

信州伊那の高遠そば

Takato Soba in Ina City, Shinshu



Q. *What is Takato Soba?*

A. Classic style of buckwheat (soba) noodle in Japan before Edo era.

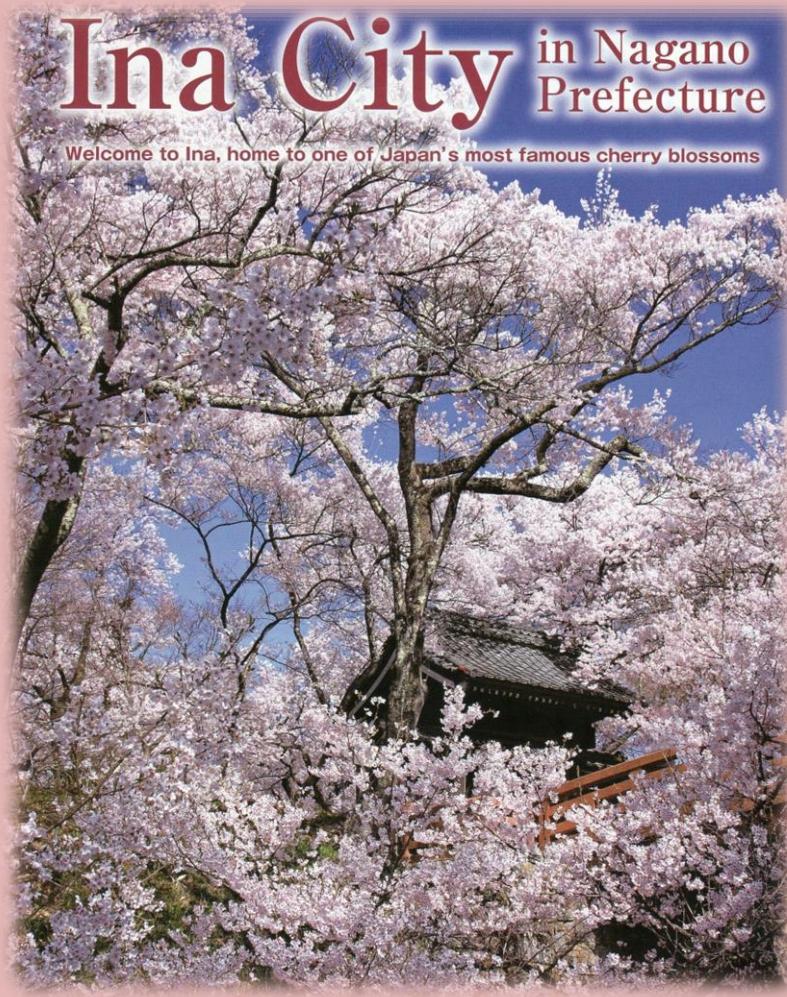
Q. *What is Takato?* A. Takato is feudal domain name during Edo era and also is the birthplace of Takato soba.

Q. *What has the noodle characteristics?* A. Important characteristics are the fixings and cooking method. People cultivate high-quality variety in mountainous area, grind the seeds by stone rotary quern, and make flavorful noodle①. The seasoning is constructed by baked soybean paste② and grated pungent Japanese radish③. The seasoning has been used before Edo era when soybean sauce became popular.

Q. *When do they eat it?*

A. On New Year's Eve or celebration time to pray happiness.

The birthplace of Takato soba



Collaborator: Dr. Inoue Naoto
Cherry blossoms at Takato castle ruin (left)

Japanese people project cherry's short flowering term to fragile human life, and also pray eternal peace in front of Buddhist stone figure (middle) and believe heaven in mountains (under).

Masons at Takato made many stone figures and stone mills and contributed Japanese society during premodern times.



Landscape of Ina at spring

