

A photograph of a restaurant interior. A long, dark wooden dining table runs down the center of the frame, flanked by dark leather-upholstered chairs. The table is set with white rectangular placemats, each featuring a small, dark, stylized bird or wing design. Above the table hangs a large, intricate chandelier made of many small, reflective, metallic pieces that catch the light. The ceiling is exposed, showing wooden beams and pipes. In the background, there are large windows and a bar area with shelves of bottles. The overall atmosphere is warm and sophisticated.

Italian in a Town of Craftsmanship

Tsubamesanjo Italian Recipe book

Bit Owner chef Takeshi Akiyama × City of Sanjo

Introduction

Feel the Beating of Niigata -Stimulate your five senses by beat of Niigata -

This recipe book features cuisine served by Tsubame-Sanjo Italian Bit in Niigata Prefecture.

Tsubame-Sanjo is an area located in the heart of Niigata Prefecture. I was born and raised in this "Manufacturing Town" with more than 400 years of history. I opened the first Tsubame Sanjo Italian Bit location in Niigata on August 1, 2013, out of a desire to spread the charm of my beloved hometown of Tsubame-Sanjo through food and start a craze in Niigata.

Tsubame-Sanjo is a world-renowned production center for metal processing, producing kitchen utensils and cutlery such as spoons, knives, and forks. It is the top domestic producer of European-style metal tableware at 95% of domestic production. The roots of this date back to the Edo period, when repeated flooding of the Shinano River, the largest river in Japan, washed away fields, meaning rice could only be harvested once every three years at most. Struggling farmers needed a non-agricultural livelihood, and the recommended side job at the time was making Japanese-style iron nails. Thus nail making begun here in the Edo period, fostering nail makers, or blacksmiths. These nails were said to have helped rebuild the city of Edo, which would burn to the ground once every four years in large scale fires. Blacksmithing techniques cultivated through the manufacture of nails later led to processing technology for presses, metal molds, casting, and polishing, and even today the town produces high-quality metal products for the kitchen and outdoor use.

That Niigata is a treasure trove of produce goes without saying. The top producer of rice and sake in Japan, with fresh fish caught in the Sea of Japan and mountains full of wild edibles, Niigata is home to winters where the snow that paints the entire landscape white is used for storing and aging food, creating a food culture unique to snow country. Even for Niigata, Tsubame-Sanjo has particularly fertile soil created by nature over ten thousand years, meaning crops grow well here. In a former delta created by the Shinano River, Tsubame-Sanjo receives mineral-rich soil brought by the pristine Igarashi River and Kamo River, making this a promised land for more than ten thousand years prior. At our restaurant, our goal is for guests to experience the history and tradition of this manufacturing town, and so we have them use actual metal European-style tableware and cutlery, high-end wooden chopsticks, and other high-quality items made in Tsubame-Sanjo. We also serve rice and fish from producers we've met across Niigata Prefecture. The aroma of seasonal ingredients such as mushrooms and vegetables harvested that very morning will stimulate all five senses.

This recipe book contains some of the magic of Tsubame-Sanjo that we take pride in. It would be my pleasure if this book encourages more people to visit Niigata and discover the manufacturing town of Tsubame-Sanjo.

Takeshi Akiyama

前言

Feel the Beating of Niigata

-用五感來品味新潟的跳動-

本書是介紹新潟縣「燕三條義大利餐廳Bit」店內料理的食譜書。

幾乎位於新潟縣中央位置的燕三條（TSUBAMESANJO）。我就在這座擁有四百多年歷史的「造物之鄉」中出生成長。在這個令人自豪的故鄉，我希望用「美食」宣傳燕三條的魅力，並讓新潟狂熱起來。於是，2013年8月1日，我在新市開設了第一家店鋪「燕三條義大利餐廳Bit 新潟店」。

燕三條是以生產湯匙、刀叉等西餐具和廚房用品等而聞名世界的金屬加工產地。其中金屬西餐具的產量占全國總產量的95%，日本第一。其源頭可從現在追溯到江戶時代，由於流經本地區的日本第一大河信濃川屢次氾濫，農田土地被大水沖走，因此當時稻米每3年充其量也只能收穫一次。束手無策的農民們只能尋找除農業以外的生計，此時推薦給農民們的便是製作和釘的副業。江戶時代開始招攬製作和釘的匠人，換言之興建鍛冶作坊，開始製作和釘。據說江戶城每四年就會被一次大規模火災燒毀，而這些和釘促進了江戶城的重建工作。在製作和釘的過程中培育而來的鍛造技術，被後來的壓延、模具、成形、鑄造、研磨等加工技術所繼承，時至今日仍在產出廚房用品、戶外用品等品質優良的金屬製品。

新潟縣還是食材的寶庫，這一點不言而喻。新潟縣有日本最棒的稻米、酒，有在日本海捕獲的鮮魚和在山裏採摘的珍饈，到了冬天，將大地渲染成一片白色的冰雪被活用於食材的儲存或熟成，可以盡情享受只能在雪國才能體驗到的飲食文化。其中燕三條更是一塊由大自然在一萬年前孕育而成的肥沃土壤，因而能培育出優良的農作物。燕三條原先是因信濃川而形成的三角洲，在清流五十嵐川和加茂川的作用下，給土壤帶來了豐富的礦物質，換言之，燕三條從一萬年前便是被上天眷顧的土地。

本店為了讓顧客體驗並感受到本地製造業的歷史和傳統，準備了燕三條本地製作的金屬西餐具、刀叉用具、木質高級筷子等上等的餐具，顧客可以實際使用這些餐具。此外，本店為顧客帶來的稻米和鮮魚，來自本人從新潟縣全城精選的生產者們。早晨現採的新鮮蔬菜和蘑菇等當季食材的香氣，將直接刺激顧客的五感。新潟和燕三條享譽世界的魅力，全都濃縮在這本書中。如果能透過本書吸引許多朋友造訪新潟並對造物之鄉「燕三條」產生興趣的話，那真是不勝榮幸。

秋山武士

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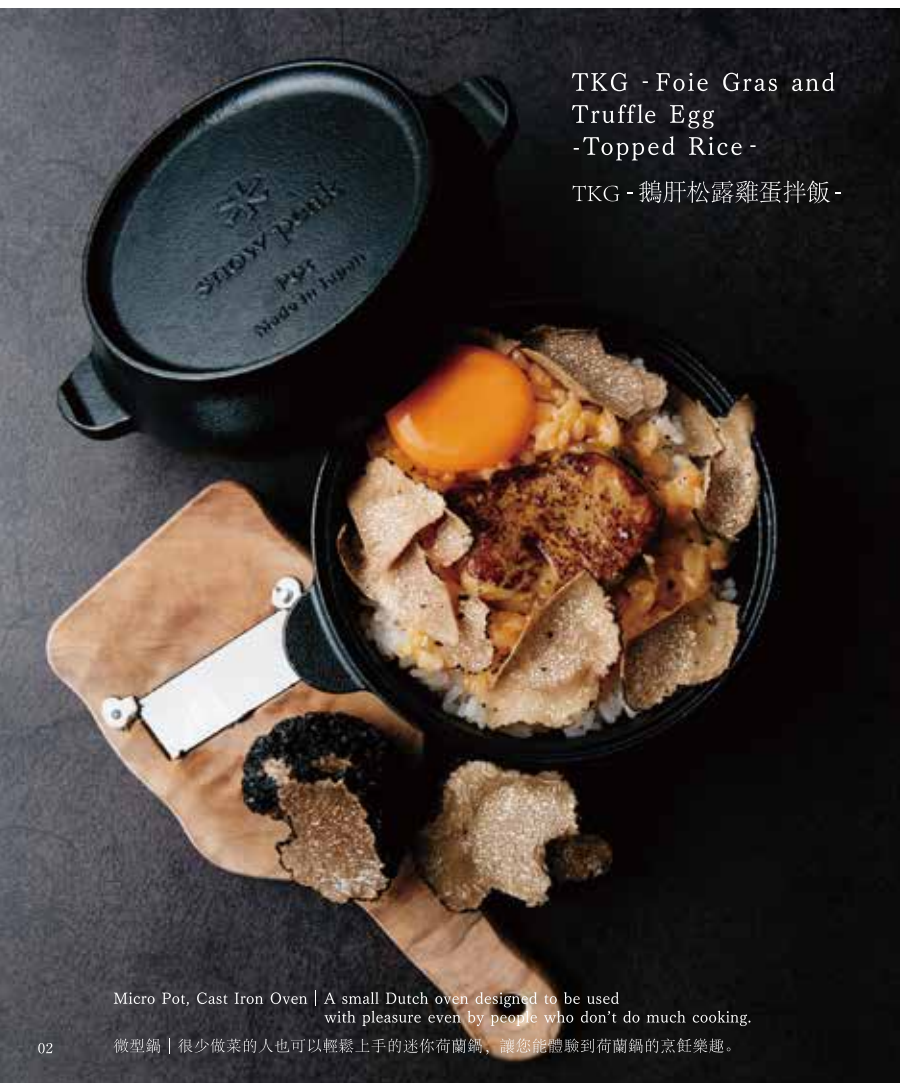
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Snow Peak Inc.
955-0147 456 Nakanohara,
Sanjo City, Niigata
Tel. 0256-46-5858
<https://www.snowpeak.co.jp>

A manufacturer that develops and sells outdoor products and apparel. Established in July 1958, the company now has 33 locations and 6 camping fields nationwide, including its sprawling 0.1653 square meters Snow Peak Headquarters (Sanjo, Niigata) with a campground. A driving force behind the Japanese camping boom, the company has expanded beyond camping into urban living, housing, and offices.

雪諾必克股份有限公司
〒955-0147 新潟縣三條市中野原456
电话 0256-46-5858
<https://www.snowpeak.co.jp>

開發銷售戶外製品和服飾製品的廠商。
雪諾必克創立於1958年7月，以設立於佔地5萬坪的露營場中的總部「SnowPeakHeadquarters」（新潟縣三條市）為中心，在全國開設了33家直營店鋪和6處露營場。在推動日本露營熱潮的同時，雪諾必克還將活動領域從露營場擴展到都市、住宅與辦公室等領域。

Ingredients (2 Servings)
Rice 150g
Chicken broth 250ml
Butter To taste
Shallots To taste
Foie gras 40g
Truffle oil To taste
Truffles To taste
Egg yolk 2
Kotoyo Soy Sauce To taste

Method:
①Add butter and shallots to a Dutch oven and turn on the heat. ②Put rice in (1) and mix, then add boiled chicken broth and heat in the oven at 190 °C for 20 minutes. ③Once the rice has cooked, drizzle truffle oil over it and top with baked foie gras. ④Grate plenty of truffle on top of (3), then cover and steam lightly. ⑤Once steamed, mix everything, place in a bowl, then top with egg yolk and Kotoyo Soy Sauce to finish.

