

VI 伝統的な食文化の情報のデータベース化

■ 第2回ワーキング

日 時:令和元年12月20日(金)14:00~16:00

場 所:(一財)沖縄美ら島財団 那覇事務所

委 員:上里隆史氏、西大ハ重子氏、萩尾俊章氏

事務局:沖縄美ら島財団(幸喜・妹尾・勝連)、丸正印刷(瀬川・川満・金城)

概要

①第1回ワーキングの審議事項を整理

②コンテンツの方針(案)・構成(案)

③その他 検討課題

協議内容

①年度別作業内容の確認。今年度は基本的な考え方・枠組の整理、次年度以降の取り組みの下地となる情報収集と位置づける。

②今年度の成果品(案)の確認。第3回のワーキングで協議する成果品(案)を手直しした上で提出予定。

③コンテンツの方針・構成について、前提となる条件(目的、ねらい、ストーリー)の整理。

- ・目的:普及啓発および食文化関連情報の保存に重点を置く。
- ・ターゲット:一般的沖縄県民や県外の観光客、海外の県人会、沖縄の伝統的な食文化に興味関心がある人を想定。
- ・ねらい:沖縄の伝統的な食文化の特徴を簡潔に知ることができ、学習活動等に資するとともに、次世代への継承を目標とする。
- ・ストーリー:県民に知って／再認識してほしい特徴、県民のアイデンティティの強化、という2点を軸に据える。

※想定している利用者に即してポイントをしぼっている。県民への普及・継承を基盤とし、それに巻き込む形で県外・海外への普及を想定

④コンテンツの全体像、内容構成およびテーマについて検討。

→複数の章よりコンテンツを構成する。各章にテーマを設定し、9つの要素の中から関連性のある要素を組み合わせ、各章のテーマに従い配置する。琉球料理の代表的な区分については項目を設けず、説明文(コラム)等の中で要点を盛り込む。

⑤参考文献・資料の収集および活用

→前提・蓄積として、各分野の特性を鑑みつつ必要なものを対象とする。重要な文献・資料はコンテンツ上で取り上げる。

⑥しまくとうばの表記について

→基本的な考え方を整理。事例収集等の具体的な作業は次年度引継ぎ予定。

⑦過去に食用とされたが現在はそうではない食材について

→かつて食用に用いられた事実として反映すること、記載内容は食文化として取り扱い、表記には注意すること、といった前提を確認し、記載方法について協議を行った。



VI 伝統的な食文化の情報のデータベース化

■ 第3回ワーキング

日 時:令和2年2月13日(木)14:00~16:00

場 所:(一財)沖縄美ら島財団 那覇事務所

委 員:上里隆史氏、萩尾俊章氏

事務局:沖縄美ら島財団(幸喜・妹尾)、丸正印刷(金城)

概要

- ①第2回ワーキングの審議事項を整理
- ②成果品(案)の確認

- ③周辺的情報の再整理
- ④その他 検討課題

協議内容

①コンテンツの方針・構成

→前回のワーキングでの指摘事項を踏まえ変更・修正した箇所を確認。軽微な確認事項について委員と協議を行った。

②考古情報について

→沖縄ならではの特徴をまとめ、活用することが提案された。また、身近な食材としての家畜の状況も提案された。

③前近代における社会構造と食文化の連動

→食文化に見られる区分や差異は前近代における琉球の社会構造を反映していると考えられる。また、それは他分野の文化にもあてはまる沖縄独自の特徴である可能性が指摘された。琉球の社会構造は都市と農村の間に大きな格差がある一方、両地域を往来した人々により食文化、芸能等が伝播した点も言及された。

④しまくとうばの具体例・表記

→参考文献等がまとまっている地域のものを選ぶ方針を確認。首里・那覇、宮古、石垣。庶民料理関係の事例を補うため、北部の例として今帰仁の例を追加したほうがいいと指摘があり、今帰仁も追加する方向で調整。

