

*Plenty of  
Recipes*

2014

# Gochiso

Ultimate Japanese Gourmet Magazine

*UNESCO Designates Japanese Cuisine  
as an Intangible Cultural Heritage*

*A Japanese-Style **Breakfast***

*Easy to make delicious **BOWL***

**Seasonal WAGASHI / Satsuma Age (Fish Cake) / Dried Vegetables  
Shirasu (white baby anchovies), Chirimen (dried young sardines) / Gyoza  
Natural Shoyu Ikura (salmon roe) / Let's eat plenty of kinoko (mushrooms)!**  
**Koji / Story of Amazake / Sakana-no-Himono / The Power of Natto**