材料（2人份）
米 180ml
雞肉清湯 250ml
奶油 適量
火蔥 適量
鵝肝 40g
松露油 適量
松露 適量
蛋黃 2個
小豐醬油 適量

料理步驟：
①將奶油和火蔥放入荷蘭鍋內，點火。
②將米放入1中並攪拌均勻，倒入沸騰的雞肉清湯，放入烤箱以190 C的高溫加熱20分鐘。③米飯煮好後，淋上松露油，再將烤過的鵝肝放在上面。④在3上擺放足夠的松露切片，蓋上蓋子再燜片刻。⑤燜完後，整體攪拌米飯，盛入容器內，再倒入蛋黃和小豐醬油即可。

直 マルナオ株式会社

MARUNAO Co., Ltd.
959-1107 1662-1 Yada,
Sanjo City, Niigata
Tel. 0256-45-7001
<http://www.marunao.com>

A manufacturer of products made using hardwoods such as ebony or rosewood. Their chopsticks, octagonal to the tip, make grasping easy, and the fine tip achieves an unprecedented quality of texture. These products combine craftsmanship with the latest techniques for high precision, a beautiful finish, and an unique personality. The company creates new tools for a new era based on their desire to have customers taste food from around the world using chopsticks or spoons with a distinctive texture.

MARUNAO株式會社
〒959-1107 新潟縣三條市矢田1662-1
电话 0256-45-7001
<http://www.marunao.com>

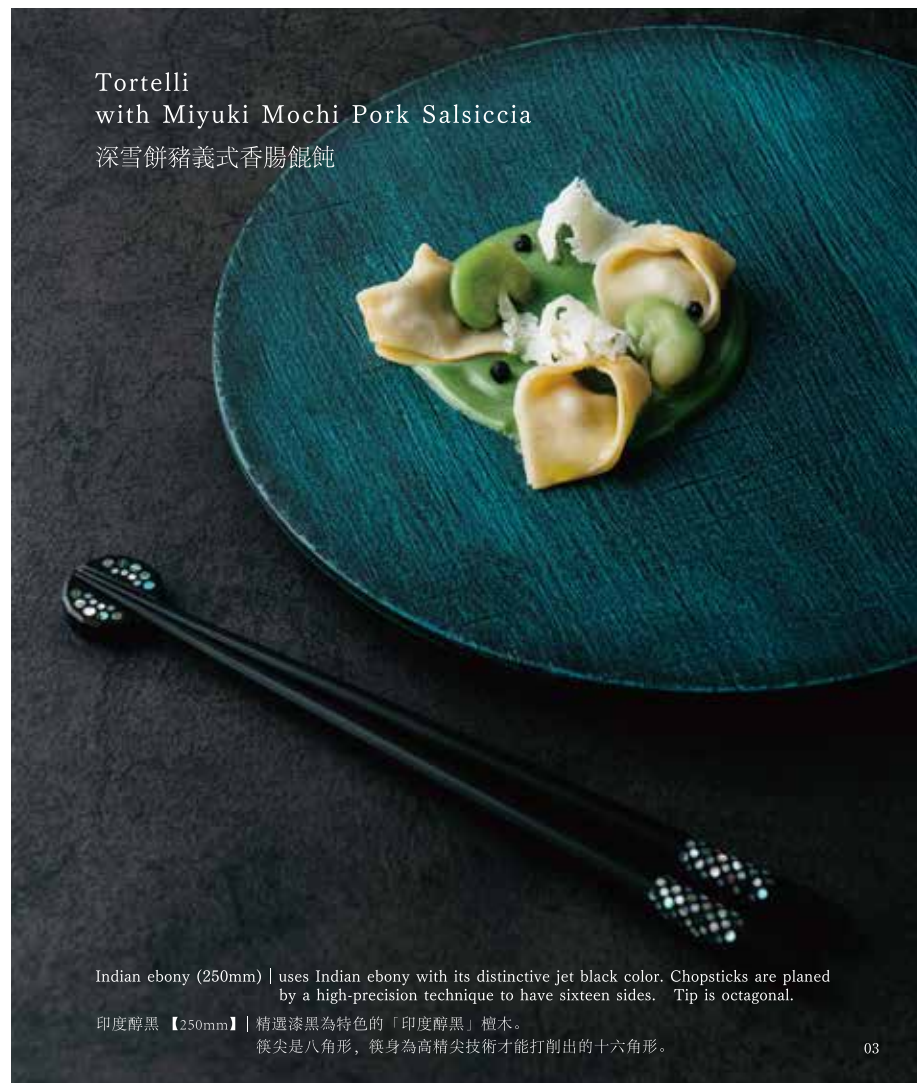
使用黑檀、紫檀等硬木製造木製品。連前端都是八角形的筷子便於抓握，超細的筷子前端可以讓使用者嘴裡體驗到絕無僅有的美妙觸感。融合了匠人手藝和最尖端技術的製品，不僅精度高，而且外觀精緻，別具一番獨特的風格。為了人們能用追求嘴裡觸感的筷子和湯匙品嚐全球的美味，MARUNAO朝向全新時代，創造全新的道具。

Ingredients (2 Servings)
Pasta sheet 1
Miyuki Mochi Pork Salsiccia 10g
Fava bean pods 2
Pecorino cheese 5g
Raw black peppercorns 4
Pureed green peas 200g

Method:
①Boil 200 g of peas in saltwater, cool in ice water, then blend to a puree in a mixer and season. ②Wrap salsiccia made with Miyuki Mochi Pork in a pasta sheet and make into tortelli. ③Boil 200 g of peas in saltwater, then blend to a puree in a mixer and season. ④Spread 20 g of the pureed peas on a round mold, top with boiled tortelli and fava beans, then sprinkle on pecorino cheese and raw black pepper to finish.

材料（2人份）
義大利麵皮 1張
深雪餅豬義式香腸 10g
蠶豆 2根
義大利綿羊起司 5g
鮮黑胡椒 4粒
豌豆泥 200g

料理步驟：
①用鹽水汆燙豌豆200g，再用冰水降溫，然後用攪拌機攪拌成泥後調味。②將使用深雪餅豬製成的義式香腸包在義大利麵皮中，製成餛飩。③用鹽水豌豆，然後用攪拌機攪拌成泥後調味。④在慕斯圈中填鋪20g豌豆泥，再將煮沸好的義式餛飩、蠶豆擺盤，放上義大利綿羊起司和鮮黑胡椒即可。



Indian ebony (250mm) | uses Indian ebony with its distinctive jet black color. Chopsticks are planed by a high-precision technique to have sixteen sides. Tip is octagonal.

印度醇黑 【250mm】 | 精選漆黑為特色的「印度醇黑」檀木。
筷尖是八角形，筷身為高精尖技術才能打削出的十六角形。



Gyokusendo Co., Ltd.

959-1244 2-2-21 Chuo-dori,
Tsubame City, Niigata
Tel. 0256-62-2015
<https://www.gyokusendo.com>

Established in 1816, this long-established Tsubame company has passed down its copperware techniques for seven generations over 200 years. Their technique, which involves hammering sheets of copper with a metal hammer to create shape, has been designated as an Intangible Cultural Property of Niigata by Niigata Prefecture and as an Intangible Cultural Property Requiring Documentation and Other Measures by the Agency for Cultural Affairs. In addition to opening up shop in Ginza, the company's main Tsubame location always accepts factory tours, helping to uncover local tourism resources and create mechanisms for conveying local appeal as a flagbearer for industrial tourism in the Tsubame-Sanjo area.

株式会社玉川堂

〒959-1244 新潟縣燕市中央通2-2-21
电话 0256-62-2015
<https://www.gyokusendo.com>

創立於1816年的燕市老鋪，七代人在200年間一直傳承著古老的錘起銅器技術。用金錘將一枚銅板敲打成形的錘起手藝，被新潟縣和文化廳分別指定為「新潟縣無形文化財產」和「應當採取製作記錄等措施的無形文化財產」。除了在銀座開設直營店以外，位於燕市的總店平時還舉辦有參觀工廠的活動，作為促進燕三條地區整體產業觀光化的領頭羊，積極推動創設地區觀光資源魅力的挖掘和宣傳機制。

| Ingredients (1 serving) | |
|-----------------------------|----------|
| Aga-no-Hime Beef Tenderloin | 200g |
| Foie gras | 80g |
| Perigieux sauce | 60cc |
| Salt | To taste |
| All-purpose flour | To taste |

Method:

①Sprinkle salt on the Aga-no-Hime beef tenderloin, brown in a frying pan, then bake in the oven at 190 °C for 6 to 8 minutes. ②Sprinkle salt on the foie gras and cover in flour, brown in a frying pan, then bake in the oven at 190 °C for 5 minutes. ③Arrange the baked Aga-no-Hime tenderloin on a plate, top with foie gras, then pour on the Perigieux sauce to finish.

| 材料 (1人份) | |
|-----------|------|
| 阿賀野姬牛菲力牛肉 | 200g |
| 鵝肝 | 80g |
| 黑松露紅酒醬 | 60cc |
| 鹽 | 適量 |
| 高筋麵粉 | 適量 |

料理步驟:

①在阿賀野姬牛菲力牛肉上撒鹽，用平底鍋煎至微焦，放入烤箱以190℃的高溫烤6～8分鐘。②在鵝肝上撒鹽，塗滿高筋麵粉，用平底鍋煎至微焦，放入烤箱以190℃的高溫烤5分鐘。③將烤好的阿賀野姬牛菲力牛肉裝盤，放上鵝肝，最後淋上黑松露紅酒醬即可。



SUWADA Blacksmith Works, Inc.

959-1114 Koanji 1332,
Sanjo City, Niigata
Tel. 0256-45-6111
<https://www.suwada.co.jp>

Founded in 1926 when they created a manufacturing tool called a kuikiri, a nail head cutter said to be the predecessor of the nipper. In the 90 years since, they've specialized in manufacturing nipper blades that "put the blade against the blade to cut" as well as beauty-enhancing products such as nail clippers. Their products are made entirely by in-house artisans, from development and material selection to finishing, bringing fans not only from all over Japan, but all over the world.

