

## 仲秋の御献立 (Chushu no okondate)

### Set Course for October

After a rich harvest,  
couples strolling in a field.  
Clover, the symbol of fertility,  
but finding Quattuor-folium?

-T.M.-



Bush clover

仲秋 (Chushu) = mid Fall, a harvest month.

\* All of our dishes are made with seasonal ingredients.

## 縁 (Enishi course)

先付 (Sakidzuke) : first course, a seasonal amuse guele

\* Before having *Sakidzuke*, you should try a little bit of drinks!

### 菊白和え (Kiku shira-ae)

Chrysanthemum, *Shimeji* mushroom and thin sticks of pear salad with white dressing. Just mix ingredients and taste.

もって菊 (Motte-giku) = a kind of edible Chrysanthemum cultivated in *Tohoku* area

白和え (Shira-ae) = a white dressing; a mixture of crushed sesame seeds, soybean curd and vinegar

湿地 (Shimeji) = *Shimeji* mushroom

梨 (Nashi) = a pear



吸物 (Suimono) : Soup

### 胡麻豆腐 (Goma-dofu)

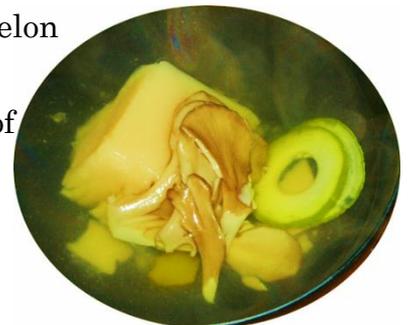
*Goma-dofu*, Sheep's head mushroom and slices of baby melon in a tasty soup with citron flavor.

胡麻豆腐 (Goma-dofu) = a soy bean curd like jelly made of Kuzu starch and crushed sesame

舞茸 (Maitake) = Sheep's head

小メロン (Shoh-melon) = a baby melon

柚子 (Yuzu) = a piece of citron peel



\* On market condition, we have a right to serve another item to replace \*

造里(Tsukuri) : seasonal sliced raw fish meat dish, so called *Sashimi*

戻り鰹たたき (Modori-gatsuo tataki)

Slices of slightly grilled Bonito in *Sashimi* style.

戻り鰹 (Modori-gatsuo) = autumnal Bonito

たたき (Tataki) = a cooking art: slightly grill the surface

薬味 (Yakumi) = garnitures

生姜 (Shohga) = grated Japanese ginger

\* Put Yakumi and Shoga in Soy sauce plate, then dip a slice and taste.



\* This photo is for 結 course  
#2 = hen-clam, #3=white meat fish

焼物 (Yaki-mono) : a broiled or grilled dish

秋刀魚柚庵焼 (Samma yu-an-yaki)

Grilled Pacific saury in *Yu-an* style, Apricot and pickled ginger stalk by side.

秋刀魚 (Samma) = Pacific saury

柚庵焼 (Yu-an-yaki) = a cooking art: Put an item in citron flavored soy sauce for a day or so and grill

あんず密煮 (Anzu mitsu-ni) = Apricot simmered in syrup

はじかみ生姜 (Hajikami shohga) = pickled ginger stalk



煮物 (Nimono) : a boiled or simmered plate

栗饅頭銀庵 (Kuri manjyu guin-an)

Bun of Chestnut, including a shrimp, Ginkgo nut and *Shi-take* mushroom in *Guin-an* soup. Greens on top.

栗饅頭 (Kuri manjyu) = bun of Chestnut

銀庵 (Guin-an) = a kind of thick soup, made of *Kuzu* starh, drops of *Shoyu* sauce and a tasty stock.

海老 (Ebi) = a shrimp

银杏 (Guin-nan) = Ginkgo nut

椎茸 (Shi-take) = *Shi-take* mushroom



揚物 (Age-mono) : Deep fries

白アスパラ巻 (Shiro asupara maki)

Deep fried fish meat roll of Asparagus and Oyster mushroom. Sprinkle the salt slightly on and taste.

