

信濃町の冬の便り 伝統の味 「こしょう漬け」

夏の恵みを冬に味わう、
雪国ならではの知恵が詰まった幻の漬物。

こしょう漬けとは？

長野県信濃町に江戸時代から伝わるとされる郷土食です。最大の特長は、全国的にも珍しいその製法にあります。夏に収穫した「ぼたごしょう（信州の伝統野菜であるトウガラシの一種）」や、きゅうり、みょうが、しその実などを塩漬けにして「こしょう漬けの素」を作ります。そして冬を迎える11月中旬以降に、小ぶりの宮重大根やからいも（菊芋）をその「素」と交互に重ねて本漬けにします。

雪国の暮らしとともにある文化

厳しい冬を越すための保存食として、畑で採れた野菜を無駄なく塩漬けにした先人たちの知恵の結晶です。かつては、農閑期に近隣住民が集まる「お茶飲み」の場で振る舞われ、地域の人々をつなぐ大切な役割も担っていました。

特徴と味わい

こしょう漬けは年末から1月末にかけて食べられます。ぼたごしょうのピリッとした辛みと、シソやミョウガの豊かな香り、そして大根の甘みが絶妙に絡み合い、上品な風味が口いっぱいに広がります。漬け上がったこしょう漬けは、空気に触れると風味が落ち、大根が黒く変色してしまうため、樽から出したてをいただくのが一番美味しい食べ方です。流通が難しく、まさに「地元・各家庭でしか味わえない」貴重な漬物です。



Winter Tidings from Shinano-machi —"Kosho-zuke," a Taste of Tradition

A legendary pickle born from the snow country's wisdom of savoring summer's bounty in the heart of winter.

What is Kosho-zuke?

Kosho-zuke is a regional dish said to have been passed down in Shinano-machi, Nagano Prefecture since the Edo period. What sets it apart is its remarkably unique preparation method, rare even by national standards. During summer, "botagoshō" — a variety of chili pepper and a traditional Shinshu heirloom vegetable — along with cucumbers, myoga ginger, and perilla seeds are salt-pickled to create the "kosho-zuke base." Then, from mid-November onward as winter sets in, small miyashige daikon radishes and karaimo (Jerusalem artichokes) are layered alternately with this base for the final pickling.

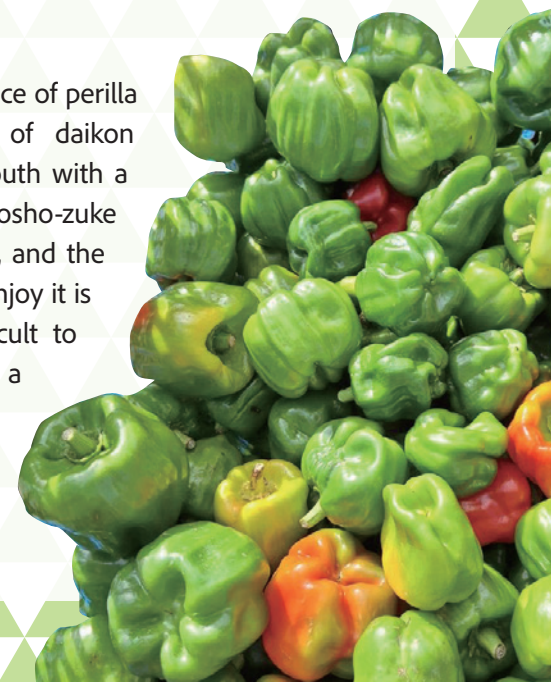


A Culture Woven into Life in the Snow Country

This pickle is a crystallization of the wisdom of those who came before us, who salt-preserved every vegetable from their fields without waste as a means of sustaining themselves through harsh winters. In the past, it was served at "ocha-nomi" gatherings — informal tea parties held during the agricultural off-season when neighbors came together — playing an important role in connecting the local community.

Flavor and Character

The gentle heat of botagoshō, the rich fragrance of perilla and myoga, and the natural sweetness of daikon intertwine in perfect harmony, filling the mouth with a refined and elegant flavor. Once pickled, kosho-zuke loses its aroma quickly upon exposure to air, and the daikon begins to darken, so the best way to enjoy it is straight from the barrel, freshly lifted. Difficult to distribute beyond the local area, this is truly a precious pickle that can only be savored at home, in the place where it is made.

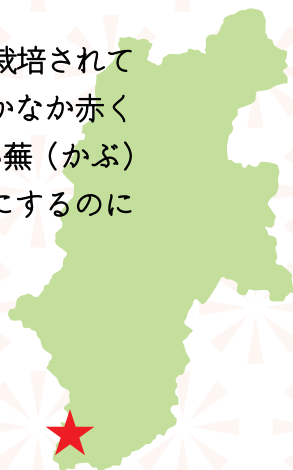


南信州・清内路の鮮やかな紅 「赤根大根漬け」

美しい紅色とシャキッとした歯ごたえ。
山里の暮らしが育んだ伝統の塩漬け。

赤根大根（清内路蕪）とは？

長野県阿智村清内路（せいのいじ）で古くから栽培されてきた「信州の伝統野菜」です。他の土地ではなかなか赤くならないと言われる、美しい紅色をした細長い蕪（かぶ）です。在来種の赤根大根は根が硬く、深漬けにするのに非常に適しています。



伝統のシンプルな「塩漬け」

清内路の下清内路地区などで伝わる昔ながらの塩漬けは、葉と蕪を切り離さずにそのまま漬け込むのが特徴です。塩と唐辛子だけでシンプルに漬け込み、特別な手入れを行わず3〜4ヶ月じっくりと寝かせます。発酵が進むにつれて、特有の紅色の色素が蕪全体に染み込み、中まで美しい色合いに仕上がります。

食べ頃と味わい

11月頃に漬け込んだ赤根大根は、2月〜3月頃に一番の食べ頃を迎えます。そのまま輪切りにしてシャキッとした歯ごたえを楽しむほか、刻んで薄い塩水に浸して塩抜きをしてから食べることもあります。保存食を大切にしてきた山間地域の食文化の歴史が、この鮮やかな一切れに詰まっています。



The Vivid Crimson of Southern Shinshu — "Akane Daikon-zuke" from Seinaji

traditional salt pickle nurtured by mountain village life
— vibrant red, crisp, and full of character.

What is Akane Daikon (Seinaji Turnip)?

The akane daikon is a traditional Shinshu heirloom vegetable that has been cultivated for generations in Seinaji, Achi Village, Nagano Prefecture. It is a slender turnip of striking crimson — a color said to be difficult to achieve when grown anywhere else. The native variety has a firm root, making it exceptionally well-suited for deep, long pickling.



The Traditional, Simple Salt-Pickle Method

The time-honored pickling method passed down in areas such as the Shimo-Seinaji district is characterized by leaving the leaves attached to the turnip and pickling them whole without separation. Seasoned simply with only salt and chili pepper, the turnips are left to rest undisturbed for three to four months. As fermentation slowly progresses, the distinctive crimson pigment permeates the entire turnip, resulting in a beautifully colored pickle through and through.

Season and How to Enjoy It

It Akane daikon pickled around November reaches its prime eating season between February and March. It can be enjoyed sliced into rounds and savored for its satisfying crunch, or chopped and soaked in lightly salted water to reduce the saltiness before eating. In every vivid slice, you can taste the history of a mountain community's food culture — one built on a deep reverence for preserved foods.

