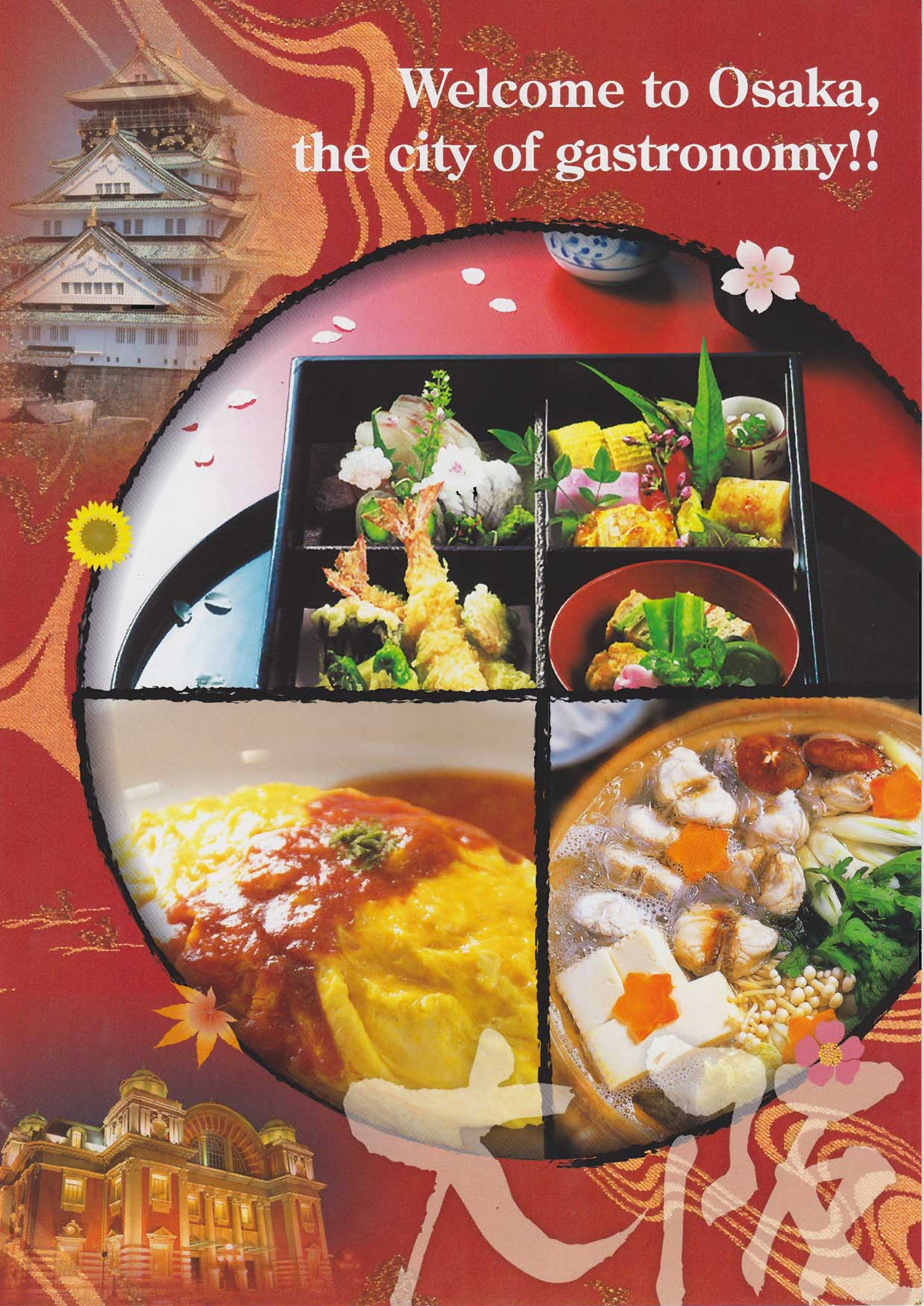


Welcome to Osaka,
the city of gastronomy!!



Traditional flavors of Osaka

A variety of traditional flavors have been passed down to Osaka; the city of gastronomy.

Osaka, the gathering place of fresh ingredients

Without a doubt, ingredients are the vital part of Japanese cuisine. Osaka, where local specialties from around the country gather as the base of distribution, including a rich variety of seafood from the nearby Seto Inland Sea and an abundant range of vegetables from Osaka Plains, is the best place for culinary excellence. The city's unique culture is built by its chefs who compete with each other to produce the best using these ingredients, and its people, who are so passionate about food that they are said to spend more on food than anything else.