アスパラ (Asparagus)

平茸 (Hira-take) = Oyster mushroom

抹茶塩 (Sansho-jiwo) = green tea powder added salt



\* On market condition, we have a right to serve another item to replace \*

止肴 (Tome-zakana) : a last dish before Shokuji

鳥笹身山葵和え (Tori-sasami wasabi-ae)

Slightly boiled breast meat of chicken, *Wudo* and Honewort with *Wasabi* dressing.

鳥笹身 (Tori-sasami) = breast meat of chicken

山葵 (Wasabi) = grated Japanese horse radish, a kind of hot spice

和え (ae) = dress ingredient(s) with. . .

三つ葉 (Mitsuba) = Honewort

独活 (Wudo) = Spikenard, *Wudo*



食事 (Shokuji) : a rice or noodle dish

松茸御飯 (Matsutake gohan)

Matsutake mushroom flavored rice, served with red *Miso* soup and pickles.

松茸 (Matsutake) = Matsutake mushroom,

Japanese likes its special aroma!

赤出汁 (Aka-dashi) = red fermented soybean paste (*Miso*) soup

香の物 (Koh no mono) = pickles



フルーツ (Fruit) : Fruit

桃、マスカット (Momo, Muscat)

A peach cut and Muscat grapes.



*Daily performance with Master Fukui Kodai*

A top *Tsugaru-shamisen* player and the proprietor of this restaurant.

*Please visit our home page!*

[http://www.waentei-kikko.com/index\\_e.html](http://www.waentei-kikko.com/index_e.html)



*Wa-en-tei, a rebuilt old house.*

\* On market condition, we have a right to serve another item to replace \*

## 結 (Musubi course)

\* Additional or replaced dish (or items) on/of 'Enishi' course menu as shown below.

### 前菜 (Zensai) : Assorted seasonal theme

\* additional dish served after *Sakidzuke* of 'Enishi' course.

This dish represents the season with its ingredients:

#1: 鮭子醤油漬 (Sake-ko shoyu-zuke):

Salmon roe pickled in soy sauce, served in a citrus fruit pot.

#2: 榎木ベーコン (Enoki-bacon):

*Enoki* mushroom wrapped in bacon strip.

#3: 子持ち鮎 (Komochi-ayu):

Simmered having roe Sweetfish.

#4: つぶ貝煮 (Tsubugai ni): Simmered Turban shell

#5: ちらし麩 (Chirashi-fu): Autumnal leaves shaped soy bean gluten pieces.

#6: 茄子寿司 (Nasu-zushi): Pickled eggplant topped *Sushi*.



### 造里 (Tsukuri) : seasonal sliced raw fish dish, so called *Sashimi*

\* additional items on *Tsukuri* of 'Enishi' course.

旬の白身魚、北寄貝 (Shun-no shiromi-zakana, Hokki-gai)

Seasonal white meat fish (#2) and Sakhalin surf clam. (#3)

### 焼物 (Yaki-mono) : a broiled or grilled dish

\* *Enishi* course '*Yakimono*' is replaced with this dish

#### 秋刀魚朴葉焼 (Samma hohba-yaki)

Grilled Pacific saury, Taro, a maple leaf shaped cake, a green pepper and *Miso* on a Magnolia leaf.

秋刀魚 (Samma) = Pacific saury

朴葉焼 (Hohba-yaki) = cooking art; place ingredients and *Miso* on Magnolia leaf, then close and grill

里芋 (Sato-imo) = Taro

紅葉麩 (Momiji-fu) = Maple leaf shaped wheat gluten.

甘唐辛子 (Ama-tohgarashi) = a sweet green pepper



*Please visit our home page!*

[http://www.waentei-kikko.com/index\\_e.html](http://www.waentei-kikko.com/index_e.html)

\* On market condition, we have a right to serve another item to replace \*