuna* Red meat: ¥185-medium and heavily-marbled fatty tuna: ¥360

Conveyor belt Sushi Restaurant: Taiyomaru, Sakaiminato-ten ☎0859-45-0788

Sakaiminato-ten is the main restaurant of these conveyor belt Sushi restaurants. In season from June to the beginning of August, these restaurants buy a whole tuna at the local port and serve tuna from red meat to medium and heavily-marbled fatty tuna at reasonable prices. Try each different slice of tuna from red meat to fatty meat of large sizes. ♣280-1 Takenouchidanchi, Sakaiminato City, ☎11:00 to 22:00 (last order: 21:30) ☒ No fixed days

* You can also eat at the Taiyomaru Minatosakai Restaurant (215 Taishomachi, Sakaiminato City ☎0859-44-5522).



Popularity on the rise "Freshly-processed Sakaiminato Salmon"



Domestic salmon, recovering from the Great East Japan Earthquake disasters
Contact Yumigahama Suisan Co., Ltd. ☎0859-50-2721

This newly branded fish has been shipped all over Japan since 2012. After the great earthquake disasters in March 2011, young salmon were transported from Iwate Prefecture to Kurayoshi City and breeding began. From 2012, breeding in freshwater from eggs to young by the subsoil waters of the famous Mount Daisen started and breeding has been carried out in Miho Bay for six (6) months in the rough waves of the Sea of Japan and its fast tidal currents, and landing by fish pump so as not to injure the fish body and then the fish are blood-drained one-by-one and shipped. These fish are known for their freshness, firm meat and moderate fat and served at restaurants in Tottori Prefecture as sashimi and donburi.