

# The Best Japanese Sweet Akafuku

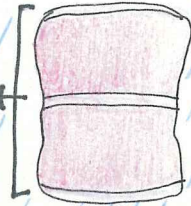
Tenei Junior High School  
2 Kato Kureha

## [What is Akafuku?]

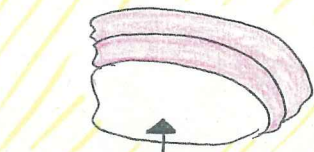
Akafuku (Akafukumochi) is a popular Japanese sweet from Ise in Mie. It's a kind of Mochi with red bean paste. It's a well-known Ise confection with more than 300 years of history. Many people often buy Akafuku as a gift from Ise, Nagoya, and Osaka. It's the most popular souvenir in Japan. It is loved by many people.

### < Above-view of Akafuku >

The shape of Akafuku symbolizes the flow of the Isuzu river.



### < side view of Akafuku >



The mochi symbolizes the stones at the bottom of the river.

### ~ Why is Akafuku named Akafuku? ~

The name means "sin cere Happiness" and comes from the first and last kanji of SEKI SHIN KEI FUKU  
赤 心 麦 福

Akafuku  
赤福

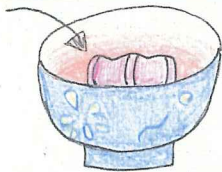
Akafuku can be used to other special sweets also. For example, there is "Akafuku gori." Akafuku gori is Akafuku inside Matcha flavored shaved ice. It is only sold during summer. There are eleven stores which serve Akafuku gori. Nice stores are in Mie, and two stores are in Aichi we can only eat it in these eleven places. Akafuku gori is really delicious.

## [Ways to eat Akafuku]

- ① Enjoy Akafuku with green tea.
- ② Eat as "Zenzai" (Red-bean soup)

~ How to make zenzai ~

- 1. Put Akafuku in a bowl.



- 2. Pour a moderate amount of hot water in to the bowl.



- 3. Mix well.

Completion!!!



## [How to keep Akafuku fresh]

If you can't finish your Akafuku, put it in the freezer. It will harden. When you want to finish your Akafuku, take it out of the freezer and let it defrost. You can also heat it up in the microwave or steam it.

I hope you learned a lot about Japan's greatest Sweet, Akafuku.

People in Mie are proud of Akafuku.

If you come to Mie, you have to try

Akafuku!!!



(テーマを選んだ理由)

現代でも楽しめる「食」をテーマに英語で三重をアピールしようと思ったのかき、かけです。三重には美味しくて、すばらしい和菓子である「赤福」があったので、赤福をテーマに英文を作りました。できるだけ多くの人に興味をもってもらえるようにレシピや保存方法などのせてみました。