→表記方法について、見やすさ・利便性等の検討は次年度に引き継ぐことを確認。

⑤過去に食用とされたが現在はそうではない食材

→具体例としてどれを選ぶかは次年度以降に実施予定。野生生物の保全に関する考え方・普及内容(案)は削除せず、簡単な説明として表示する方針を確認。表示方法の検討は次年度引継。

⑥次年度以降の作業内容を確認。コンテンツの形態、多言語化を行う言語・項目の範囲の決定等については未検討のため、次年度以降に引継ぎ検討を行う。

⑦今年度の総括、今後の取り組みについての提言

⑧円滑な事業推進のため次年度の委員就任を依頼、各委員よりご了承いただいた。



VI Facebookの運営

■ Facebook「琉球料理担い手育成講座」の開設・運営

SNSを活用して、幅広い層に告知すると同時に、取組内容などの拡散をができるよう、情報発信を行った。

【アカウント名】：琉球料理伝承人

【期間】：令和元年6月～令和2年31年3月 ※ユーザー情報/パスワードを共有することで次年度以降も継続使用可

The collage consists of 10 screenshots from the Ryukyu料理伝承人 Facebook page, arranged in a grid-like layout. The posts include:

- A post from March 27, 2019, at 10:33 AM, featuring a photo of a cooking demonstration. The caption reads: "去了、11月に『琉球新報600回記念シンポジウム』2月に『琉球文化日本遺産シンポジウム』に出展しました。琉球新報600回記念シンポジウムでは、伝承人による宮廷料理、庶民料理、お菓子の料理展示が琉球新報ホールで行われました。琉球文化日本遺産シンポジウムでは、沖縄の伝統的な食文化についてのパネル展覧、プロモーション動画の放映、チヌスコウ・シシカマガコの試食が行われどちらも多くの来場者へご好評頂きました。改めまして、ご来場頂きました皆様ありがとうございました。" (<https://ryukyuryouri.com/news/post574>)
- A post from March 26, 2019, at 20:09 PM, featuring a photo of a meal. The caption reads: "昨年の9月～11月に琉球料理伝承人による出前講座を行いました。石垣島と沖縄本島北部(本部町)では、ダシのとり方、ケファージューサー、ゴーヤーチャンブルー、イナムドゥチを伝承人によるデモンストレーションと受講者による実習を行いました。沖縄本島中部(読谷)と沖縄本島南部(那覇)では、クーブイリチー、ミミガーの刺し身、中身汁を伝承人によるデモンストレーションと受講者による実習を行いました。どちらの会場でも、受講者より「美味しいかった」「勉強になった」と反響も良く出前講座を行うことができました。来年度以降も、出前講座が実施する場合はこちらから発信してまいりますのでどうぞ宜しくお願ひします。受講された皆様、ありがとうございました。" (<https://ryukyuryouri.com/news/post565>)
- A photo of a cooking demonstration with the caption: "去了、11月に『琉球新報600回記念シンポジウム』2月に『琉球文化日本遺産シンポジウム』に出展しました。" ([RYUKYURYOURI.COM](#))
- A post titled "[掲載誌] 琉球料理伝承人の活動" with the text: "10月4日付沖縄タイムスにて、琉球料理伝承人の宮原義人さんらの行った伝承活動が取り上げられています。~伝えよう。伝めよう。ウチナーの食文化~" and a photo of a chef demonstrating.
- A post titled "本来の琉球料理とは" with the text: "名護 前田ホテルズが教室" and "【名護】前田旅館ホテルズはこのほど、琉球料理教室を主催しては琉球伝承人の資格を持つ
- A post titled "【祝 日本遺産】この度、琉球料理を含む沖縄の伝統的な生活文化が「琉球王国時代から連続と継ぐ沖縄の伝統的な『琉球料理』と『泡盛』、そして『芸能』」として登録認定されました！！これに伴い、琉球料理伝承人の活動もますます活性化されますので、ご期待下さい" and a photo of a certificate presentation.

