

“Mizuho” Seasonal Course

October, 2024

Starter

Steamed *yuba* and lotus root minced ball
with a starchy sauce of “GINZA KUKI Tokusen “Zen Red Koji” organic miso
Deep-fried lotus root and pine needles

Hassun: Five kinds of delicacies

- *Boiled peanut with original *moromi* miso
- *Miso marinated grilled *makomo-dake* (Manchurian wild rice)
- *Sauteed *konjac* with sesame oil and red pepper
- * Dressed mushrooms and grated *daikon* radish
- * *Inari* sushi of seasonal vegetables and *konjac* in fried *tofu*

Sashimi

Sashimi of the day and garnish

Soup

Dobin-mushi, seasonal *matsutake* mushroom and *maitake* mushroom,
fried *tofu*, ginkgo, lily bulb, Japanese parsley and chrysanthemum flowers
steamed in a small earthenware pot
sudachi citrus

Small Dish

Original “*Oyaki*” dumpling of the local food in Nagano
Vegetables and *shiitake* mushrooms in a bun

Grilled Dish

Grilled seasonal eggplant with *dengaku*-miso
Miso marinated grilled yam
Pickled celery and *kabosu* citrus

Main Dish

Marinated miso and sake lees grilled soybean steak
served with grilled *Matsutake* mushroom and potatoes aged a year in snow

Seasonal Vinegared Dish

Persimmon, carrot, and *daikon* radish with *tofu* paste in a persimmon cup
served with millet wheat, edible chrysanthemum, and *maitake* mushroom

Rice

“*Koshihikari*” rice from, Nagano Prefecture

Rice cooked in an earthenware pot

Please choose your favorite:

*Normal white rice cooked in an earthenware pot

* Rice cooked in an earthenware pot with seasonal ingredients (additional charge needed)

Miso Soup

“*GINZA KUKI Tokusen Zen White Koji*” organic miso soup

With burdock, carrot, *daikon* radish, lotus root, *konjac*, ginger, and *kujo* leeks

Sweet

Paste of “*Beniharuka*” sweet potato paste over vegan ice cream

Wafer cake with miso flavored red bean paste

Simmered chestnut with syrup



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