



- Explore the regions -

Presenting savory experiences of culture, cuisine, and more to enjoy in regions around Japan.

介绍日本各地文化、美食等方方面面的妙趣体验。



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### 九州畅快美食

# Delightful Delicacies of Kyushu

Abundant nature in a fertile landscape of dramatic volcano formations makes Kyushu a rich source of unique food and drink. Each of its seven prefectures offers locally sourced delicacies sure to delight both eye and palate.

起伏多变的火山地貌下肥沃的土地，孕育了丰饶的自然，让九州成为独特的饮食之乡。九州七县都拥有当地特色美食，绝对可以满足您的眼睛和味蕾。



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## 1 Fukuoka Pref.

### Yame Dento Hongyokuro (Yame-cha)

Yame-cha, a high-quality shaded green tea known as *gyokuro*, comes from southern Fukuoka.\* Its peaks and valleys generate variant temperatures and humidity ideal for tea production from plants high in amino acids. From such natural setting, Yame-cha is known for deep sweetness and aroma as well as for ranking high in Japan's annual National Tea Fair.

\* Tea locally produced by 110-year-old methods, such as natural vegetation, straw coating, and hand-picking.

#### 福冈县

#### 八女传统本玉露（八女茶）

八女茶是一种高品质绿茶，人称“玉露”，产自福冈县南部。\* 这里的山峰与峡谷造就了多样的气温和湿度，适合种植富含氨基酸的茶叶。这样的自然环境中孕育的八女茶拥有醇厚的甜味和芬芳，在日本一年一度的“全国茶品评会”中位居前列。

\* 八女传统本玉露：一种传统绿茶。它的制作方法已有 110 年的历史。其特点是任其自然生长，用稻草覆盖，以及手工采摘。

## 2 Saga Pref.

### Yobuko Squid

The district of Yobuko, in the city of Karatsu, northwest Kyushu, is renowned for scenic beauty and bountiful seafood. Particularly famous is the area's squid. Comprising both spear (*yari-ika*) and oval (*mizu-ika*) varieties, Yobuko squid has a characteristic chewy texture and sweetness enjoyed year-round as sashimi, tempura, steamed dumpling, and more.

#### 佐贺县

#### 呼子乌贼

九州西北部的唐津市呼子地区以美景和海鲜闻名。这里的乌贼鱼享有盛名，有枪头形（“枪乌贼”）和椭圆形（“水乌贼”）两个品种。呼子乌贼的特征是肉质 Q 弹甘甜，适合生吃或做成天妇罗、蒸饺等，全年皆可享用。



© Kumamoto Prefecture

## 3 Nagasaki Pref.

### Fishery

Nagasaki Prefecture, on Kyushu's west coast, has an annual yield of over 200 different seafood products. Fresh seasonal catches include Nagasaki *maaji* (golden belly horse mackerel), named for the hue along its body; Nagasaki *tora-fugu* (tiger blowfish), which has the highest production in Japan; Nagasaki *isaki* (grunt), whose presence is said to signal the arrival of early summer; and Nagasaki *tachi-uo* (scabbard fish).

#### 长崎县

#### 海鲜

长崎县位于九州西海岸，每年能捕获逾 200 种海鲜。新鲜的当季海鲜包括：日本竹荚鱼，其日文名字 gon-aji 来自鱼身的色泽；日本产量第一的“长崎虎河豚”（红鳍东方鲀）；“长崎伊佐木”（三线矶鲈）——据说其出现预示初夏的到来；以及“长崎太刀鱼”（白带鱼）。

## 4 Kumamoto Pref.

### Ikinari Dango

This traditional, simple sweet made of sweet potato and *azuki* paste has a rice or wheat flour wrap both chewy and slightly salty, nicely complementing the hearty filling. A popular snack or souvenir, it is named for the easy “last-minute” preparation so handy when guests suddenly arrive. It is especially tasty when served hot, with such varieties as green tea, green mugwort, and purple potato. Registered as a Local Specialty/Regional Collective Trademark in 2017.

#### 熊本县

#### Ikinari 团子

这种朴素传统的甜点用红薯和豆沙做馅，外包米粉或面粉做成的皮，皮软弹而略带咸味，与馅的味道配合得相得益彰。这种团子是一种人气小吃及礼品，其名字 *ikinari* 在日语中指它简便到可以在有客人突然造访时，用“最后一分钟”就能准备好。这种点心趁热吃最美味，往往搭配绿茶、绿艾蒿和紫薯等食品。Ikinari 团子在 2017 年被注册为“地域团体商标”。





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## 5 Oita Pref.