VI ホームページの制作

沖縄の伝統的な食文化ホームページ <http://ryukyuryouri.com/>



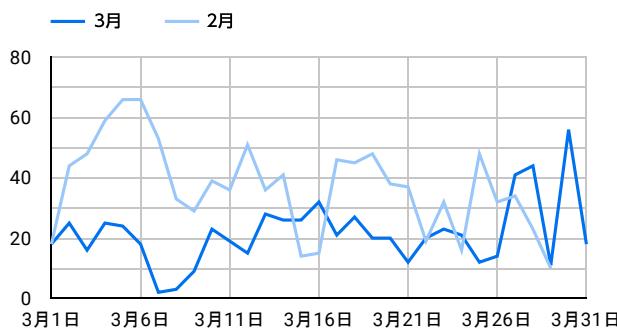
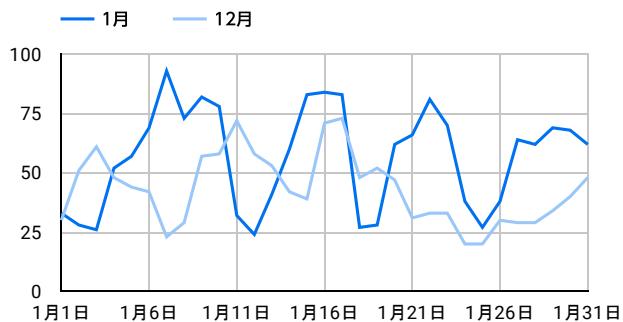
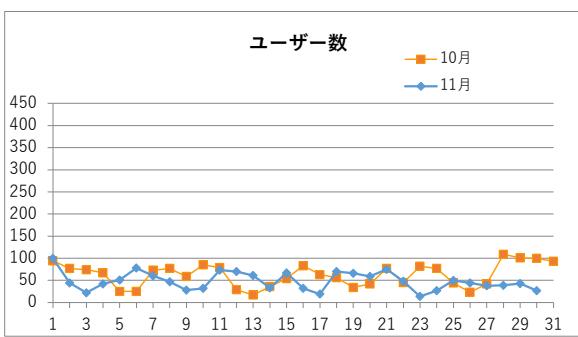
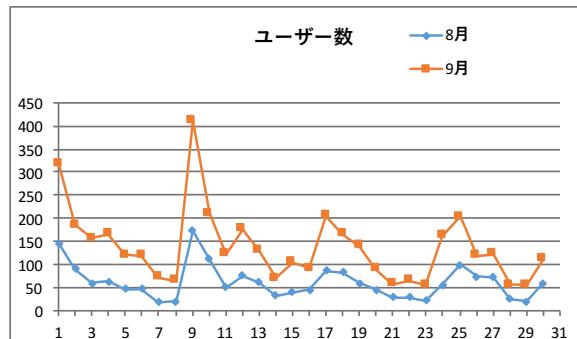
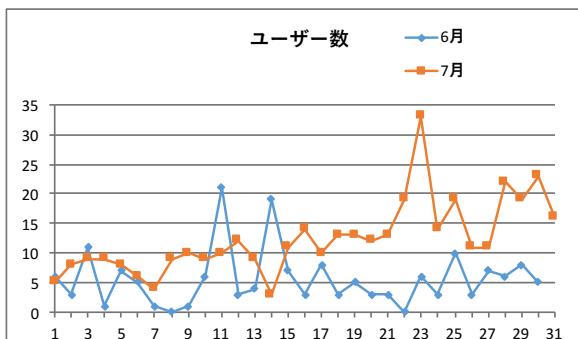
VI ホームページの制作

■ アクセス解析・レポート作成

計測期間：2019年06月1日～2020年03月31日

主な指標	6月	7月	8月	9月	10月	11月	12月	1月	2月	3月
ユーザー数	145	358	1,278	1,644	1,735	1,296	1,181	1,574	967	570
ページビュー数	634	1,136	3,629	4,137	4,337	3,282	3,029	3,920	2,313	1,627
訪問別ページビュー数	3.34	2.59	2.04	1.97	2.01	2.00	2.00	1.99	1.97	2.14
平均滞在時間	00:02:26	00:02:20	00:03:01	00:02:16	00:02:34	00:01:59	00:02:02	00:02:25	00:02:07	00:02:01
直帰率	48.42%	58.68%	66.24%	67.30%	64.27%	68.82%	66.38%	66.04%	63.97%	65.09%
新規訪問の割合	80.50%	85.7%	82.30%	83.70%	86.20%	85.10%	83.30%	84.10%	83.80%	80.00%

