

Legendary Local Cuisine

GYOHAN



魚飯

Where can I try Gyoohan?

What is Gyoohan?

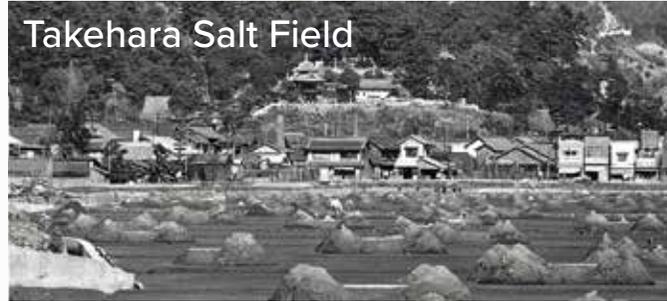


TAKEHARA CITY, HIROSHIMA

Legendary Local Cuisine - Gyoohan

Much of modern day Takehara was under a shallow sea until the middle ages. At the start of the Edo period, the land was reclaimed and turned into salt fields. Takehara prospered as a "salt town" for more than 300 years, starting in 1650. The owner of the salt fields was called a Hama Danna. Takehara became rich in culture and in wealth due to the production of salt.

Takehara Salt Field



Gyoohan is a special dish that Hama Danna served to welcome guests to their house, or for festivals. When Takehara's salt fields disappeared in the 1960s, Gyoohan began to disappear with it. It was said to be a "Phantom dish that disappeared with the salt." In recent years, an organization that studies the food culture of Takehara discovered articles about Gyoohan from old newspapers. Gyoohan was revived in restaurants around Takehara.



Please enjoy Gyoohan, a dish unique to Takehara, where Takehara's history gave it birth.

Delicious with Takehara's Local Sake!



What is Gyoohan?

Gyoohan is prepared by first grilling and then removing the meat from Whitefish. The meat and other ingredients are put on top of rice. Finally, a broth is poured over the top.

Gyoohan's Ingredients and Characteristics

White rice, or a rice cooked with light flavors is used.

The broth is made from a light soy sauce, mirin, sake, and salt along with fish bones from the Whitefish.



Various seasonal ingredients are added to make the dish more colorful and attractive.

Ingredients include:

- *Kinshi Eggs (Shredded Egg Garnish)
- *Japanese Parsley
- *Shiitake Mushrooms
- *Shrimp
- *Seaweed, and
- *Bamboo Shoots .

Red Snapper or Flounder is used as the Whitefish.



The ingredients are put on top of rice and a broth is poured over the top.

Gyoohan is always made with fresh and seasonal ingredients by chefs thinking about the history of Takehara while making this heartfelt and delicious dish.

*Portion size and presentation may differ depending on restaurant.

About TAKEHARA City in Hiroshima

Located in the southern central part of Hiroshima Prefecture, Takehara is a historical town full of natural beauty facing the Seto Inland Sea. It has a history in salt production and in the brewing industry in the late Edo period, and the townscape has historic residences and temples still preserved.



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Access & Restaurant Location Map



Tour Information

Tourism Promotion Division,
Industry Promotion Section, Takehara City
Tel 0846-22-7745 Fax 0846-22-1113
General Incorporated Foundation Takahara
City Tourism Association
Tel 0846-22-4331 Fax 0846-22-5065
Takehara City Tourism Site
<https://www.takeharakankou.jp/>

This brochure was printed in June, 2018. Specific details about restaurants and prices may have changed since then.

Gyohan's Restaurant List in TAKEHARA

1 Setochi Golf Resort "The Grill"

*Lunch Time

831 Yoshina-cho, Takehara
¥ 1,680yen 🕒 11:00 — 14:00

Open 365days a year 📞 0846-23-4141



Notes:

This restaurant enjoys a beautiful view of the Seto Inland Sea.

Other Recommendations

The ¥1,400 all-you-can-eat lunch buffet is very popular.
www.resol-setogolf.com

2 Kyuka-mura Okunoshima

*Tadanoumi Port

Okunoshima Tadanoumi-cho, Takehara
¥ 1,200yen 🕒 11:30 — 13:30

Open 365days a year 📞 0846-26-0321



Notes:

This hotel has a natural hot springs, a restaurant and a souvenir shop.

Other Recommendations

Octopus Set Meal ¥1,600
www.qkamura.or.jp/ohkuno/

3 Masuya

4-1-22 Chuo, Takehara

¥ 1,500yen 🕒 11:00 — 13:30, 17:00 — 20:30

Days closed: Mon. 📞 0846-22-8623



Notes:

Near the JR Takehara station. A natural and mild taste created without the use of additives.

Other Recommendations

Taoshita beef filet rice bowl ¥1,800

4 Tonkichi

3-1-9 Minato-machi, Takehara

¥ 980yen 🕒 11:00—14:00, 17:00—23:00

Days closed: Tue. 📞 0846-22-9281



Notes

Creative cooking using seasonally available ingredients from the vicinity and various sakes including local sake.

Other Recommendations

Today's lunch special ¥800

If you are interested in ordering Gyohan,
you must make a reservation in advance.

5 Nonbiri-Tei

3-11-12 Hon-machi, Takehara

¥ 1,200yen 🕒 11:00 — 15:00

No regular days off 📞 0846-22-6170



Notes:

Located in the historic district, this restaurant was built inside an old house.

Other Recommendations

Eel tempura and rice bowl
¥1,700

6 Isokko

2-1-21 Chuo, Takehara

¥ 1,000yen 🕒 17:00 — 23:00 (Last call 22:30)

Days closed: Mon. 📞 0846-22-0341



Notes:

This is a Japanese style pub with various dishes, sashimi tempura, nabe and yakitori.

Other Recommendations

3 Sake Tasting set with sashimi. ¥1,000

7 Hotel Daikoen "Hana-Guruma"

3591 Takehara-cho, Takehara

¥ 1,350yen 🕒 11:00 — 14:00, 17:00 — 20:30

Days closed: New Year's Day. 📞 0846-22-2970



Notes:

Near the historic district, we serve fish from the Seto Inland Sea and local Taoshita beef.

Other Recommendations

Taoshita Beef steak set meal ¥2,160
www.daikoen.com

Different restaurants and chefs make Gyohan using different ingredients. Please enjoy eating the different varieties of Takehara Gyohan.

Enjoy Gyohan in a Traditional House



Delicious Gyohan served to you in a traditional house. Become a Hama Danna for a day!

Contact for Reservations:
Chikuraku: 0846-22-1558

 Parking available  Japanese style seat available

 No smoking  Wheel chair accessible