株式會社諏訪田製作所

〒959-1114 新潟縣三條市高安寺1332
电话 0256-45-6111
<https://www.suwada.co.jp>

1926年，以製造一種名為「喰切」的道具而開始創業，「喰切」用來切割釘頭，可以說是剪鉗的前身。在創業以來的九十餘年中，諏訪田製作所專注製造「刀刃與刀刃合作切割」的剪鉗型刀具，不斷創造出指甲剪等提高「美」的製品。製品從商品開發、材料挑選到完工時的所有工序均由公司內部的匠人親手包辦，不僅受到日本顧客的喜愛，在全球範圍內也擁有忠實的粉絲。

| Ingredients (1 serving) | |
|-------------------------|----------|
| Venison loin | 100g |
| Pureed beets | 5g |
| Beet chips | To taste |
| Poivrade Sauce | 50g |
| Black pepper | 0.5g |

Method:

①Tie venison loin with a kite string, brown the surface only on high heat, then bake in the oven at 190 °C for 8 to 10 minutes. ②Arrange baked venison on a plate, then top with pureed beets, beet chips, and poivrade sauce to finish.

| 材料 (1人份) | |
|----------|------|
| 鹿里肌肉 | 100g |
| 甜菜泥 | 5g |
| 甜菜切片 | 適量 |
| 法式黑胡椒醬 | 50g |
| 黑胡椒 | 0.5g |

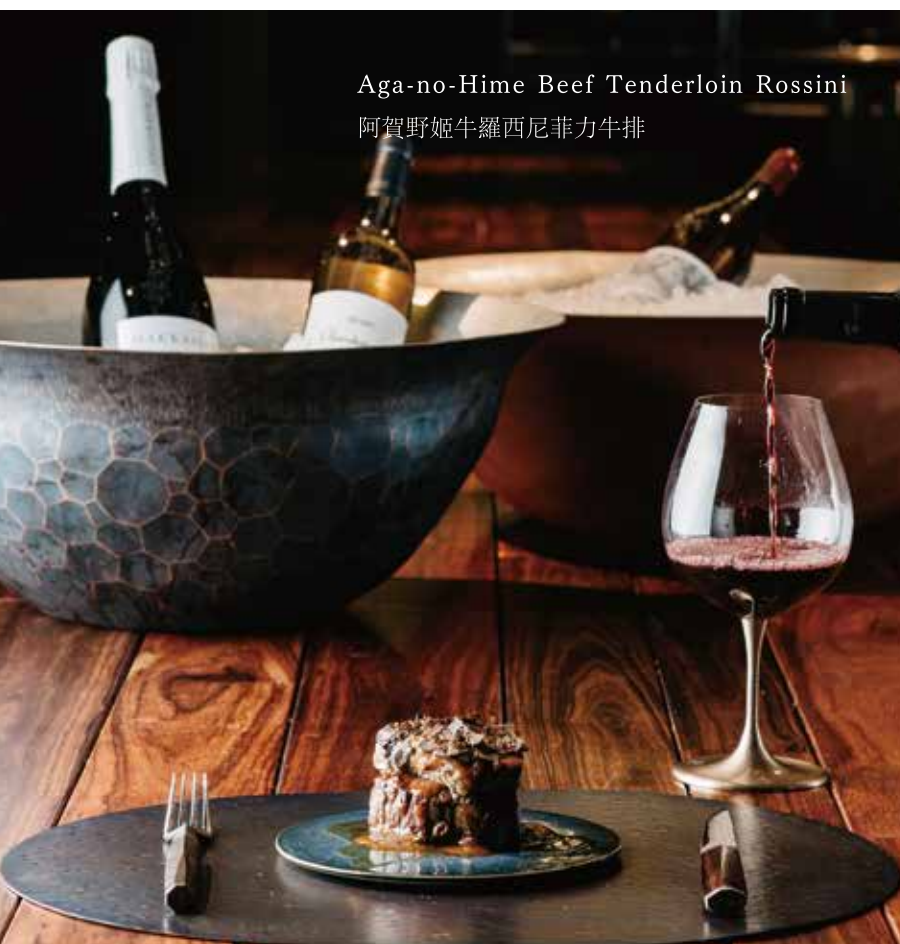
料理步驟:

①用棉線綑綁鹿里肌肉，再用大火將表面烤至棕褐色後，放入烤箱以190℃的高溫烤8～10分鐘。②將烤好的鹿肉裝盤，撒上甜菜泥、甜菜切片、法式黑胡椒醬即可。



Aga-no-Hime Beef Tenderloin Rossini

阿賀野姬牛羅西尼菲力牛排

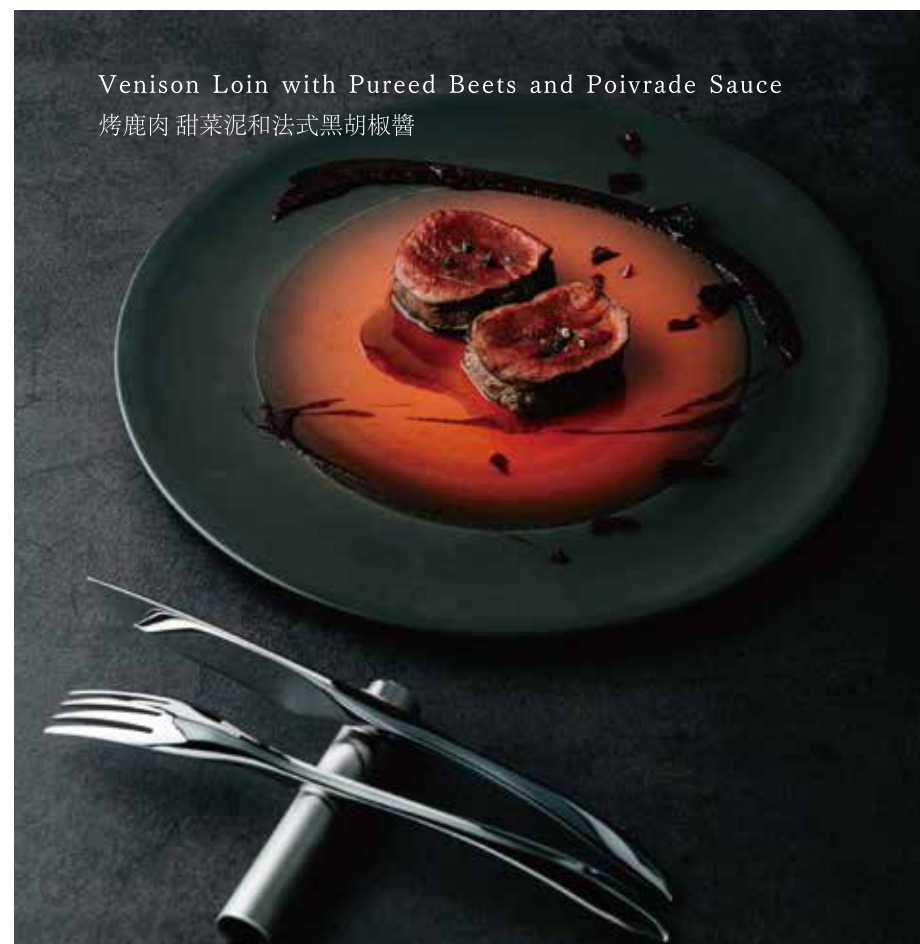


Custom-made wine cooler/wine glass/custom-made plate |
Wine cooler and plate were specially produced when the main Bit restaurant opened.
Artisanal handwork sets off any dining area.

特製葡萄酒冷酒器 / 葡萄酒杯 / 特製平盤 |
Bit總店開業時特別訂製的葡萄酒冷酒器、平盤，能工巧匠手工製作的廚器具使料理錦上添花。

Venison Loin with Pureed Beets and Poivrade Sauce

烤鹿肉 甜菜泥和法式黑胡椒醬



Steak Knife and Fork | Organically-designed knife and fork set forged at ultra-high pressure for extra robustness. Absence of joints also means greater hygiene.

Steak Knife and Fork 【肉食餐刀叉】| 匯集了高性能設計的套裝餐刀叉。
不僅採用超高壓鍛造堅實耐用，而且無接縫更加清潔衛生。





Flounder Vapeur
with Black Truffle Ecaille

扁口魚的泡泡 黑松露魚鱗

Nobel Prize Fish Cutlery | Fish knife and fork developed over a period of four years. Since 1991 these have been used at the banquet following the Nobel Prize Award Ceremony.

諾貝爾獎 魚飾餐刀叉 | 花費了四年時間精心開發出的魚飾刀叉。
1991年以來，一直作為諾貝爾授獎儀式後晚餐的選用餐刀具。

YAMAZAKI KINZOKU
KOGYO Co., LTD.
959-1263 2570 Omagari,
Tsubame City, Niigata
Tel. 0256-64-3141
<http://www.yamazakitableware.co.jp>

The company has manufactured tableware consistently since 1918. They've received OEM production requests from a number of prestigious European and American brands and even had the honor of having their cutlery used at the 90th-anniversary dinner of the Nobel Prize in 1991. They launched the YAMAZAKI brand in the US in 1980, with products created meticulously by artisans based on the design and development concept of "THE ART OF DINING" gaining the brand fans from around the world.

山崎金屬工業株式會社

〒959-1263 新潟縣燕市大曲2570
电话 0256-64-3141
<http://www.yamazakitableware.co.jp>

自1918年創業以來，專注於餐具的製造。接受眾多歐美名牌的OEM生產訂單，旗下生產的西餐具在1991年諾貝爾獎90週年紀念晚餐會上亮相，為本公司贏來了榮譽。1980年在美國設立YAMAZAKI品牌，以「THE ART OF DINING」為製品設計和開發的概念，匠人精心打造的製品獲得了全世界的支持。

| Ingredients (1 serving) | | |
|-------------------------|----------|-------|
| Flounder | | 80g |
| Shallots | | 2 |
| White wine | | 100cc |
| Fresh cream | | 200cc |
| 1 Milk | | 100cc |
| Butter | To taste | |
| Salt | To taste | |
| Sucro Emul | | 2g |
| Black truffle | To taste | |

Method:
①Steam the flounder in a steam convection oven at 60 °C, until its core temperature is 50°C. ②Arrange the steamed flounder on a plate and attach thinly-sliced black truffles like scales (ecaille). ③Simmer (1) white wine and shallots, add fresh cream and milk, then season. Next, beat the sauce in a blender and serve with the flounder to finish.

| 材料 (1人份) | | |
|---------------|--|-------|
| 扁口魚 | | 80g |
| 火蔥 | | 2個 |
| 白酒 | | 100cc |
| 鮮奶油 | | 200cc |
| 1 牛奶 | | 100cc |
| 奶油 | | 適量 |
| 鹽 | | 適量 |
| SUCRO EMUL乳化劑 | | 2g |
| 黑松露 | | 適量 |

料理步驟：
①用蒸氣式烤箱調以60 C 的高溫將扁口魚煙內溫蒸至50 C。②將蒸好的扁口魚裝盤，將薄切的黑松露擺放成魚鱗的形狀。③燉煮1中的白酒和火蔥，加入鮮奶油和牛奶調味，放入SUCRO EMUL乳化劑，用攪拌機攪拌醬汁後裝盤即可。

TOJIRO Co., Ltd.
959-1277 1-13 Butsuryu Center,
Tsubame City, Niigata
Tel. 0256-63-7151
<https://tojiro.net>

This manufacturer of blades that fuse innovation with tradition in Tsubame-Sanjo, one of the top blade production areas in Japan, provides high-quality products by integrating all processes. Tojiro products are made through constant refinement of skills and mindset, based on the company's four pillars of integrity--sincerity, gratitude, and creation-- to achieve "the satisfaction of obtaining the ultimate tool", a step beyond "the ultimate cutting edge" that the company has dedicated itself to since its foundation.

