

Wagashi: Traditional Japanese Confections


















Ichigo daifuku

Daifuku, a confection of sweet *an* bean paste wrapped in *mochi* glutinous rice, has been on the scene for about 250 years. But the *ichigo daifuku*, which contains a whole strawberry (*ichigo*), is a relative newcomer to the world of Japanese sweets, having been created about 30 years ago. The delicious contrast of sweet and sour has won favor for this confection, which has become a popular choice among *wagashi* lovers during the strawberry season. A recent variation adds whipped cream between the *mochi* and *an*. Confectioners have also come up with variations that substitute other fruits, such as grapes and melon, for the strawberry.

The makers of *wagashi* strive to preserve traditional tastes, but they are also constantly coming up with original creations. We hope you will enjoy these Japanese treats.

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