

# あかん名物食材

## ヒメマス(チップ) Himenmasu (Red Salmon)

産卵のため阿寒湖に遡上した「紅鮭」が、湖に留まり淡水魚になったとされるヒメマス。美しい紅色とトロリとした味わいから、湖のトロともうたわれる逸品です。刺身、塩焼き、握り寿司のほか、凍らせたまま食べる「ルイベ」もぜひお試しください。

It is said that many many years ago the red salmon came from the ocean, swimming up the Akan River to lay their eggs. They reached Lake Akan and stayed, becoming fresh water fish. The meat of this salmon has a light pink color and is regarded as a delicacy. The popular way to prepare this fish is sashimi (raw fish without rice), shioyaki (salted grilled fish) and sushi (raw fish with rice). Ruibe (frozen fish) is also popular.

## エゾ鹿肉 (エゾアカシカ)

### Ezoakashika Meat (Hokkaido deer meat)

もみじ肉ともよばれる高級食材「エゾ鹿肉」は、低脂肪なのに高カロリーでDHAもたっぷり。焼いても煮込んでも美味しいと好評です。

The meat of Hokkaido deer is called Momijiniku. It is regarded as a wonderfully healthy meat because of its low fat and high calorie content. Its meat also contains a lot of DHA and it can be prepared as a steak or in a stew. The deer meat in Akan is appreciated by guests and praised as one of the best dishes in Akan.

## Akan's Special Cooking Ingredients

## ワカサギ

### Wakasagi Fish (Lake Smelt)

秋冬が旬のワカサギは、なんといっても天ぷらが最高。もちろん、お土産として有名な佃煮もおすすめです。冬は氷上で穴釣りにチャレンジ

The prime seasons to enjoy wakasagi fish are fall and winter. Wakasagi is best prepared with tempura. Wakasagi Tsukudani (boiled fish in sweet soy sauce) is also recommended to buy as a souvenir. Wakasagi fishing is also done during winter when locals and visitors alike fish through holes in the ice covering Lake Akan.



## ウチダザリガニ Uchidazarigani (Craw fish)

フランス料理の高級食材として有名。とくに阿寒湖のウチダザリガニは大ぶりで身がしまっているため塩ゆでしただけでも美味しいいただけます。

Crawfish are regarded as a key ingredient in countless delicious dishes from many world cuisines. The Uchidazarigani caught in Lake Akan are especially tasty because of their rather large size and favorable texture of the meat. It can be enjoyed simply by being boiled in salt water.



## 旬の山の幸

### Mountain Herbs

阿寒は山菜の宝庫。食べたらずみつきになるギョウジャニンニクをはじめ、大きなフキや舞茸、しめじ、タモ茸など森の恵みをぜひご堪能あれ。

The mountains in Akan are a treasure for herbs such as Gyojaninniku (mountain garlic), Fuki (rhubarb) and a variety of mountain mushrooms. Please enjoy these mountain herbs served in the dishes of Akan restaurants and hotels.

