

Eat Like a Local

Fresh vegetables, Akaushi beef, and fresh milk are just a few of the delicious products available thanks to the combination of Aso's fresh water, rich soil, and extensive grasslands. Here are some popular local treats unique to the region:

Cheese Pudding

This creamy pudding is made from the rich milk of Aso cattle, which graze on the lush grasslands during the spring and summer.

Cured beef and sausage

The thin, prosciutto-style slices of beef and sausage made from local Akaushi cattle are known for their rich flavor and texture, which make them stand out from standard pork-based cured meats.

Takana Rice Balls

The *takana*, or leaf mustard, used in these rice balls grows bountifully in Aso's rich, volcanic soil—only leaf mustard grown here can be labeled "Aso takana." These mountain-shaped rice balls make ideal picnic fare.

Caldera Plate

This dish of rice topped with a large portion of Akaushi beef and a rich demiglace sauce made with Aso tomatoes is served on a plate shaped like the Aso caldera.