**Gyohan**

The wealthy salt producers of Takehara once welcomed guests and celebrated special occasions, such as festivals, with a traditional local dish called *gyohan* (grilled fish and seasonal ingredients served over rice). *Gyohan* is a local legacy dish inseparable from the history and culture of Takehara, a merchant town known for its salt and sake. Each family has their own unique recipe, handed down over hundreds of years from generation to generation.

*Gyohan* can be enjoyed in two ways at one sitting: first, as flavored rice (*takikomi gohan*) eaten with an assortment of local seasonal toppings such as shredded egg, shrimp, and burdock root, and second, as a soup-style dish (*chazuke*), whereby a light refreshing broth is poured over the rice.

To make the dish, the meat of some variety of white-fleshed fish, such as snapper from the nearby Seto Inland Sea, is grilled and placed on top of rice. A special broth is made with the bones of the fish, *dashi* stock, and other ingredients.

*Gyohan* is served at many of the restaurants in Takehara. Often you will see it served in bamboo (*take*) dishes, a reference to the name of the town (Takehara).