

The Pride Foods of Miyazaki

The G7 Agricultural Ministers Meeting in Miyazaki will be held in April to discuss global agriculture and food issues. It will also be a great opportunity to showcase the proficiency of Miyazaki's food to the participating countries. Therefore this month, we will introduce the famed foods that have come to be representative of Miyazaki Prefecture.

○ Hyuganatsu

Hyuganatsu began to be cultivated around 200 years ago when the fruit that grew in a private house in Miyazaki was discovered by chance. Many years of research were carried out in order to get production and distribution on an upwards trajectory, and much progress was made. Due to the success of our predecessors, the drawback of the fruit having too many seeds was improved, and it became possible to take countermeasures against the winter season, making it possible for us to enjoy the bitter-sweet, refreshing taste it has today. When peeling the outer skin of Hyuganatsu, use a knife to thinly peel it like the skin of the apple, while leaving on the soft and fluffy white skin. This white skin has a slight sweetness to it, and when eaten with the flesh of the fruit the flavour is even better.



○ Kumquat (Tamatama)

Ripe kumquats "Tamatama" are an elite and selected group of greenhouse-grown kumquats. Compared to manufactured candied sweets, "tamatama" are very sweet and can be eaten "raw." They also contain a lot of vitamin C and vitamin E, which is good for your health.

○ Miyazaki Beef

The sweet, rich aroma and flavourful juices that spread in the mouth are what characterise the taste of the marbled Miyazaki beef. At the National Wagyu Proficiency Show that is held once every five years, from 2007 to 2022, Miyazaki beef has won the Prime Minister's award at each consecutive convention.

○ Broiler and Chicken Nanban

Miyazaki Prefecture has one of the best production outputs in all of Japan of young chickens for meat called broilers. Chicken nanban uses this meat, coating it in batter then frying it, dipping it in sweet vinegar sauce and serving it with tartar sauce. The dish is renowned nationally for its perfect combination of the tender chicken meat and bittersweet flavour of the sauce.



Under the sun that downpours into Miyazaki Prefecture, as well as these foods, the prefecture boasts the number one and two production output of bell-peppers, cucumbers, and bitter melon in all of Japan. Also the fishing industry is thriving, and holds the top rank spot in Japan for catch of skipjack tuna. Wouldn't you like to experience first-hand how wonderful Miyazaki is through the various foods of the region?

If you have any questions, opinions, or requests about this piece, please contact the Miyazaki International Foundation. TEL : 0985-32-8457 FAX : 0985-32-8512 Email : miyainfo@mif.or.jp If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Centre for Foreign Residents. TEL : 0985-41-5901 FAX : 0985-41-5902 Email : support@mif.or.jp