藤次郎株式會社

〒959-1277 新潟縣燕市物流中心1-13
电话 0256-63-7151
<https://tojiro.net>

藤次郎株式會社在代表日本的刀具產地燕三條，製造融合傳統和革新的刀具，透過包辦全部工序，為顧客提供優良品質的製品。為了讓顧客從創業之初追求的「最棒的鋒利」進一步體驗「入手最佳道具的滿足感」，藤次郎株式會社秉持誠意、真心、感謝、創造四大理念，時刻磨練技術和心態，持續生產著藤次郎製品。

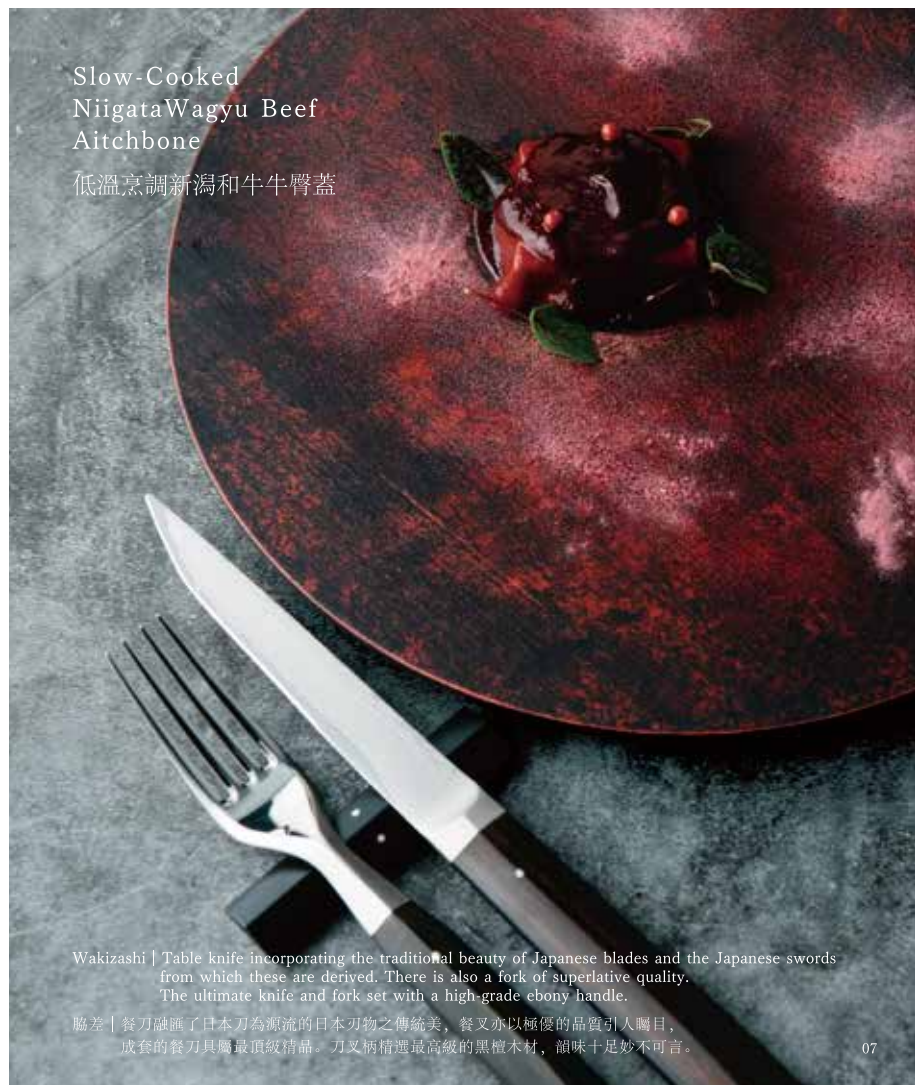
| Ingredients (2 Servings) | | |
|------------------------------|----------|-------|
| Niigata Wagyu Beef Aitchbone | | 120g |
| 1 Pureed beets | | 20g |
| Ina Agar (Agar Gelatin) | | 8g |
| Water | | 200cc |
| Sugar | | 16g |
| 2 Fond de veau | | 120cc |
| Pureed beets | | 3g |
| Flower spike | | 1 |
| Pink peppercorns | | 6 |
| Red sorrel | To taste | |
| Flamboise | | 4 |
| Beet powder | To taste | |
| Framboise powder | To taste | |

Method:
①Heat the aitchbone at low temperature until the core reaches 58°C. ②Mix (1) and create a beet sheet, then cut with a round mold. ③Mix fond du veau in (2) into the pureed beets to make beet sauce. ④Sprinkle beet powder and framboise powder on the plate, layer the meat, the beet sheet, and sauce, then top with flower spikes, Flamboise, pink pepper, and red sorrel.

| 材料 (2人份) | | | |
|----------|-------|------|----|
| 新和牛牛臀蓋 | 120g | 花穗 | 1枝 |
| 1 甜菜泥 | 20g | 粉紅胡椒 | 6粒 |
| 伊那洋菜膠 | 8g | 紅脈酸模 | 適量 |
| 水 | 200cc | 樹莓 | 4個 |
| 砂糖 | 16g | 甜菜粉 | 適量 |
| 2 肉湯原汁 | 120cc | 樹莓粉 | 適量 |
| 甜菜泥 | 3g | | |

料理步驟：
①用低溫烹調的方式將牛臀蓋的內溫加熱至58 C。②混合1的食材，製作甜菜片，塗滿慕斯圈。③在2的肉湯原汁中加入甜菜泥並進行攪拌，製作甜菜醬。④在盤中撒上甜菜粉和樹莓粉，依次裝上肉、甜菜片、甜菜醬汁，再放上花穗、樹莓、粉紅胡椒、紅脈酸模完成裝飾即可。





Slow-Cooked
NiigataWagyu Beef
Aitchbone

低溫烹調新潟和牛牛臀蓋

Wakizashi | Table knife incorporating the traditional beauty of Japanese blades and the Japanese swords from which these are derived. There is also a fork of superlative quality. The ultimate knife and fork set with a high-grade ebony handle.

脇差 | 餐刀融匯了日本刀為源流的日本刃物之傳統美，餐叉亦以極優的品質引人矚目，成套的餐具屬最頂級精品。刀叉柄精選最高級的黑檀木材，韻味十足妙不可言。



Felice
幸福義大利麵

EBM aluminum frying pan | Ideal for cooking requiring careful heat control.
Silver color means color and condition of sauce and ingredients can be seen immediately.
Recommended for pasta because of good heat conduction.

E B M 鋁平底鍋 | 適用於需要細緻調節火候的料理，性能卓越。
銀色鍋身，沙司汁、食材的變化一目了然，優良的傳熱性極適合烹飪義大利麵。

EBM 江部松商事株式会社

EBEMATSU Co., Ltd.
959-1277 3-20 Butsuryu Center,
Tsubame City, Niigata
Tel. 0256-63-2569
<https://www.ebematsu.co.jp>

A company that helps sites of "flavor and fun" through cooking utensils.
Founded 75 years ago in
Tsubame-Sanjo, an area developed
through metalworking, this company
provides food-related tools for customers
of all kinds, including hotels and
restaurants, through development and
wholesale of industrial kitchen and
tableware products, carrying over 80,000
items daily. They not only propose
solutions for food sites in Japan, but
around the world.

江部松商事株式會社

〒959-1277 新潟縣燕市物流中心3-20
电话 0256-63-2569
<https://www.ebematsu.co.jp>

用烹飪道具幫助顧客打造「美味和快樂」
的現場。在以金屬加工為發展重心的燕三
條地區創業至今已有了75年的歷史，從事業
務用廚房和桌上用品的開發、批發銷售，
涉及80,000件商品，每日為飯店、餐廳等所
有領域的顧客提議和提供「與美食相關的
道具」。全國自不必說，也持續為全球美
食現場提供建議。

| | |
|-------------------------|----------|
| Ingredients (1 serving) | |
| Chitarra | 140g |
| Fresh cream | 150cc |
| Egg yolk | 1 |
| Pecorino Romano | 40g |
| Kampot pepper | To taste |

Method:
①Boil chitarra for 3 minutes. ②Once
the fresh cream has simmered down to
about half, add the boiled chitarra in (1),
turn off the heat, then add the egg yolk
and mix. ③Arrange (2) on a plate and
top with Pecorino Romano and Kampot
pepper to finish.

| | |
|----------|-------|
| 材料 (1人份) | |
| 吉他麵 | 140g |
| 鮮奶油 | 150cc |
| 蛋黃 | 1個 |
| 羅馬諾綿羊起司 | 40g |
| 貢布胡椒 | 適量 |

料理步驟:
①沸煮吉他麵3分鐘。②將鮮奶油燉煮至
還剩一半左右後，放入1中沸煮的吉他
麵，關火後加入蛋黃，攪拌均勻。③將2裝
盤，撒上羅馬諾綿羊起司和貢布胡椒即可。

HI-SERV UENO 髙尾ハイサーブウエノ

HI-SERV UENO CO., Ltd.
959-1145 2406 Fukushimaindenhei, Sanjo City,
Niigata Tel. 0256-45-5678
111-0056 Kimoto Bldg 3F, 2-18-17 Kojima, Taito,
Tokyo Tel. 03-5829-4347
<http://www.hi-serv.com>

As a company that considers the overall
creation of kitchens, they are committed
to integrated production and work on
everything in kitchen metal sheet
production from design to completion. In
their product manufacturing, the
company provides safe kitchens that
meet customer needs perfectly, not only
through tangible products but also
through intangible services, such as
providing advice on how to improve
efficiency and hygiene in the kitchen or
other elements of a restaurant business.

株式會社HI-SERV UENO

〒959-1145 新潟縣三條市福島新田丙2406榮中央工業園地
电话 0256-45-5678
〒111-0056 東京都台東區小島2-18-17 木本大樓 3 F
电话 03-5829-4347
<http://www.hi-serv.com>

作為從整體思考打造廚房的企業，追求生
產的一貫性，親手包辦金屬板從設計到完
工的製作流程。除了製造製品時的硬體方
面以外，在軟體方面也會根據店鋪的經營
要素、廚房的作業效率和衛生面等顧客的
具體需求提供安全的廚房。

| | |
|--------------------------------|----------|
| Ingredients (Makes 10) | |
| Snow carrot (yukishita ninjin) | 1 |
| Butter | 6g |
| Milk | 200cc |
| Fresh cream | 40 ml |
| Olive oil | To taste |
| Sado-no-Ichiban Salt | To taste |
| Orange peel | To taste |

Method:
①Cut snow carrots into thin slices and
sauté in butter (A). ②Once A is heated,
add milk and fresh cream, then once
tender, blend in a mixer and strain (B).
③Put (B) into the foam dispenser,
squeeze into a ladle, then freeze the
outside only using liquid nitrogen (C).
④Put (C) into a container, then top with
olive oil, Sado-no-Ichiban salt, and
shaved orange peel to finish.

| | |
|----------|-------|
| 材料 (10個) | |
| 雪下胡蘿蔔 | 1根 |
| 奶油 | 6g |
| 牛奶 | 200cc |
| 鮮奶油 | 40ml |
| 橄欖油 | 適量 |
| 佐渡一番鹽 | 適量 |
| 橙皮 | 適量 |

料理步驟:
①將雪下胡蘿蔔切成薄片，用奶油炒 (A)。
②A炒熟後，倒入牛奶和鮮奶油，等胡蘿
蔔變軟後用攪拌機攪拌並進行過濾 (B)。
③將B倒入慕斯泡沫起泡瓶中，用湯杓等
擠壓後，再用液態氮冷凍周圍 (C)。
④將C裝入容器中，最後淋上橄欖油、佐渡一
番鹽，切碎橙皮完成裝飾即可。



Espuma of Snow Carrots Made at -196°C

-196°C的雪下胡蘿蔔慕斯泡沫

Service wagon |
Custom-made service wagon designed by kitchen metal plate
manufacturer to enable servers to make salads and other dishes
in front of customers. Uses liquid nitrogen.