月別ユーザー数



VI ガイドブック英語版の制作及び広報・配布業務

■業務の目的

沖縄の伝統的な食文化の普及啓発の基本ツールとなる海外向けのガイドブックの作成（500部）。また、日本語版も6,000部印刷し、普及イベントや講座での配布を行い、残りを文化振興課に納品した。

■ガイドブック英語版の仕様

【主な仕様】 A4（見開きサイズ）全16ページ フルカラー シルバーダイヤ紙110kg
【発行部数】 全500部

■ガイドブック英語版の台割構成

- 【表紙/裏表紙】 トゥンダーブン（東道盆）の華やかさとバックの黒の対比により格式高い琉球料理を印象づける
- 【P01-P02】 「琉球料理」、「沖縄の伝統な食文化」をキーワードとして説明・解説
- 【P03-P04】 ウトウイムチ（おもてなし）と宮廷料理
- 【P05-P06】 ヌチグスイ（命の薬）と庶民料理
- 【P07-P08】 ウガン（御願）と行事料理
- 【P09-P10】 琉球菓子
- 【P11-P12】 琉球泡盛/特徴的な沖縄の調理法
- 【P13-P14】 年表 沖縄の食文化のあゆみ【執筆・監修 金城須美子（琉球大学名誉教授）】

■制作協力

- <写真提供>沖縄観光コンベンションビューロー、松本料理学院、安次富順子
- <歴史監修>金城須美子（琉球大学名誉教授）
- <料理監修>安次富順子（安次富順子食文化研究所 所長）



Utuimuchi (Hospitality) and Court Cuisine

Developed Deeply Influenced by both China and Japan

For 400 years from the year 1221, Okinawa was an independent country called the Ryukyu Kingdom. In the Ryukyu Kingdom, magnificent court cuisine was created for royal events, ceremonies, and entertainment. The development of court cuisine was greatly influenced by Ryukyu's relationship with China, as seen by the visiting envoys from the 13th century onward, and furthermore by its relationship with Japan, which can be seen in the visiting envoys from the Satsuma Domain from the 17th century on.

Tundabun

Traditional representation of traditional Ryukyu hospitality. According to Chinese historical documents, "Tundabun" (traveler food) is derived from "food at the Guests' Road," and is considered an open menu in terms of a dinner and taking care of guests. There are dishes of various shapes such as square (five types), hexagonal (three items), octagonal (three items), circular, etc., and the small plates contained in the course incorporate beautifully shaped and colored ingredients, the flavor of which is the same even if served cold. In a number that matches the number of guests, represented course pieces include Flower squid, salmonella wrapped with a black sesame seed, kamaboko (fishcake) with mixed green garnish, kamaboko (fishcake) wrapped in nori (seaweed), tamagoya (small tamagoyaki), fish cake, radish, shiochi (kombu kelp), bonito (salted kelp), amakuchi (steamed dashi-broth-filled tamagoyaki), bonito dashi (fish wrapped in nori), uridashi (soybean sprout porridge), and tamagoyaki (fishcake wrapped in green onion with nori).

Fried Tanmu Potato (dare)

The elongated, pale purple potato pieces boiled and peeled, deep-fried in oil, and then dipped in soy sauce and soy sauce.

Kutimpura (small tempura)

Squid fried in a thick, salt batter with a core of white fish and thin sticks. Edges, without tempura sauce.

Flower Squid

Deep-fried (kurobuta) (grilled) cut with cut-and-fold technique, narrow-shaped, dried out and displayed like the flowers it is named for. Expected for its visual beauty more than for its eating.

