

4.産業と産物

[強清水] Kowashimizu

その名のとおり、こんこんとわき出る清水があり、[福島の名水30選]に数えられています。

“Kowashimizu” means strong spring water, and, as the name indicates, it refers to a place where spring water gushes out of the mountain. In fact, Kowashimizu was chosen as one of the best 30 spring waters in Fukushima Prefecture.

昔から、会津若松から峠を登ってくるとここで一休みして、冷たい清水の水を飲んだり、茶屋ではそばや天ぷらを出したりしました。

In the past, people crossing the mountain pass took a break here to drink the cold water and ate buckwheat noodles and tempura.

そばは、高冷地(520メートル)に適した作物です。

Buckwheat is the crop that is best suited for the high altitude area (520 meters above sea level).

そばの実をひいてそば粉にします。

To make buckwheat noodles, we knead a mixture of spring water and ground buckwheat.

そば粉に水を加えてよくこね、細く切って麺にして食べます。

This mixture is cut into thin noodles that are ready to eat once they are boiled.

水がおいしいとそばもおいしいといわれるように、強清水の水がとても良いのです。

The spring water is very important when we make the delicious broth for the buckwheat noodles.

そばはゆでてかつお節や昆布のだしを取ったしょうゆの汁につけて食べます。

Buckwheat noodles are eaten by dipping it into broth made from dried bonito and kelp.

この名物は、保存のきくニシンやすめ、それに珍しいまんじゅうが材料の天ぷらです。

Other specialties are herrings and dried cuttlefish. These ingredients can be kept for a relatively long period of time. One very unique kind of tempura made in the Kawahigashi area is Japanese sweet bun tempura.

天ぷらは、まず、小麦粉を水で溶きます。これを材料につけ、油で揚げます。

Tempura is prepared by dipping vegetables and seafood in a flour and water mix first, and then deep-frying them.

今では、そばと天ぷらを食べるために、たくさんの人が立ち寄ります。毎年、そばの収穫期に「そばまつり」が開かれ大勢の人が集まります。

Every year many tourists visit here for the Buckwheat Noodles Festival, which occurs as the buckwheat is being harvested.