手推餐車 |
為了在顧客面前提供調沙律、液態氮增色等服務而設計的手推餐車，
精選廚房飯金名家特別訂製。





Sado Winter Yellowtail Amberjack Cutlets in Arrabbiata Sauce

油炸佐渡產寒鰯魚排 香辣番茄醬

Kitchen Knife designed by Tsubame-Sanjo Restaurant Bit in collaboration with Tojiro | Custom-made blade design responds to the exacting requirements of professional cooks. Material is original trilaminar stainless steel. Reliable sharpness is ensured by kitchen knife manufacturer Tojiro.

燕三條義大利餐廳Bit共同開發廚刀 | 特殊訂製的刀刃，是按照專業工匠細微的要求設計、製成的。素材使用獨家不鏽鋼的三層鋼，外加值得信賴的名家藤次郎的打製鋒利順手。



AICHI TECHNO METAL FUKAUMI Co., Ltd.

959-0215 1483 Yoshida shimonakano, Tsubame City, Niigata
Tel. 0256-92-3171
http://www.atm-fukaumi.co.jp

Founded in 1960 as a rolling processor for materials for European-style tableware, this is the only company in the world that makes the Aichi Steel Original Stainless AUS Series, highly reputed in the knife industry. They also manufacture clad steel, a composite steel laminate made using those materials.

AICHI TECHNO METAL FUKAUMI株式會社

〒959-0215 新潟縣燕市吉田下中野1483
电话 0256-92-3171
http://www.atm-fukaumi.co.jp

1960年，以壓延加工西餐材料而開始創業。愛知製鋼原創的不鏽鋼AUS系列在全球僅此一家，頗受刀具行業的好評。此外，本公司還製造使用該材料製成的異種金屬積層材——複合鋼板。

| | |
|--|--------------|
| Ingredients (1 serving) | |
| Sado Winter Yellowtail Amberjack (Kanburi) | 150g |
| Salt | To taste |
| Panko breadcrumbs | To taste |
| [Ingredients for Arrabbiata Sauce] | |
| Garlic | Small amount |
| Hot pepper | 1 |
| Tomato sauce | 100cc |
| Olive oil | 10cc |

Method:
①Sprinkle yellowtail amberjack with salt, cover with panko breadcrumbs, and fry to rare. *For frying, heat oil at 190°C for 3 to 5 minutes.②Heat olive oil and add garlic and hot pepper for flavor, then add tomato sauce to make the arrabbiata sauce. ③Spread the sauce made in (2) on a plate and top with cut yellowtail amberjack cutlets to finish.

| | |
|------------|-------|
| 材料 (1人份) | |
| 佐渡產寒鰯 | 150g |
| 鹽 | 適量 |
| 麵包粉 | 適量 |
| 〔香辣番茄醬的材料〕 | |
| 大蒜 | 少量 |
| 辣椒 | 1個 |
| 番茄醬 | 100cc |
| 橄欖油 | 10cc |

料理步驟:
①在寒鰯上撒鹽，裹上麵包粉，炸至一分熟。※以190 C 的高溫油炸3～5分鐘為油炸標準②加熱橄欖油，大蒜、辣椒入味後倒出，加入番茄醬製作香辣番茄醬。③將2中製作的醬汁塗在盤子上，再將切好的寒鰯魚排裝盤即可。



SANJO SPECIAL CAST CO., LTD.

959-1155 Tei-642 Fukushimashinden, Sanjo City, Niigata
Tel. 0256-45-3155
https://www.unilloy.com

Established in 1961 in the Osaki area of the city of Sanjo, where the Osaki Foundrymen Group has worked since the Middle Ages. While continuing to manufacture subcontracted parts whose price is determined by weight, the company sensed the risks posed by fading culture and lack of awareness toward improving skills, and thus decided to create something themselves that everyone in the world would adore. After two years and more than 200 attempts, they created the world's lightest enamel-coated cast-iron pot UNILLOY, revolutionizing the concept of what a cast iron pot could be.

株式會社三條特殊鑄工所

〒959-1155 新潟縣三條市福島新田丁642
电话 0256-45-3155
https://www.unilloy.com

1961年，在室町時代大崎鑄造匠人集團活躍的三條市大崎地區創業。在維持以重量決定價格的零部件製造分包業務的過程中，產生了提高技術的意識和文化薄弱的危機感，因而決心依靠自己的雙手打造出人人都喜愛的世界最好的製品。歷時約2年，經歷了超過200次的反覆摸索，終於顛覆鑄鍋笨重的概念，完成了世界最輕的珐琅鑄鍋【UNILLOY】。

| | |
|-----------------------------|----------|
| Ingredients (1 serving) | |
| Miyuki Mochi Pork | |
| Salsiccia Sausage | 2 |
| Koshi-no-Tori Chicken Thigh | 200g |
| Yukimuro (snow mound) | |
| Daikon radish | 1/4 |
| Carrot | 1/2 |
| Potato | 2 |
| Salt | To taste |
| Pepper | To taste |
| Olive oil | To taste |
| Italian parsley | To taste |

Method:
①Place Koshi-no-Tori chicken thigh seasoned with salt and pepper in a pot of water and add heat, then once it starts boiling reduce the heat and skim the broth. ②Add Miyuki Mochi Pork salsiccia and yukimuro vegetables into the pot, then simmer until tender. ③To finish, add olive oil and Italian parsley.

| | |
|----------|----------|
| 材料 (1人份) | |
| 深雪餅豬 | |
| 義式香腸 | 2根 |
| 越之雞的雞腿肉 | 200g |
| 雪室蔬菜 | 蘿蔔 1/4根 |
| | 胡蘿蔔 1/2根 |
| | 馬鈴薯 2個 |
| 鹽 | 適量 |
| 胡椒 | 適量 |
| 橄欖油 | 適量 |
| 義大利歐芹 | 適量 |

料理步驟:
①將用鹽和胡椒醃製過的越之雞的雞腿肉放入鍋中，加水點火，等水沸騰後改小火燉煮以去除腥味。②在鍋中加入深雪餅豬義式香腸和雪室蔬菜，燉煮直至食材鬆軟。③最後淋上橄欖油和義大利歐芹即可。



Pot-Au-Feu Made With Niigata Produce

使用新潟食材製成的火上鍋

UNILLOY | combines thickness of only 2mm with superlative heat conduction. Quickly heats up the whole of the inside of the pan in order to transmit heat evenly from sides and base. In this way temperature doesn't drop even when you add ingredients.

UNILLOY | 約2mm的厚度使鍋的傳熱性卓越超群。從鍋底、鍋身都可均勻導熱，因此短時間鍋內就能被加熱。加入食材溫度也不易下降亦是此鍋的一大特點。



Mare

海鮮盛宴

Mare stand | Stainless steel plate stand custom-made when the Bit restaurant in Niigata opened.

MARE台 | Bit新潟店開業時特別訂製的不鏽鋼盤。

MGNET

MGNET Co., Ltd.

959-1289 14-3 Higashiota,
Tsubame City, Niigata
Tel. 0256-46-8720
<https://mgnet-office.com>

A social design company created from a metal molding factory. Founded in 2011 with the phrase “Entertainment in Items”, the company has developed FOR, a business card holder brand brimming with beauty. The company is currently expanding to include not only in-house products, but projects working to convey the appeal of manufacturing as well as town development projects across Japan, providing intangible design that incorporates business, innovation, and sociability and gives back to the local economy.

株式會社MGNET

〒959-1289 新潟縣燕市東太田14-3
电话 0256-46-8720
<https://mgnet-office.com>

誕生於模具工廠的社會設計企業。

2011年，以「讓萬物充滿娛樂」為概念設立公司，並展開充滿技術之美的名片盒品牌FOR的業務。現在MGNET的活動範圍不侷限於公司內部，也從事傳遞製造業魅力的事業和規劃日本各地的城鎮建設事業，構想事業性、革新性、社會性，為社會提供回饋地區經濟的“無形設計”。

| Ingredients (4 servings) | |
|--|---|
| Shelled scallops | 4 |
| Raw oysters | 4 |
| Shelled sea urchins | 4 |
| Turban shell (sazae) | 4 |
| Mussels | 8 |
| Manila clams | 8 |
| Lemon | 1 |
| Court-bouillon | |
| Enough to cover the shellfish when placed in the pot | |

Method:

①Remove scallops and oysters from their shells. ②Boil the turban shells, mussels, and manila clams in court-bouillon, then allow cooling. ③Once (2) has cooled, arrange all ingredients on a plate covered in ice and serve.

| 材料 (4人份) | |
|-----------|----|
| 帶殼扇貝 | 4枚 |
| 生牡蠣 | 4個 |
| 帶殼海膽 | 4個 |
| 蜆 | 4個 |
| 貽貝 | 8個 |
| 蛤仔 | 8個 |
| 檸檬 | 1個 |
| 調味湯汁 | |
| 淹沒鍋中的貝類的量 | |

料理步驟:

①扇貝、牡蠣去殼。②用調味湯汁沸煮蜆、貽貝、蛤仔後，等待冷卻。③待2冷卻後，將所有材料裝在鋪滿冰塊的盤中即可。



NIIGATA INVESTMENT CASTING Co., Ltd.

959-0103 726-3 Sunakotsuka,
Tsubame City, Niigata
Tel. 0256-98-5121
<http://niigata-cast.co.jp/company.html>

Based on a technique called lost-wax metal casting that allows integration of complex shapes, this company develops Tsubame-Sanjo kitchen tools, creating the dry cooking pot created through nanotechnology called L'hirondelle, as well as Jizodo, a product that blends modern Japanese design with the solidity of cast iron. From the hands of artisans who create each product with a commitment to manufacturing, to the home, this company continues to deliver the pride of items made in Tsubame.