Dashi (stock) cultivated Japan's sophisticated cuisine

The flavor of Japanese cuisine rests on how good the "dashi" is. After the Edo Period (15th to 18th century), Osaka started to get quality kombu from Hokkaido, and dashi made from kombu came to be used in cooking. Subsequently, dashi was made using a blend of bonito and kombu, and this perfected the flavorsome dashi unique to Osaka. Dashi, which brings out the flavors of the ingredients, is what makes the flavors of Osaka.



Osaka-style sushi (Sushiman)



Japanese cuisine (Kaminabe Rogetsu)



Japanese cuisine (Kagairo)



Japanese cuisine (Aloro)



Japanese cuisine (Edobori Yamaguchi)



Kaiseki (Kitcho Koraibashi Honten)

Flavors offered by old establishments that carry on the tradition.

Osaka has many of the leading "ryoteis" of Japan. Ryotei refers to a high-class Japanese restaurant. You can savor flavorsome cuisines made by skilled chefs, while you take in the aesthetic charm of an old establishment. Enjoy cuisines that are also delightful to the eye such as "kaiseki", which was originally served before a tea ceremony, and Osaka-style sushi, which takes a great deal of time and effort to prepare.



Roll Cake (Mon Chou-Chou)



Pastries (Gokan Kitahama)



Chocolates (Ek Chuah)

The sweets of Osaka

Osaka also offers all kinds of sweets including cakes, chocolates and Japanese sweets. You will find a diverse range of quality sweets such as the popular and irresistible creamy roulades and cakes made from Japanese ingredients. You must give them a try.

Classic buildings impart the mood of the good old days

Between 1920s and 1930s, lavish and elaborately designed buildings were built in Osaka in succession. The areas around Nakanoshima, Kitahama and Honmachi still retain the classic buildings that give off an aura of modernism. In recent years, French and Italian restaurants have taken up residence in such classic buildings, are attracting attention. Why not enjoy the food as well as their tranquil retro-modern atmosphere?



French cuisine (Gourmet Music Boat, Himawari)



Taiko Bento (Rakjogoka To Iku Naniwa Tanken Cruise)



French cuisine (Le Pont de Ciel)



French & Italian cuisines (Sakaisuji Club Ambrosia)



Japanese cuisine (Taiko-en Ryotei Yodogawa-tei)



Chinese cuisine (Sangu)

Flavors for the full enjoyment of Osaka

Enjoy the scenery and atmosphere with the food - that is how Osaka entertains.

Fully enjoy the aquapolis, Osaka, while you eat

Aquapolis, Osaka, also known as the Venice of the East, offers cruises and waterside restaurants where you can savor the waterside scenery while you eat. The gently flowing water and delicious food create a luxurious dining experience. You can fully enjoy the two different charms Osaka has to offer; gastronomy and water.



European style cuisine (Nakanoshima Club)



French cuisine (River Suite OSAKA)

A meal with a view is extra special

Japanese cuisine that you savor while enjoying the feel of a garden so tranquil that it is hard to imagine that you are in the city is extra special. You will be able to spend a moment to appreciate the beauty of Japanese culture. Osaka has a wide variety of places where you can enjoy the food as well as the location such as restaurants with a spectacular nightscape of the majestic Osaka Plains.

The truth is, Shabu-shabu was born in Osaka

The people of Osaka, who not only love delicious food, but also new things, have been creating all kinds of dishes. Shabu-shabu, which is now regarded as the typical Japanese fare, was created by Suehiro Honten, which is renowned as a stake and meat cuisine restaurant.

Thinly sliced meat is quickly dipped in hot broth and eaten with a dollop of sesame sauce. Udon-suki, which is a nabe ryori (hotpot), made with Kansai-style soup, udon, seafood and vegetables, also comes from Osaka. When it comes to Osaka's nabe ryori, Tecchiri made with blow fish is a typical fare.



The flavors of Osaka's specialties

A huge range of Osaka specialties can be found from typical Japanese fare to dishes with the common touch.



Tecchiri (Zuboraya)

Shabu-shabu & Stake (Suehiro)

Osaka-style sushi is as beautiful as a work of art

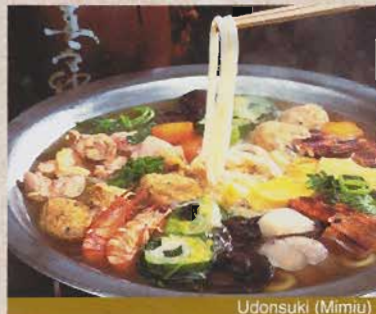
Sushi in general comes in the form of nigiri topped with a slice of raw fish. Osaka-style sushi is made by placing the sushi rice and the topping in a mold. Every topping is either cooked or seasoned such as vinegar marinated mackerel and omelet. It is unique for its flavor improves as it matures.