Mirudaruu (pork loin steamed with a black sesame sauce)

Pork loin marinated with a black sesame sauce, also-called kurojiru ("black meat") due to its pitch black color. Despite its appearance, it has a relatively light taste.

Biragaramachi (fishcake wrapped in green onion with miso)

Powdery steamed fishcake and fried fish wrapped in green onion and dressed with miso (soybean paste). Enhanced with the pleasant aroma of green onions.

5 Levels of Hospitality

Gochiso Utuimuchi (5 levels of entertainments)

Meals for major celebrations such as weddings, anniversaries, and retirement. These are categorized into five levels of entertainment: **entertainment**, **ceremony**, **reception**, **celebration**, and **gathering**. A ceremony meal, commonly known as Japanese **teishoku** cooking, is thought to be the same course that the five types that are served as part of it.



The term all the services in the Japanese style, but the food served is solely composed of Ryukyu cuisine.

Shishi (meat)

Meat means meat in the Okinawan dialect. A modified kamaboko (fishcake) made by mixing minced fish with ground pork, considered to be the first kamaboko in Okinawa.



Kamaboko

Meat means meat in the Okinawan dialect. A modified kamaboko (fishcake) made by mixing minced fish with ground pork, considered to be the first kamaboko in Okinawa.





Uigan (Prayer Ceremony) and Ceremonial Cuisine

Strengthening the Bonds Between People and the Land with Prayers for a Fruitful Year and Ancestor Worship

The page features several sections with images and descriptions:

- New Year**: Shows a large bowl of "Kai Caki Nen" (New Year's fish cake) and smaller bowls of "Yakumi" (fermented radish) and "Sangouchi" (fermented pork).
- Hamaauri**: Shows a tray of "Hamaauri" (sea urchin roe) and a small image of people gathered outside a house.
- Shimi**: Shows a group of people gathered outside a house during a Shimi ceremony.
- Seasonal Festival of January 7th**: Shows a large bowl of "Rice Porridge with 7 Herbs of Spring" and smaller bowls of "Yakumi" and "Sangouchi".
- Bon Festival**: Shows a large bowl of "Bon" (rice porridge) and smaller bowls of "Yakumi" and "Sangouchi".
- Yukkanuhi**: Shows a large bowl of "Yukkanuhi" (rice porridge) and smaller bowls of "Yakumi" and "Pork".
- Jyugoya**: Shows a large bowl of "Jyugoya" (rice porridge) and smaller bowls of "Yakumi" and "Furagi".
- Muuchii**: Shows a large bowl of "Muuchii" (rice cakes) wrapped in banana leaves.

Textual Content:

Uigan (Prayer Ceremony) and Ceremonial Cuisine

Strengthening the Bonds Between People and the Land with Prayers for a Fruitful Year and Ancestor Worship

A wide variety of annual events are held in each region of Okinawa, such as those related to prayers for a bountiful harvest and catch, those derived from ideas of ancestor worship, those remnant from China and the mainland, and also those that originated in Okinawa. Relatives and local residents gather around ceremonial tables to share meals, and in this way it is seen the role of strengthening the bonds of the community, person to person, and between people and the land.

New Year (New Year's Day in Japan is 1st January)

On the New Year's day is the custom of making goya, where the seven plants of spring (millet, amaranth, etc.) are put into a pottery and this event has been handed down to Okinawa, where the seventh day (around January 15th) is called "yukumono" (a gathering of vegetables) or "hamaurii" (a promotional event in northern Okinawa).

Hamaauri (Sea Urchin Roe)

Called "Hamaaurii" because it is harvested by northern fishermen women and children bringing home lunch boxes (in recent years, with only maguro rice cakes and Muuchii served in the boats) to sell at expensive rice ryokan.

Shimi (Shimi Day)

In Okinawa, where the concept of ancestor worship is very strong, the Shimi festival is performed at grave sites. Rice cakes and various dried food with various fillings are special dishes. This year is the present the 100th consecutive ancestor memorial event.

