

対象：3年生（293語）

青森が誇る No. 1 B級グルメ：八戸せんべい汁

*Hachinohe Sembei-Jiru* (cracker soup)

八戸せんべい汁研究所は、2003年11月に旗揚げした市民団体で、地元以外では全く知られていなかった八戸せんべい汁を全国ブランドにして町を元気にしようと挑戦を続けている。そして2012年、B級グルメ日本一を決める第7回B-1グランプリで、ついにゴールドグランプリを受賞した。

*Sembei* is a Japanese rice cracker. Of course, it is not dish. It is a Japanese traditional snack. But people in Hachinohe eat it in soup. It is a local dish called *Sembei-Jiru*, cracker soup.

*Sembei* crackers are made from flour and salt. *Sembei-Jiru* is a one-pot dish. Broken pieces of *sembei* are boiled with meat, fish, and plenty of vegetables in a broth. A few minutes later, *sembei* becomes like al dente pasta.

This dish was first produced more than two hundred years ago. It was in the Edo period. At that time, growing wheat and buckwheat was popular because the weather was not suitable for growing rice around Hachinohe. And it was eaten as a main dish or as a side dish there. It has a long history.

*Sembei-Jiru* was just a homemade dish until the Hachinohe *Sembei-Jiru* Laboratory was established as a community volunteer group in 2003. They have worked to revitalize Hachinohe with *Sembei-Jiru* since then. They have attended the second-class dish contest, B-1 Gourmet Grand Prix, and have showed it around Japan. And at last they won the gold medal in 2012.

Winning the contest gave courage and confidence to people in Hachinohe because they were damaged by Great East Earthquake in 2011. They are truly proud of *Sembei-Jiru*. It warms them up both emotionally and physically. It continues to be loved by the people of Hachinohe. It is soul food in Hachinohe.

Now, Hachinohe *Sembei-Jiru* is known by many people around Japan. In Aomori, many elementary school and junior high school students can eat it for school lunch. It is a very popular menu among students. Some students cook it in the home economics class. You can cook it easily at home. Why don't you try it?

【 words & expressions 】

established : 設立される      pot-dish : 鍋料理      broth だし汁  
plenty of vegetables : たくさんの野菜  
chewy texture : かみごたえのある食感      similar : 似ている  
date back : ～にさかのぼる      wheat : 小麦      buckwheat : ソバ  
suitable : ～に適している      emotionally and physically : 心や体

Recipe of *Sembei-Jiru* (serves 4)

8 Sembei	Soy sauce	30ml
1 Burdockroot	Sake	30ml
1/8 Daikon	Sweet sake	5ml
1/6 Carrot	Chicken broth	800ml
1 Fried tofu	1/2pack Maitake Mushroom	
80g Chiken	1 Leek	

1. 次の内容が合っていれば T を、まちがっていれば F を書いてください。

- (1) Hachinohe *Sembei-Jiru* won the Gold Medal at the Gourmet Grand Prix in 2012. (      )
- (2) *Sembei* crackers are one pot dish. (      )
- (3) In Hachinohe, the weather was suitable for growing rice. (      )

2. 次の質問に英語で答えましょう。

- (1) Do students in Janan eat *Sembei-Jiru* for school lunch?

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- (2) What is *sembei* for *Sembei-Jiru* made from?

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- (3) Do you have soul food in your hometown?

Yes. → What is that?

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No. → What kind of dish is popular in your hometown?

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