

Origins of IMONIKAI

IMONI,IMOBONI:The name of the food.

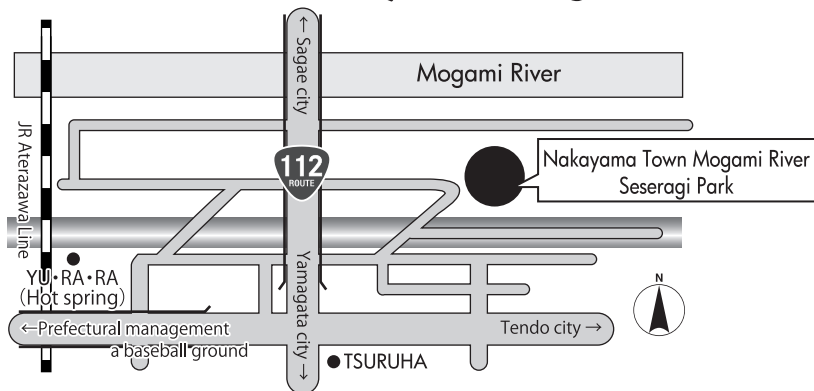
IMONIKAI:The name of the IMONI eating event

Including YAMAGATA prefecture, Tohoku(North eastern part of Japan) has a tradition of "IMONIKAI" in autumn. It is an outdoor riverside event where people gather to enjoy a large pot of soup consisting of Satoimo (Taro) and beef, and drink sake. It is a fun activity with friends and family.

The roots of IMONIKAI ... The Mogami River runs from the south to the north in YAMAGATA prefecture where it eventually reaches the Sea of Japan. In the Edo period, water transport along the Mogami River was thriving. They transported rice, safflowers, and aoso (a plant used to make thread for fabric) from inland through Sakata to Kyoto and Osaka. Then, from Kyoto and Osaka, they transported sugar, dried fish, clothing and Hina dolls back to Yamagata.

In the 7th year of the Genroku period (1694), Mogami river water transport extended to Arato (Shirataka-town). However, Nagasaki Port (Nakayama town) used to be the last port. Nakayama town was the trans-shipment port for moving cargo to Yonezawa. People who worked at the port, such as boatmen and merchants, would enjoy a pot of dried codfish and Satoimo (Taro) while they waited for the loading of cargo. They used pine branches by the riverbanks to make the fire for a pot of soup. This is the story of how IMONIKAI started.

Let's make IMONI by the Mogami River



●Please remember to take home your garbage.

Items available for rental from the Tourism Association in Nakayama town

*Please apply to the Tourism Association in Nakayama town.

- A large pot for IMONI (up to 300 servings)
- Tent (2m x 5m)
- Ayu (fish) grill: Barbecue stove for skewered fish

Autumn tradition of YAMAGATA IMONIKAI's place of origin

Nakayama town, YAMAGATA Prefecture



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Homemade delicious IMOBONI recipe

What is IMOBONI?

A type of soup made from dried codfish and taro.

Ingredients (4 servings)

- | | |
|-----------------------------|----------------------------------|
| 1. Satoimo (Taro) | 400g (100g per person) |
| 2. Dried Codfish | 100g (25g per person) |
| 3. Aburaage (Fried Tofu) | 1 block |
| 4. Dried shiitake mushrooms | 4 (small) |
| 5. Konjac | ½ block |
| 6. Dashi (broth) | 800ml (Niboshi 25g, Bonito 10 g) |

Seasoning

- | | | | | | |
|------------|-------------------|-------|--------------------|--------|-------|
| ①Soy sauce | 80 ml | ②Sake | 25 ml | ③Mirin | 15 ml |
| ④Sugar | 1 Tablespoon (9g) | ⑤Salt | a little (a pinch) | | |

How to make Dashi

- Take off the head and remove the stomach of Niboshi (small dried fish), and soak the cleaned Niboshi in 880ml of water over night in a refrigerator.
- On the day you make IMOBONI, put the water used for soaking in a pot and heat it just before the boiling point for 20~30 minutes. Taste the soup and add bonito. Heat it again to just before the boiling point for 5 minutes. Put a paper towel sheet in a strainer and pour the Dashi through the paper towel to remove the fish and bonito.

Directions

- Soak dried codfish in water for 3~4 hours. Then, cut the soaked codfish into bite-sized pieces.
- Put dried Shiitake mushrooms in a bowl, pour in just enough water to cover and soak overnight in the refrigerator. Cut the Shiitake mushrooms into bite sized pieces. (Do not throw away the water. It will be used for the soup.)
- Cut Satoimo (Taro) into bite-sized pieces.
- Run hot water over the Aburaage (Fried Tofu) to remove the oil and then cut into squares.
- Poke the konjac with chopsticks from both sides to allow for the soup to be absorbed. Tear into bite-sized pieces and wash. Run hot water over the konjac and put the pieces in a strainer to drain.
- Put Satoimo(taro) in a pot and add 1/3 of the dashi. Warm for 10 minutes over low heat to allow the dashi to be absorbed.
- Add the ingredients (Codfish, Aburaage (Fried Tofu), Shiitake mushrooms, Konjac, and 2/3 of Dashi) to a pot and add 1/3 of the seasoning. Warm for 10minutes

over low heat.

- Add 1/3 of seasoning. Warm for 10 minutes over medium heat.
- Add the last 1/3 of the seasoning and shiitake mushroom water. Warm for 10 minutes over low heat and check the taste.
- When the Satoimo (Taro) is soft, taste the soup and add salt if necessary. Remove from the heat and leave it to for 10 minutes to allow the soup to become flavorful.

* When you add the salt, the taste becomes mellow and deep.

Note) Be careful adding the seasoning. Add it gradually over three times making the soup stronger little by little. Check the taste after each addition. Do not stir the soup when you start simmering it. This will avoid causing the Satoimo (Taro) to fall apart and clouding the soup.

Specialty of YAMAGATA (Murayama area) Tasty IMONI Recipe

Ingredients (4 servings)

(1 ladle is 50ml. The ladle will be handy for measuring ingredients outside by the river.)

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|------------------|---|----------------------|---------------------|
| ① Satoimo (Taro) | 1.0 kg (Peeled) | ② Konjac | 2 blocks |
| ③ Green onions | 4 | ④ Thinly sliced beef | 600 g |
| ⑤ Water | 800 ml (A 500ml pet bottle provides an easy measure.) | | |
| ⑥ Soy sauce | 100 ml (2 ladles) | ⑦ Sugar | 30~50 g (1/4 ladle) |
| ⑧ Sake | 50 ml (1 ladle) | | |

※Mushrooms (Shimeji, etc.) 1 pack

Directions

- Wash the Satoimo (Taro), and cut into bite-sized pieces.
- Tear the Konjac into bite-sized pieces
- Slice the green onion diagonally into big pieces.
- Cut the beef into 4~5 cm chunks.
 - * When using mushrooms, cut them into bite-sized pieces.
- Put the Satoimo (Taro), the Konjac, and the water in a large pot. Add 30 ml (1/2 ladle) of Soy sauce and bring to a boil. (The reason you should add the soy sauce first is to keep the Satoimo from getting slimy.)
- After the soup comes to a boil, reduce the heat. Add 50 ml of soy sauce (1 ladle) and 50 ml of sake (1 ladle)
- When the Satoimo (Taro) is soft, add the beef. Remove the scum on the top of the soup. If you use mushrooms, add them with the beef.
- After adding the seasoning little by little, check the taste. Add the green onions and bring to a boil. Then, check the taste again.

Edited by: Nakayama Town Improving Eating Hobits Association