Seasonal Festival of January 7th (January 7th in Japan is 2nd January)

On the 7th day of the 1st month is the custom of eating rice porridge with 7 herbs of spring, where the seven plants of spring (millet, amaranth, etc.) are put into a pottery and this event has been handed down to Okinawa, where the seventh day (around January 15th) is called "yukumono" (a gathering of vegetables) or "hamaurii" (a promotional event in northern Okinawa).

Bon Festival (July 10th - 11th in Japan is 3rd/4th January)

For the three days from the beginning until the 11th featuring the summer solstice, July 11th will be the end with July 10th's Utsu-wa (removing the spirit-off) the lantern event continues magnificently in northern Okinawa. Utsu-wa (removing the spirit-off) and candle with pork, and ginger is an indispensable dish on that evening of the 10th.

Yukkanuhi (January 10th in Japan is 3rd January)

Big fish on the 10th of the 1st calendar is called "Yukkanuhi", and here Amamiya prepares for a bountiful catch and here Amamiya prepares for a bountiful catch and sets out on a grand scale in fishing villages and ports all around. On the 1st day, the traditional events called "yugi" and "yukihiki" are made in each household, much to the delight of the children.

May 5th (May 5th in Japan is 3rd January)

Big fish in the "May 5th Festival" imported from the mainland, boys along with Japanese maguro here Okinawa's custom believed to drive away plagues and diseases, are held and as traditional belief that even all kinds of illnesses, and originally Okinawa men have just a cause really live up to a speech.

Jyugoya (August 10th in Japan is 3rd January)

During the time of year when the weather is at its most beautiful, there is a custom that each family offers a offering (fried cake covered in Atlantic seabass in their families) and the first dish.

Muuchii (January 10th in Japan is 3rd January)

Muuchii is a sweet rice cake wrapped in the leaves of a banana plant (grapicaria latifolia) from Okinawa and beyond. Since it makes use of the taste (flavor) of plants, it is also called "banana-mochi."

Ryukyu Sweets

Influenced by China and Japan
Many excellent cakes were invented

Through the harmonious intermixing of Chinese and Japanese styles, confectionery craftsmen refined their techniques to create something unique to the Okinawa climate in which it was created: Ryukyu sweets. With names such as chinsuko, senjuko, chatachi, or, on the other hand, pomegranate mochi, machikaji, and tsuji surume, their lineage is obvious at a glance.

Due to the hot local value, there are more local confectionery and baked sweets than sugared red bean sweets. Since today, traditional Ryukyu sweets are used for important events and ceremonies.

Chirunko
An elongated cake with gallery of eggs, covered with cream and decorated with cherries and pine nuts.

Senjuko
With dough made of wheat flour kneaded by hand and wrapped around sweetened bean paste and arranged in a circular shape like a baked confection decorated in red, yellow, and green colors.

Machikaji
Baked or a baked confectionery with angry mask or human mask sprinkled on the surface. This Okinawan confection is characterized by the fact that it is dried out and shaped into a face which a mask has a large smile.

Chinsuko
A confectionery made by mixing flour and water in sugar and wheat flour that they have been made since the Edo period.

Chippanshi
A sweet made by boiling down chestnuts such as Kasuga (Kasumigasaki) and Inabagiri in sugar. Also known as "Kibon."

Natunsu
A dessert that is also popular as a New Year's eve cake. Decorated on top with pomegranate shaped like the tree flower petals.

Kogwashi
A hard candy that comes in various shapes and colors. It is an indispensable sweet of Christmas and New Year's.

Tauchicho
A hard candy with dough that is a mixture of washed rice and wheat flour; wrapped around sweetened pears, covered with half-slices and folded around the edges.

If you have a taste for traditional tea to go along with your Ryukyu sweets, take a journey to the ancient world.

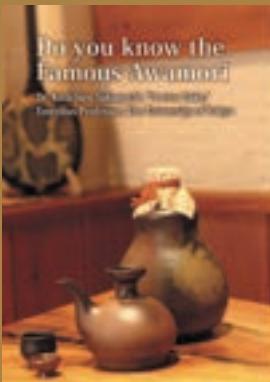
Hanpericha
Bakemono-cha is made by adding crushed rice into water for heating one day with their hands to make a thick, sticky, and refreshing drink with a strong bamboo flavor. The rice is then strained and the remains of dried bamboo are collected about the teacup without covering it upside or the like.