新潟精密鑄造株式會社

〒959-0103 新潟縣燕市砂子塚726-3
电话 0256-98-5121
<http://niigata-cast.co.jp/company.html>

以能夠實現複雜形狀一體化的脫蠟鑄造技術為基礎，開發燕三條的廚房工具，運用奈米級技術打造出了無水烹飪鍋具「L'hirondelle」和融合了鑄具厚重感與日式現代風格的「地藏堂」。追求製品製作的過程，將每一件經過匠人之手精心打造的製品送到千家萬戶。持續為顧客帶來燕市製造的驕傲。

| Ingredients (2 Servings) | |
|------------------------------------|----------|
| Niigata Wagyu Beef Small intestine | 20g |
| Large intestine | 20g |
| Cecum | 20g |
| Reed tripe | 20g |
| Pot herbs | To taste |
| Sofrito | To taste |
| Tomato sauce | 70cc |
| Parmesan cheese | To taste |
| Italian parsley | To taste |

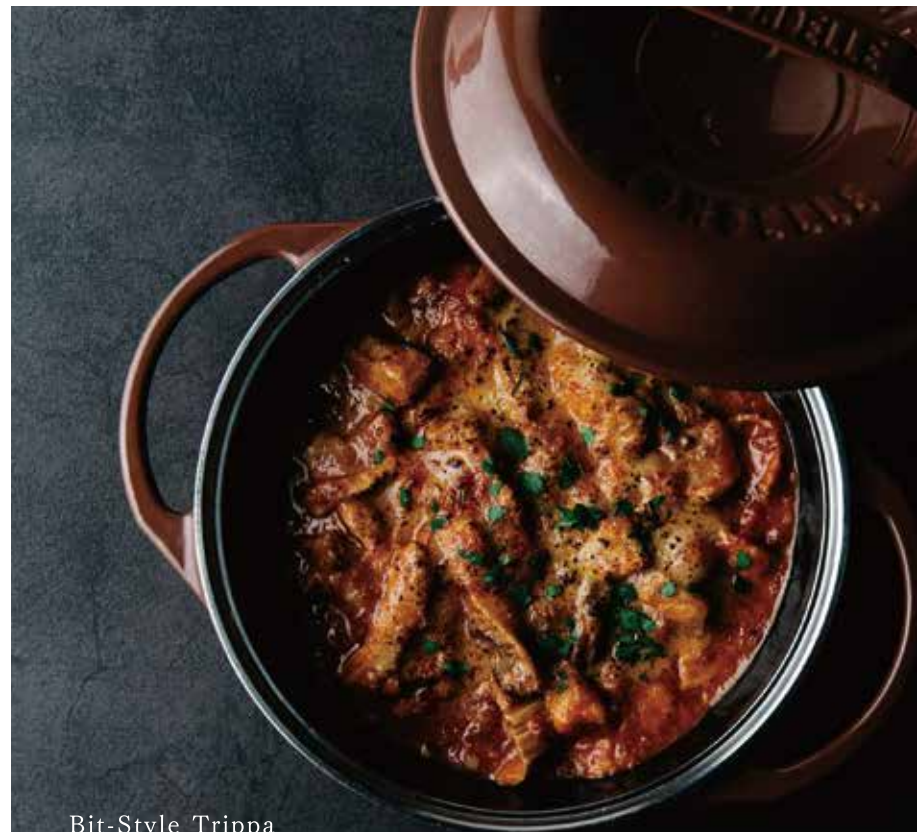
Method:

①Simmer Niigata Wagyu beef offal (small intestine, large intestine, cecum, and reed tripe) in pot herbs for 6 hours. ②Cut beef offal into bite-sized pieces, add sofrito, and sauté. ③Stew (2) in tomato sauce, sprinkle with parmesan cheese, then scorch with a burner. ④Sprinkle Italian parsley on (3) to finish.

| 材料 (2人份) | |
|----------|------|
| 新潟和牛小腸 | 20g |
| 大腸 | 20g |
| 盲腸 | 20g |
| 皺胃 | 20g |
| 香味蔬菜 | 適量 |
| 索夫利特醬 | 適量 |
| 番茄醬 | 70cc |
| 帕馬森起司 | 適量 |
| 義大利歐芹 | 適量 |

料理步驟:

①將新潟和牛內臟（小腸、大腸、盲腸、皺胃）和香味蔬菜一起燉煮6小時。②將和牛內臟切成方便食用的大小，倒入索夫利特醬一同煎。③用番茄醬燉煮2，擺上帕馬森起司後用噴槍炙烤。④在3撒上義大利歐芹即可。



Bit-Style Trippa

Bit風內臟鍋

Sus Casting Shallow Pot | Stainless steel cast shallow pot that is exceptionally easy to use. Good for a wide range of uses from cooking vegetables without added water to oven cooking. Also attractive when brought to the table.

Sus casting shallow pot 【20cm】【不鏽鋼鑄淺鍋】這是一款以簡單好為目標的不鏽鋼鑄淺鍋。適用於使用大量蔬菜的無水烹飪、烤箱烹飪等各式菜餚中，端鍋上桌也可為餐宴增色不少。



Roasted Mackerel,
Yukimuro Daikon Radish Sauce
and Uchiyama Farms Lemon Confit

烤鯖魚 配雪室蘿蔔醬和油封內山農園檸檬

Sakurai/Joël Robuchon Selection | Cutlery developed in collaboration with Joël Robuchon, known as the king of French cuisine. Beautiful cutlery that emphasizes form, weight and ease of use.

SAKURAI 喬爾·侯布甸珍藏版 | 與被稱為「法國菜之神」的喬爾·侯布甸 (Joel Robuchon) 共同開發的餐具。無論是外形、重量，還是順手好用程度，都精心投入，無可替代。



SAKURAI INC.

959-1277 1-11 Butsuryu Center,
Tsubame City, Niigata
Tel. 0256-64-3333
<http://www.saks.co.jp>

A company that manufactures and sells high-end European-style tableware for hotels and restaurants. Established in May 1946. "Strong, Gentle, and Beautiful" SaksSuper700, metal tableware three times more scratch-resistant than conventional stainless steel through surface hardening technology, is renowned at famous department stores, hotels, and restaurants as a tableware brand that retains its beauty eternally. the Material selection goes beyond stainless steel, looking at the quality of the materials and incorporating these into carefully selected designs.

株式會社SAKURAI

〒959-1277 新潟縣燕市物流中心1丁目11番地
電話 0256-64-3333
<http://www.saks.co.jp>

製造並銷售符合飯店、餐廳的高級西餐具。創業於1946年5月。選用「強力、細緻、優美」的表面硬化處理技術製作而成的金屬餐具「SaksSuper700」，耐擦傷性是傳統不銹鋼製品的3倍，作為永不喪失優美的餐具而博得著名百貨公司、飯店、餐廳等設施的廣泛好評。挑選素材時從不拘泥於不銹鋼，在看清素材性質的基礎上，導入嚴選的設計。

| Ingredients (1 serving) | |
|---------------------------------------|----------|
| Spanish mackerel | 80g |
| Yukimuro (snow mound) daikon radish | 100g |
| Fresh cream | 50cc |
| Manila clam juice (broth) | 30cc |
| Herb oil | To taste |
| Bouillon de legumes (vegetable broth) | 20cc |
| Salt | To taste |
| Lemon | 3 |
| Water | 250ml |
| Sugar | 125g |
| Rock salt | 33g |

Method:
①Sprinkle salt on the mackerel to bring out the liquid. ②Thoroughly bake the skin side of the mackerel, then put in a vapor (steamer) set to 52°C and cook thoroughly. ③Boil yukimuro daikon radish in bouillon de legumes, then add fresh cream and blend with a mixer. ④Add manila clam juice to (3) to make a sauce. ⑤Make cuts into the lemon, then once the water boils add lemon, sugar, and rock salt, turn off the heat and let cool in the pot. Once cooled, store in a vacuum pack. ⑥Scorch the mackerel skin and cut. ⑦Pour sauce on the plate, top with the mackerel, then sprinkle shaved citron confit around it and top with herb oil to finish.

| 材料 (1人份) | | | |
|----------|------|----|-------|
| 鯖魚 | 80g | 鹽 | 適量 |
| 雪室蘿蔔 | 100g | 檸檬 | 3個 |
| 鮮奶油 | 50cc | 水 | 250ml |
| 蛤仔汁 (高湯) | 30cc | 砂糖 | 125g |
| 花草油 | 適量 | 岩鹽 | 33g |
| 蔬菜高湯 | 20cc | | |

料理步驟:
①在鯖魚上撒鹽，瀝出水分。②仔細烤過鯖魚皮，放入溫度設定為52°C的VAPEUR (蒸鍋) 中，進行充分加熱。③將雪室蘿蔔放在蔬菜高湯中烹煮，加入鮮奶油後用攪拌機攪拌均勻。④在3中加入蛤仔汁，製作醬汁。⑤在檸檬上劃上幾刀，待水沸騰後放入檸檬、砂糖、岩鹽，去除餘熱冷卻後，放入真空袋中保存。⑥用噴槍炙烤鯖魚皮，切塊。⑦將醬汁盛入盤中，擺上鯖魚，周圍淋上一圈油封檸檬，再淋上花草油即可。



TSUBAME BUSSAN CO., LTD.

959-1276 3501 Koike,
Tsubame City, Niigata
Tel. 0256-63-6511
<https://www.tbcljp.com>

The first European-style metal tableware manufacturer in Japan, this company primarily manufactures high-end nickel cutlery and 18-8 stainless steel cutlery, and its Gekkeiju line, a pioneer in original Japanese design created in the early Taisho era, is still selling 100 years later. The Deluxe cutlery line, on sale since 1965, is where the standing knife originates (arranged in order of process).

燕物産株式會社

〒959-1276 新潟縣燕市小池3501番地
電話 0256-63-6511
<https://www.tbcljp.com>

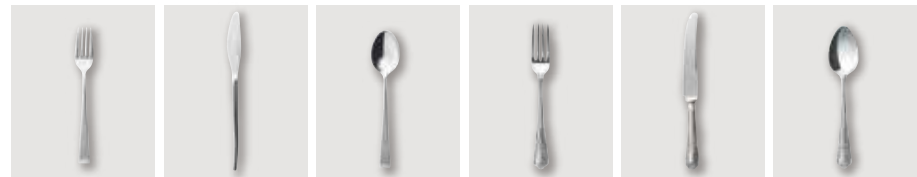
日本最早的製造金屬西餐具的專業廠商。主要製造有高級銀鍍西餐具和18-8不銹鋼製西餐具，作為大正初期國產原創設計先驅的「月桂樹」，即使在100年後的今天也是暢銷商品。自1965年開始銷售的「Deluxe 奢華」，是西餐具中立刀的起源〈按照行程順序配置〉。

| Ingredients (1 serving) | |
|---------------------------------|----------|
| Tilefish from Sado | 60g |
| Clam juice (broth) | 200g |
| Sucro Emul | 1g |
| Pureed fava beans | To taste |
| Spring vegetables (your choice) | To taste |

Method:
①Pour oil heated to a high temperature on the skin side of the Sado tilefish to make the scales stand. ②Heat the tilefish using the residual heat in (1). ③Add fava bean puree and sucro emul to the clam juice and whisk with a Bamix hand blender. ④Arrange 2 on a plate, garnish with your favorite spring vegetables, then pour on the sauce in 3 to finish.

| 材料 (1人份) | |
|---------------|------|
| 佐渡產甘鯛 | 60g |
| 文蛤汁 (高湯) | 200g |
| SUCRO EMUL乳化劑 | 1g |
| 蠶豆泥 | 適量 |
| 春季蔬菜 (隨個人喜好) | 適量 |

料理步驟:
①將高溫熱油淋在佐渡產甘鯛的魚皮上，使魚鱗立起。②趁著1的餘溫，用火加熱甘鯛。③文蛤汁中加入蠶豆泥和SUCRO EMUL乳化劑，用Bamix攪拌棒打泡。④將2盛入盤中，根據個人喜好裝飾春季蔬菜，淋上3的醬汁即可。



Scale-Baked Sado Tilefish
with Clam Foam Sauce and
Spring Vegetables

佐渡產甘鯛立鱗燒 文蛤泡醬和春季蔬菜

Laurel | Design with motif of ears of rice and laurel leaves is a masterpiece showing Tsubame craftsmen's attention to detail. The knife has a distinctively French ridged pattern.

