

A local all-purpose seasoning that has been handed down in Saiki City, Oita Prefecture, for more than 100 years.

# Saiki Gomadashi

## Saiki City, Oita

Saiki City in Oita Prefecture faces the Bungo Suido (the sea area that runs between Oita Prefecture in Kyushu and Ehime Prefecture in Shikoku). The city also has rich fishing grounds due to the minerals flowing in from the clear Banjo River, and has always had a thriving fishing industry.



"Saiki Gomadashi" is prepared using a fish called "Eso".  
The teeth of this fish are like saws.

## "Saiki Gomadashi" is comfort food.

The process of making "Saiki Gomadashi" has remained largely unchanged over the years. White fish is grilled, deveined, and deboned, and then sesame seeds, soy sauce, and other ingredients are added to make a paste. It is a tedious and time-consuming process, especially in removing the bones one by one, but it is necessary in order to make delicious "Saiki Gomadashi". Also, since each household uses different amounts of fish and seasonings, there are as many recipes as there are homes and restaurants. Over 100 years ago, it began to be served in restaurants in the city, and in the 1960s, bottled versions began to be sold as souvenirs.



Many seasonal fish can be found at the Saiki City fish market.

## It is a preserved food born from the concept of "MOTTAINAI".

In Saiki City, which is rich in seafood, many fish were landed with little meat and many small bones, which were of little value as products. Households began to use the fish to make "Saiki Gomadashi" as a preserved food, and it has been passed down through the generations as part of Saiki City's food culture.



Gomadashi contains fish meat. Therefore, it becomes soup stock simply by dissolving it in hot water.



## Relationship between Saiki City and "Saiki Gomadashi"

Originally, "Saiki Gomadashi" made at home was eaten at home as an accompaniment to udon noodles or rice. Later, "Gomadashi Udon," which is simply boiled udon topped with "Saiki Gomadashi" and poured over with hot water, spread as a taste of the common people's food culture in local restaurants and other places.

"Saiki Gomadashi" is not just a preserved food. It has a history of being passed down from parents to children, and it has taken root in our daily lives as a local flavor that connects the people who make it and the people who eat it.

Just as the people who have lived in Saiki have passed it on to the next generation, we would like to engage in activities to pass on "Saiki Gomadashi" to the next generation.

## History of "Gomadashi udon"

We were able to talk to a person (86 years old at the time) who has been running a diner in the city for a long time. He told us that around 1934, there were stores in Sendo-Machi with the trade names "Date" and "Kanehira" and that Gomadashi Udon was on the menu at those stores.

The person's grandmother also ran a store that had been in business for about 40 years at the time, and Gomadashi Udon had been on the menu at that store since its opening. From this and other evidence, it is thought that Gomadashi Udon has been on the menu at restaurants in Saiki City for more than 100 years.

## How to cook Saiki Gomadashi This is how to make Saiki Gpmadashi, which has the delicious flavor of fish and sesame.



**1** Grill white fish. Mainly use Eso, snapper, horse mackerel, barracuda, and iriko for cooking.



**2** Carefully remove small bones, etc. from small fish while breaking up the meat. If using iriko, remove the head and other preparations, and grind the fish.



**3** Mix the loosened small fish with ground sesame seeds and seasonings such as soy sauce and mirin.



**4** Stir mixture over heat until mixture forms a paste. Finally it's done.



Saiki Gomadashi has been certified under the "100-year Food Declaration (Traditional 100-year Food Category)" promoted by the Agency for Cultural Affairs to build momentum for the inheritance and promotion of Japan's diverse food culture, which aims to uncover food culture inherited and loved in the region and pass it on as food culture that will last 100 years.

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