Hanpericha
In Okinawa, amazake (white rice beer) is traditionally home-brewed. It is a sweet, low-alcohol drink, so it is good for children. It is a good drink for a post-meal digestive, and is also a good drink to take a nap after a long meal.

VI | ガイドブック英語版の制作及び広報・配布業務

Do you know the Famous Awamori?

Dr. Katsuya Saito, University
Graduate Professor for Research of Okinawa



Kusu (vintage awamori)

When distilled in oil for 3 years or more after fermenting, it becomes known as "Kusu" vintage liquor. The quality of awamori is often determined by the aging period, and it is often sold with a chapter about its history.

In the photo on the left, it is said there is a kusu in the Chinese Beppu painted around 1722 by the Worcester School, and on the right, there is a kusu of awamori that is 300 years old. And it is written in the caption that the culture of distilling and preserving is well shared during this era.



The Traditional Maturation Method, "Shitsugi"

Now, the oldest one of Kusu Shio Yaki (salt maturation) is about 300 years old. This is a traditional method of brewing, which uses a salt solution to draw water from the rice bran, which is used to produce the flavor of maturation. This method is called "Shitsugi".

Now begins the process of aging in the kusu, which is a slow aging and preserving a natural way of life.

This process starts from the first time aged rice, which is a natural product of the environment, and is harvested and aged in a natural way, so that the taste of the rice is maintained.



Awamori

Awamori is a special kind of Okinawan alcohol made with rice and black soybean. There is a theory that the name comes from a method of maturing alcohol by allowing the liquor to bubble ("pearl" = 豆, "pearl" = 珍珠).

Due to the similarity of its flavor and aroma to a Thai liquor called Laoag, awamori is popularly believed to have been transmitted from Thailand in the 19th Century, but in recent years several other routes have come to light, including one connecting Fujian province in China.

During the Ryukyu dynasty, awamori was an indispensable precious item for diplomacy, used for entertaining Chinese envoys and presenting to the Edo Shogunate.

In addition to being enjoyed as a liquor, awamori is also used as a seasoning to produce unique flavors such as those characteristic of saltiness, a distinctive Okinawan pork dish.

Champuru

Champuru is a way of cooking that combines fish and seasonal vegetables. Fish is an excellent source of vegetable protein, but it lacks vitamins and dietary fiber. This can be compensated for through a combination with vegetables, making champuru an nutritionally balanced dish. Here we introduce papa champuru. Choya contains a lot of vitamin C, so it is often eaten on Okinawa as it is effective against heat exhaustion.



Iruchi

Iruchi is a dish that uses dried beans, raw vegetables, and other low-moisture ingredients, marinated and cooked with oil. The ingredients along with each other are thoroughly mixed, then wrapped in a cloth and a container with bone, then introduced to the heat. Choked and inflated carrots are a well-known example. Iruchi is often served in rice bowls, shredded dishes, and soups. It is rich in nutrition and has long been used as a source of nutrition in Okinawan cooking.



Nbushi

Nbushi is a dish that uses vegetables, meat, and fish, all wrapped in a cloth and steamed.



Putturu tasha

A smooth, fluffy dish of melted mochi; sweetened jaggery. Often served in red, woven bowls, authentic taste.

Original content by Okinawa Convention & Tourism Bureau, Okinawa Cooking School, Okinawa Kitchen

History of Ryukyuan/Okinawan Food Culture

Unstaged Histories of Food Culture History from the 11th Century to the Early 19th Century

Period	Event	Notes
11th-12th Century	Introduction of rice cultivation	
12th-13th Century	Introduction of soybeans	
13th-14th Century	Introduction of taro	
14th-15th Century	Introduction of sweet potato	
15th-16th Century	Introduction of cassava	
16th-17th Century	Introduction of taro	
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