

MIRU AMAMI

(Restaurant)

AMANARI

Inspired Nature

ソテツの実である成は、島の人々の命を繋いできた奄美の食文化原点ともいえる実です。食べることに意味には段階があります、美味しく食べる、栄養のあるものを食べる、生きる為に食べる。ソテツの実が島の人々が生きる為に命を繋いでくれた大切な実、その大切な実を奄美の食文化を守りたいと考える私たちのレストランの想いにかけて成という字を名前に入れ、読んで字の通り、奄美→奄実（奄美の実は成とかげ）アマナリと命名しました。

SOTETSU is the Japanese word for Cycas revolute. This is a native fern palm widely found in AMAMI. Cycas is an ancient plant that existed since the Jurassic and Cretaceous periods. The seed of the plant is called NARI and is toxic and poisonous. In early poverty times, local Amamians in order to survive famines and food shortages, found a way to remove the toxin and use the seed for cooking as soul food for many generations. The NARI seed to this date, symbolises the tough and resilient nature of the people of the island.

The name of the Restaurant AMANARI is derived from name of the island and the seed of the native plant.

水
惣
月

お品書き

先付/Soup

Fresh onion and celery cycad fruit potage

お凌ぎ/Oshinogi

Vegetable and local shellfish Vinegar sauce

前菜/Appetizer

Local tuna and squid sashimi

揚げ/Fried food dish

Deep fried Fish paste green seaweed and burdock

煮物/Stewed food dish

Simmered winter melon with chicken sauce

お肉のお皿/Beef Grill dish

Grilled Kagoshima black beef Shiso sauce

お米のお皿/Rice dish

Local seafood sushi and soup of the day

甘味/Dessert

Seasonal anmitsu

AMANARI DINNER COURSE