### Dried Shiitake

*Shiitake* mushrooms are dried to preserve freshness and nutritional value as well as umami. The prefecture, being 70% forest in a warm climate highly suited for raising meaty, chewy mushrooms, produces 40% of the country's shiitake, making it the number one producer in Japan. Also notable is the prefecture's first-place ranking in 2017 in the national Dried Shiitake Mushroom Exhibition as Team Oita, which marked 19 consecutive wins, and their 51st overall. After soaking them for cooking, be sure to use the stock for its great flavor and aroma!

#### 大分县

#### 干香菇

香菇晒干可以保存其新鲜度、营养价值和鲜味。大分县 70% 的面积被森林覆盖，气候温暖，培育的香菇肉厚而软滑，其产量占到日本的 40%，为全国之冠。值得一提的是，在 2017 年大分县团队参加全国香菇品鉴会并取得首位，这是该团队的 19 连胜，也是历史上第 51 次成为冠军。干香菇经过浸泡后就可做成各种菜肴，而泡完后的汤汁，其香无比，请务必用上，毋需浪费！

## 6 Miyazaki Pref.

### Miyazaki Beef Teppanyaki

Miyazaki is one of the top sources for wagyu, a beef variety beloved around the world. This exclusive brand of wagyu maintains a rich, complex flavor. In the National Competitive Exhibition of Wagyu held every five years—aka Wagyu Olympics—Miyazaki Beef achieved a first with three consecutive wins, receiving the Prime Minister award. One bite of this beef will melt on your tongue with intense umami. Serve it *teppanyaki*-style, cooked up sizzling on your table's griddle!

#### 宫崎县

#### 宫崎牛铁板烧

和牛深受全世界老饕的喜爱，而宫崎县是顶级和牛的产地之一。这独此一家的和牛品牌风味浓郁，味觉层次丰富。在每五年举办一次的和牛奥运会“全国和牛能力共进会”上，宫崎牛在史上首次获得三连胜，荣获“内阁总理大臣奖”。咬一口宫崎牛肉，它不但入口即溶，还会留下鲜醇的味道。用宫崎牛做铁板烧，将肉放在桌子的铁板上烤得滋滋作响，更是人间绝品。



© marueisyokuhin

## 7 Kagoshima Pref.

### Tori-sashi (Jidori sashimi)

With the highest number of chickens in Japan, Kagoshima food culture boasts many dishes incorporating this fowl. Celebrations like New Year's or seasonal events wouldn't be complete without it. In the past, chickens were raised and butchered at home and served for dinner or special occasion to guests. One such dish is *tori-sashi*, chicken so fresh you can eat it *sashimi*-style, unique to Kagoshima, as is its serving style: various chicken parts—thigh, breast, and liver—presented on a plate with Kagoshima's slightly sweet soy sauce and *wasabi*, piquant touches of garlic or ginger, and other condiments.