Osaka-style sushi (Yoshino Sushi)

Flavors with the common touch cultivated in Osaka

Om-rice, which is a dish consisting of chicken fried rice encased in thinly fried omelet, is believed to have originated in Osaka. Om-rice, which was created by a restaurant called Hokkyokusei in 1925, is a Japanese-style Western dish that features delicious, fluffy fried eggs. Many other flavors with the common touch were also born in Osaka.



Udon-suki (Mimiu)



Om-rice (Hokkyokusei)



Takoyaki

Okonomiyaki

Kitsune Udon

Konamon Gourmet

A thing called Konamon Gourmet - dishes made with wheat flour - is popular in Osaka. You can enjoy flavors with the common touch such as "takoyaki", which is grilled round dough with pieces of octopus, "okonomiyaki", which is a kind of pancake grilled on the hotplate with shredded cabbage and pork, and "udon" noodles served in delicious soup.

Osaka is a member of Délice, the network of gastronomical cities around the world

In September, 2008, Osaka City was the first city in Japan to join Délice, a network of good food cities around the world. Délice was established in September, 2007, by the city of Lyon in France, the capital of gastronomy. 18 cities are members of the network. The purpose of the network is to develop the food culture and revitalize the economy in each city through the training of chefs and interaction aimed at promoting exchange between member cities and improving skills.

To be approved as a member of Délice signifies that Osaka is recognized as a world-class gastronomical city, and that its food culture is of outstanding value.

[Member cities of Délice]

Lyon (France), Osaka (Japan), Guangzhou (China), Genoa (Italy), Stavanger (Norway), St. Louis (U.S.A.), Helsinki (Finland), Lima (Peru), Barcelona (Spain), Birmingham (U.K.), Brussels (Belgium), Madrid (Spain), Milan (Italy), Montreal (Canada), Gothenburg (Sweden), Leipzig (Germany), Riga (Latvia), Lausanne (Switzerland)

As of February, 2010



Osaka nurtures the beauty of a great variety of foods

In Osaka, which cultivated history as an "aquapolis" and developed as a strategic junction for land and sea routes for 1,500 years, economy and trade surged and a variety of food ingredients gathered from various regions in Japan. The best ingredients such as kombu from Hokkaido and bonito from Tosa, which are the basic ingredients of "dashi (stock)", have been transported to the city. The city has also been blessed with fresh and delicious ingredients such as seafood from Osaka Bay and Seto Inland Sea, and vegetables from the fertile soil of Osaka Plains. Moreover, Osaka's food culture developed further as knives have been actively produced, and chefs competed with each other over skills as merchants used restaurants as place of entertainment and business negotiations.

Today, many of the chefs who have followed the tradition of Japan's food culture have their own restaurants in Osaka, and the city has a wide variety of restaurants where one could enjoy a rich variety of "food", including world cuisines such as French and Italian as well as food with the common touch such as takoyaki, okonomiyaki and kitsune udon.

Osaka's food culture was born from the passion of its people towards "tasty things", which they developed over a long period of the city's history. We hope you will enjoy the "foods" of Osaka.



To the city of water and gastronomy, Osaka

Osaka is an international city, which has been cultivating history as an "aquapolis" for 1,500 years. Around the 16th century, it was the center of distribution and economy in Japan, and it was called the "kitchen of the dominion", as a place where various commodities from around the country gathered, and the city led the food culture of Japan.

Osaka today is where you can enjoy food as well as various cultures and tourism from traditional entertainment including noh, bunraku and rakugo to amusements such as theme parks and the aquarium to the areas of Funaba and Nakanoshima with their classic buildings that tell the tales of the development of modern Osaka, and above all, its vibrant people and towns. It also still has many bridges, and the sceneries by the waterside such as rivers, moats and the port are sure to stand out in the memories of those who visit the city.

Osaka is also in close proximity to Kyoto, Nara and Kobe, and it is easy to see Kansai using Osaka as the base. It provides excellent transport links and you can go to other major cities such as Tokyo, Nagoya, Sapporo and Fukuoka via air or the bullet train in two hours or less.



To get to Osaka from Kansai International Airport

Getting to Osaka City from Kansai International Airport is easy. You can reach the city center by train in about 40 minutes. There is a full range of public transports including the subways, buses, JR and private railways, which provide great means for moving around the city.



Visit the following website for detailed tourism information of Osaka.

Osaka Convention & Tourism Bureau

<http://www.osaka-info.jp/en/>

Osaka Fan Club

<http://www.osaka-etoko.ne.jp/en/>



食の都大阪