Laurel | 稻穗、月桂樹的圖案設計，是燕的匠人連細微處都用心到極致的典範，是不可多得的逸品。餐刀上的鐫形圖，凸顯了法國樣式的特色。



Niigata Flour Focaccia

新潟県産麵粉福克西亞麵包



Bread Knife | A bread knife that is not serrated along its length. Smooth cutting edge prevents breadcrumbs. Only the tip is serrated to allow you to make a first cut without causing the loaf to crumble.

麵包刀 | 半波刃完美麵包刀。麵包切口整齊滑暢，無碎屑是本刀一大特色。因只有前端是波刃設計，減輕了對麵包的擠壓，切出的麵包非常理想美觀。



TADAFUSA Co., Ltd.

955-0823 27-16 Higashi Honjoji,
Sanjo City, Niigata
Tel. 0256-32-2184
<http://www.tadafusa.com>

Established in 1948 in the Sanjo, Niigata, a town of blacksmiths, this company manufactures household knives as well as soba knives and other professional/industrial knives with a focus on sharpness, ease of use, and ease of sharpening. In addition to having a factory attached to their shop where visitors can see artisans work up close, the company also provides consultation on sharpening and knife repair, including knives made by other manufacturers or overseas brands. The popular Hocho Kobo Tadafusa series, popular around the world, is also available for purchase.

株式會社TADAFUSA

〒955-0823 新潟縣三條市東本成寺27-16
电话 0256-32-2184
<http://www.tadafusa.com>

1948年，在鍛造冶煉之町新潟縣三條市創業。每天致力於追求家用菜刀、廚師業務用、切割蕎麥麵等刀具的鋒利度、易用性和易研磨性。在工廠附設的直營店中，不僅可以近距離見證匠人師傅的手藝，還可幫忙研磨或修理其他公司和海外製造的菜刀。在國內外極具人氣的「菜刀工坊忠房」系列也可在此購買。

| Ingredients (20 servings) | |
|--|-------|
| Niigata flour (Yukichikara, wheat flour from Niigata prefecture) | 1kg |
| Salt | 20g |
| Granulated sugar | 20g |
| Olive oil | 100cc |
| Butter | 50g |
| Dry yeast | 10g |

Method:
①Mix all ingredients into a bread mixer.
②Let the dough rise, then transfer to a flat baking pan and let it rise even more. ③Put in a convection oven and steam for 30 minutes at 90°C, then switch to a regular oven and back for 30 minutes at 180°C to finish.

| 材料 (20人份) | |
|------------------------------|-------|
| 新潟當地麵粉 (新潟縣產麵粉「Yukichikara」) | |
| | 1kg |
| 鹽 | 20g |
| 白糖 | 20g |
| 橄欖油 | 100cc |
| 奶油 | 50g |
| 酵母 | 10g |

料理步驟:
①將所有材料放入攪拌機進行攪拌。②將1進行一次發酵，移到烤盤後再進行二次發酵。③放入炫風烤箱，以90 C 的高溫蒸30分鐘，然後切換成烤箱模式，以180 C 的高溫烤30分鐘即可。



LUCKYWOOD/ Kobayashi Industry Co., Ltd.

959-1234 5-11-35 Minami,
Tsubame City, Niigata
Tel. 0256-63-2519
<https://www.luckywood.jp>

Founded in 1868 in Tsubame as a blacksmith workshop for household metal objects, this company started cutlery production in 1915. When the city of Tsubame succeeded in the mass production of stainless-steel cutlery for the first time in the world after the war, they contributed to the industry by providing polishing and mechanization technology. No.1100 "Deluxe", developed as a national project in 1959, was a pioneer of original cutlery design for the Japanese, and the company boasts the top number of Good Design Awards received in Niigata Prefecture for half a century. Dedicated to domestic manufacturing, the company continues to make comfortable cutlery with balanced quality, price, and design.

LUCKYWOOD／小林工業株式會社

〒959-1234 新潟縣燕市南5-11-35
电话 0256-63-2519
<https://www.luckywood.jp>

1868年在燕市作為家庭五金工具的鍛造冶煉工場創業，1915年開始生產西餐具。戰後，在燕市實現全球首次不銹鋼西餐具量產成功之際，本公司提供了研磨和機械化技術，為業界做出了貢獻。1959年在國家級項目中開發的No.1100<奢華>，作為專為日本人身量定制的原創西餐具的先驅，榮獲優良設計獎的次數在新潟縣內佔據了半個世紀的No.1。仍在製造的西餐具依然追求日本本土製造，在品質、價格和設計三方面保持良好的平衡，因而使用舒適。

| Ingredients (1 serving) | |
|------------------------------------|------------------|
| Ground Koshi-no-Tori Chicken Thigh | 40g |
| Spinach | 10g |
| Yuzu (citrus fruit) | 1/4(peel only) |
| Milk | 200cc |
| Soffritto | 20g |
| Risotto rice | 70g |
| Olive oil | To taste |
| Parmesan cheese | To taste |
| White wine | A 50cc B 30cc |

Method:
①Boil the milk, then turn off the heat and soak the yuzu peel until it has scented the milk. ②Sauté soffrito and Koshi-no-Tori chicken together in a pot, then add white wine A and reduce. ③Add olive oil and risotto rice into the heated pot and add white wine B. ④Add Koshi-no-Tori chicken and spinach to (3) and season with parmesan cheese. ⑤Foam the yuzu-scented milk. ⑥Arrange (4) in a bowl and garnish with (5) to finish.

| 材料 (1人份) | |
|----------|------------------|
| 越之雞的雞腿絞肉 | 40g |
| 菠菜 | 10g |
| 柚子 | 1/4個 (僅需皮) |
| 牛奶 | 200cc |
| 索夫利特醬 | 20g |
| 義式燉飯米 | 70g |
| 橄欖油 | 適量 |
| 帕馬森起司 | 適量 |
| 白酒 | A 50cc B 30cc |

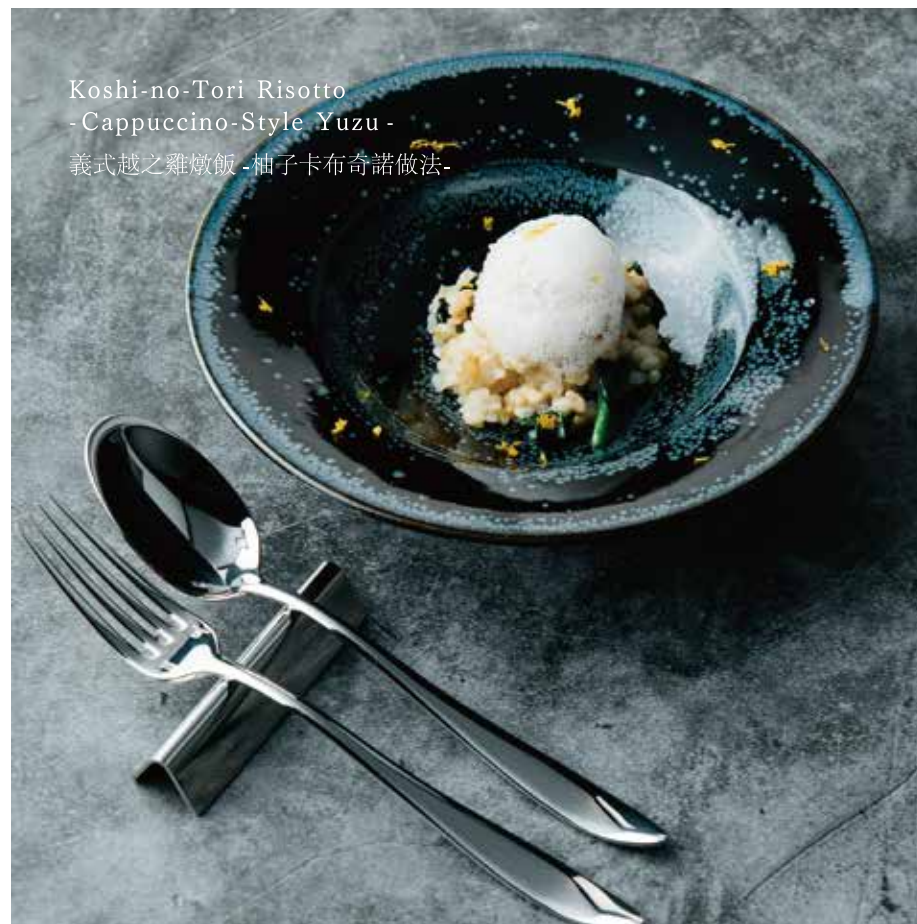
料理步驟:
①將牛奶煮沸後關火，並將切碎的柚子皮浸泡至入味。②用鍋拌炒越之雞和索夫利特醬，加入白酒A燉煮。③在熱鍋中加入橄欖油和義式燉飯米，再倒入白酒B。④將越之雞和菠菜加入3中，用帕馬森起司調味。⑤柚子香氣入味的牛奶打泡。⑥將4裝入器皿中，用5裝飾即可。



Koshi-no-Tori Risotto

-Cappuccino-Style Yuzu -

義式越之雞燉飯-柚子卡布奇諾做法-



Velouté | Original shape created by the fusion of functionality and design. The bowl of the spoon has a special smooth shape that allows you to enjoy the taste right down to the last drop.

Veloute | 高性能、巧設計完美融合的嶄新創意品。勺心精心設計為圓潤順滑的形狀，使菜餚的餘韻長留，回味無窮。



TWINBIRD CORPORATION

959-0292 2084-2 Yoshida Nishiot,
Tsubame City, Niigata Prefecture
Tel. 0256-92-6111
<http://www.twinbird.jp>

After its establishment in 1951, the company placed its headquarters in the Tsubame-Sanjo area, renowned worldwide as a town of manufacturing, and has developed business with locals under a corporate philosophy of developing products that provide comfort and awe. The company develops products teeming with originality as “the premium home appliance manufacturer from Tsubame-Sanjo”, helping to enrich lifestyles for customers around the world.