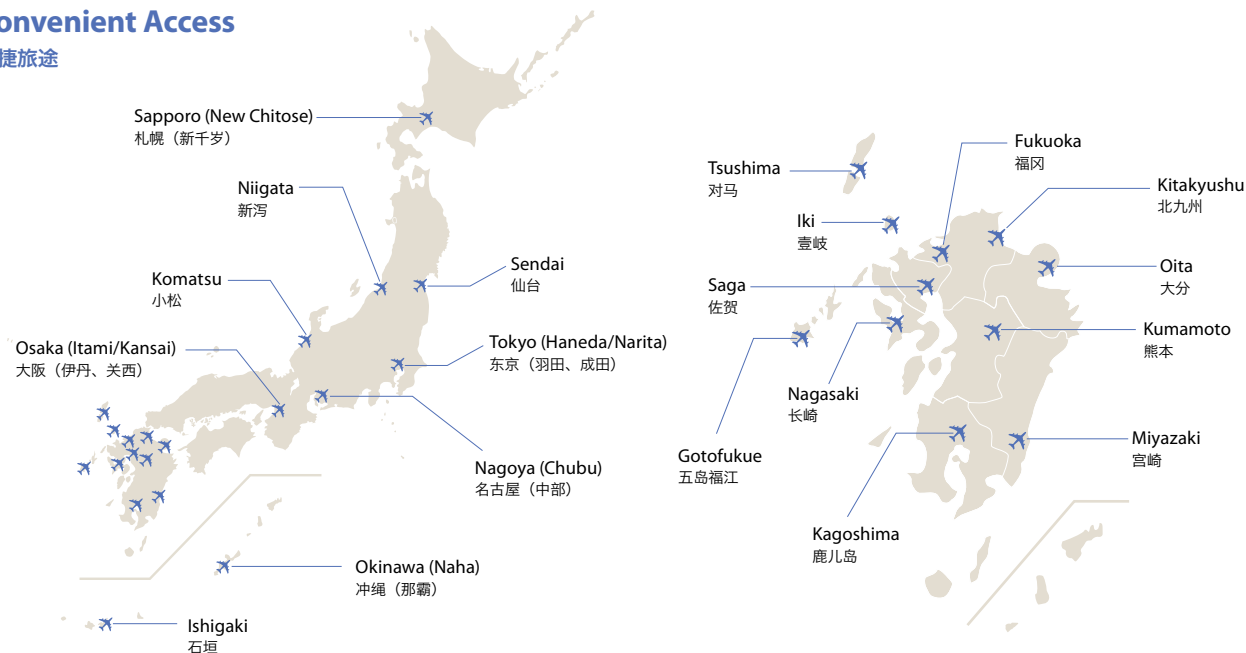
#### 鹿儿岛县

#### 鸡肉刺身

鹿儿岛县的养鸡数量居日本全国第一，其食文化中包括许多鸡肉佳肴。庆祝新年或其他节日时，鸡肉不可或缺。从前，人们会在家里养鸡、杀鸡，将其作为晚餐的材料或用鸡款待宾客。其中有一道菜叫“鸟刺”，利用极新鲜的鸡肉做成刺身。这道菜为鹿儿岛县独有，上菜方式也颇为独特：将鸡肉的各个部位——大腿、鸡胸、鸡肝放在盘子上，蘸着鹿儿岛略带甜味的酱油、芥末、辛辣的大蒜或生姜及其他调味料享用。

## Convenient Access

### 便捷旅途



### Getting There

ANA serves Kyushu with daily flights from Tokyo (Haneda and Narita), Osaka (Itami and Kansai), Nagoya (Chubu), and other airports.

### 交通

ANA 每日有航班从东京（羽田及成田机场）、大阪（伊丹及关西机场）、名古屋（中部机场）及其他机场飞往九州。

### Handy URLs

- Tastes of JAPAN by ANA: [www.ana.co.jp/en/tastesofjapan/kyushu/](http://www.ana.co.jp/en/tastesofjapan/kyushu/)
- Kyushu: [www.welcomekyushu.com/](http://www.welcomekyushu.com/)

### 便捷网址：

- Tastes of JAPAN by ANA: [www.ana.co.jp/en/tastesofjapan/kyushu/](http://www.ana.co.jp/en/tastesofjapan/kyushu/)
- 九州：[www.welcomekyushu.com.cn/](http://www.welcomekyushu.com.cn/)

### Looking Ahead

Next month's Area Guide to Shikoku and Chugoku is set for August 2018. Among many pleasures of visiting this island and its neighboring region are food, hot springs, castles, and more.

### 下期介绍

2018年8月号我们将为您介绍中国·四国地区。此岛的各种娱乐设施中，乡村的美食、温泉、古城等也会让您感到其乐无穷。

# Travel More for Less in Japan

## 日本国内线特惠票价



### Routes & Fares (until October 27, 2018 boarding)

Sapporo to Wakkanai, Memanbetsu, Nemuro-Nakashibetsu, Kushiro, Hakodate, Aomori, Akita, Sendai, Niigata, and Fukushima	¥5,400 (US\$49 / CNY316)
Tokyo to Odate-Noshiro, Akita, and Shonai	¥7,560 (US\$69 / CNY442)
Osaka to Aomori, Akita, Sendai, Fukushima, and Niigata	¥10,800 (US\$99 / CNY632)
Tokyo to Osaka (Itami/Kobe/Kansai)	¥10,800 (US\$99 / CNY632)
Fare for other routes	¥10,800 (US\$99 / CNY632)

Note: Conversion rates are ¥109.31 per US\$1 and ¥17.089 per CNY1 as of May 28, 2018, but may be subject to change.

### Eligibility

1. Maintaining residence outside Japan
2. Holding a passport from another country or holding a Japanese passport with permanent residency outside of Japan
3. Possessing international ticket to and from Japan

For more details, visit ANA Experience JAPAN Fare or ANA Worldwide sites!

### 航线及票价 (限2018年10月27日前搭乘)

札幌与稚内、女满别、根室中标津、钏路、函馆、青森、秋田、仙台、新泻、福岛之间的往返航班	5400日元 (49美元/316元人民币)
东京与大馆能代、秋田、庄内之间的往返航班	7560日元 (69美元/442元人民币)
大阪与青森、秋田、仙台、福岛、新泻之间的往返航班	10800日元 (99美元/632元人民币)
东京与大阪（伊丹、关西、神户）之间的往返航班	10800日元 (99美元/632元人民币)
其他日本国内航线	10800日元 (99美元/632元人民币)

注意事项：参考汇率：1美元=109.31日元；1人民币=17.089日元。参考汇率截止于2018年5月28日。票价会随汇率变动。

### 适用条件

1. 日本境外居民
2. 持外国护照或持日本护照但拥有其它国家永久居留权者
3. 持有前往日本或从日本出发的国际线机票

更多详情请访问ANA Experience JAPAN Fare或ANA Worldwide网站。