TWINBIRD工業株式會社

〒959-0292 新潟縣燕市吉田西太田2084-2
電話 0256-92-6111
<http://www.twinbird.jp>

1951年創業以來，在作為造物之鄉而聞名世界的燕三條地區設置總部，在開發提供感動和舒適的商品的經營理念下，和當地的合作夥伴們開展事業。作為「源自燕三條 豪華家電廠商」，企劃開發充滿原創性的商品，為全球的顧客創造豐富的生活方式。

Ingredients (40 pieces)

| | | |
|---|------------------|-------|
| 1 | Milk | 1000g |
| | Vanilla bean | 1 |
| | Granulated sugar | 450g |
| 2 | Cake flour | 300g |
| | Salt | 2g |
| 3 | Entire egg | 1 |
| | Egg yolk | 6 |
| | Fermented butter | 60g |
| | Rum | 110g |

Method:

①Put (1) into a pot and heat, then cool and let sit overnight (A). ②Heat the fermented butter on medium and reduce the heat once it turns a dark brown (B). ③Mix A with (2) in two batches, then add 3 (C). ④Add B to C, and once emulsified add rum, strain, then let sit overnight. ⑤Pour the batter into the mold to 4/5 full, then bake in an oven for one hour at 230°C to finish.

材料 (40個分)

| | | |
|---|------|-------|
| 1 | 牛奶 | 1000g |
| | 香草豆莢 | 1根 |
| | 白糖 | 450g |
| 2 | 低筋麵粉 | 300g |
| | 鹽 | 2g |
| 3 | 整個蛋 | 1個 |
| | 蛋黃 | 6個分 |
| | 發酵奶油 | 60g |
| | 蘭姆酒 | 110g |

料理步驟:

①將1加入鍋中，開火加熱，冷卻後放置一晚 (A)。②中火烹煮發酵奶油，待顏色變為深茶色後，關火等鍋降溫 (B)。③攪拌混合2，分2次加入A並進行攪拌，然後再加入3 (C)。④在C中加入B，乳化後加入蘭姆酒並進行過濾，放置一晚。⑤將完成的麵糊填滿模具8分滿，用烤箱以230°C的高溫烤1小時左右即可。



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The company was founded in 2013 as a developer of products made in Japan as well as a consulting business. SHUSHU, a brand the company is involved in, is a concept store in Munich, Germany's wealthiest city, that showcases products of Japanese design. They work with Tsubame-Sanjo manufacturers to produce Made in Japan products that will be loved worldwide using German lifestyles and perspectives.

株式會社

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設立於2013年，業務以開發和洽詢日本製造的商品為主。親自打造的品牌SHUSHU作為一家概念商店，將日本設計的產品帶到被稱為德國最為富饒的城市——慕尼黑。充分利用德國的生活方式和視角，與燕三條的製造廠商一起打造深受世界喜愛的日本製造的商品。

<Roasted Rice Tea Ice Cream>

Ingredients (30 servings)

| | |
|------------------|------|
| Milk | 400g |
| Fresh cream | 100g |
| Granulated sugar | 80g |
| Sugar syrup | 50g |
| Roasted rice tea | 70g |

Method:

①Put all ingredients besides the roasted rice tea into a pot and heat. ②Once boiling, add the roasted rice tea leaves and cook on low heat for one minute. ③Remove from heat and let sit overnight. ④Transfer to a Pacojet beaker and freeze. ⑤Put it through the Pacojet just before eating and arrange to finish.

<玄米茶冰淇淋>

材料 (30人份)

| | |
|-----|------|
| 牛奶 | 400g |
| 鮮奶油 | 100g |
| 白糖 | 80g |
| 水糖 | 50g |
| 玄米茶 | 70g |

料理步驟:

①將除玄米茶以外的所有材料放入鍋中加熱。②沸騰後加入玄米茶茶葉，改小火煮1分鐘。③關火，放置一晚後過濾。④倒入PACOJET的燒杯冷凍。⑤食用時直接從PACOJET中挖出裝盤即可。



Chocolate and Mushroom Dessert

(Fondant Chocolat/Sake Lees Ganache and Mushroom Cream/
Lemon Gelee/Rice Chips/Roasted Rice Tea Ice Cream)

巧克力蘑菇甜點

(法式岩漿巧克力蛋糕／酒糟甘納許蘑菇奶油／
檸檬果凍／米片／玄米茶冰淇淋)



Venus Line | Cutlery series with a beautiful, curvaceous line. Titanium nitride coating is dishwasher-friendly and also inhibits development of metal allergies.

Venus Line | 維納斯曲線的美麗廚餐具系列。氮化鈦外塗可放心用於洗碗機內，同時具有抑制金屬過敏之功效。

Afterword

Did this book pique your interest in Niigata and Tsubame-Sanjo?

Creating this book has been an opportunity for me to once again realize the amazing things Tsubame-Sanjo has to offer.

The potential of this land, its high level of skill, and the history accumulated by our ancestors...and its greatest appeal of all, the people living here. The appeal of this town has been honed through mutual aid and competition between people with strong personalities and beliefs, as well as through striving to improve as times change. I truly believe “tradition is a series of innovations”. That is why, if you’ve read this book and were inspired by Bit cuisine and the craftsmanship of this town, I hope you’ll visit Tsubame-Sanjo. Here, you are bound to encounter people who will inspire you. Tsubame-Sanjo is home to many company owners with a passion that burns brighter than a hot iron. There are many people to meet in person and talk to, many things to experience, and a wealth of produce to taste in Niigata. Come play in Niigata throughout the seasons, and when you do, I hope this book will serve as your guidebook.

The reason I became a chef was that my father was a chef. It was not only his skill, but his passion and attitude toward work that fascinated me. Tsubame-Sanjo is home to some of the top craftspeople in Japan. I think so each time I see them. I want to create something valuable, to have guests eat cuisine that will inspire awe and make them glad they visited my restaurant. That is why I created Tsubame-Sanjo Italian Bit, which has increased not only in shop locations, but in surprises and wonder for guests.

My dream is to create a town where people gather to seek eating establishments.

Nothing would bring us, the people on a mission to showcase Tsubame-Sanjo to the world, more pleasure than if you visited us as a result of an interest in Tsubame-Sanjo piqued through this book. Bit serves as a bridge, connecting people. Together with our friends, we will continue to strive to contribute to the region.

Finally, I would like to express my gratitude to everyone who helped make this book possible. Thank you from the bottom of my heart. I hope you will continue to support our efforts in the future.

Takeshi Akiyama

後記

各位讀者朋友，你們有沒有對新潟和燕三條產生興趣呢？本書的製作，是使我本人重新體會到燕三條厲害之處的一次機會。

土地的潛心力、高超的技術力、前人們積澱而成的歷史……而要說最大的魅力，要數居住於此地的「人」。無論今昔，擁有強烈個性和強大信念的人們相互幫助，相互競爭，隨著時代變化而在一起切磋琢磨，這座城鎮的魅力也因而與日俱增。我認為這恰恰說明了「傳統即革新的連續」。

正因為此，如果讀者因閱讀本書而對Bit的料理或是匠人的技藝心動，那我希望他們能夠實際造訪燕三條。與魅力之人的相遇一定會在那裏等待著各位。在燕三條，有許多比熱鐵還熱情的社長。有許多事情，我希望各位能夠直接與社長們見面交談，並從中感受。還有許多希望各位來新潟品嘗的食材。歡迎在不同的季節裡前來新潟遊玩。相信到那時，本書將會成為您的旅遊指南吧。

我成為廚師的契機，是因為我的父親也是一名廚師。父親不僅用廚藝，更用對工作的熱情和態度吸引了我。燕三條有許多一流的名匠。每當看到他們，我便會陷入思考。我想做些有價值的東西，想讓顧客品嘗到令人感動的料理，想讓顧客覺得來到我的店裏真好。在這些想法的推動下，「燕三條義大利餐廳Bit」誕生了。店鋪的數量也隨著顧客的驚喜和感動而一同增加。

我的夢想是：打造一個人們聚集在一起追尋餐廳的城鎮。

哪怕只有一名讀者透過本書而對燕三條產生興趣，進而造訪本地，對於背負著「宣傳燕三條」之使命的我們而言，沒有什麼事情能比這個更加令人高興的了。Bit將作為橋樑，將人與人聯繫起來。我們今後也將和夥伴們一起，竭盡全力為地區做出貢獻。

最後，我要感謝所有在編寫本書時給予大力幫助的人們。非常感謝各位。今後也請多多支持。

秋山武士

Tsubame-Sanjo Italian Bit

President of Bit Co., Ltd.
Takeshi Akiyama



Takeshi Akiyama was born in the city of Tsubame (formerly the town of Yoshida), Niigata Prefecture in 1979. He honed his skills at a famous hotel in Tokyo and was even in charge of preparing the main dish for the Crown Princess Masako’s dinner party. After returning home, he served as a chef, then head chef, at a restaurant in the city of Niigata, then branched off on his own in 2013, opening Tsubame-Sanjo Italian Bit Niigata, with “spreading the charm of Tsubame-Sanjo through food and creating a craze in Niigata” as its concept. He has also been appointed as a PR ambassador for the city of Tsubame. In 2015 the restaurant was crowned champion of the Izakaya Koshien National Tournament and was featured widely in the media, making Tsubame-Sanjo known nationwide. A location was later opened in Ginza in 2017, then the main location in Tsubame-Sanjo in 2019, serving high-quality Italian cuisine that combines local Niigata produce and European-style tableware made locally in Tsubame-Sanjo. With “Think global, act locally” as his corporate philosophy, Akiyama has given numerous talks both in and outside the prefecture, gaining attention as a restaurant owner bringing innovation to the dining industry.

1979年誕生於新潟縣燕市（原吉田町）。修行時代曾在東京都內著名的飯店學藝，曾在雅子皇太子妃的宴會上負責主菜的製作。回鄉後，在新潟市內的餐廳先後擔任廚師長、總廚師長，2013年開始獨立經營。以「用美食宣傳燕三條的魅力，讓新潟狂熱起來」為概念，「燕三條義大利餐廳Bit 新潟店」開業。被任命為燕市宣傳大使。2015年在居酒屋甲子園全國大會上獲得優勝。各大媒體爭相報導，向全國介紹了燕三條。之後，先後於2017年、2019年開設銀座店和燕三條總店，利用燕三條地區西餐具和新潟地區食材的相乘效應，為食客提供上等義大利料理。提出「Think global，Act locally（用世界標準思考問題，為地區做貢獻）」的企業理念，在縣內外多次舉行演講，作為一名為餐飲行業帶來革新的經營者而備受矚目。



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