

Wagashi: Traditional Japanese Confections



Akafukumochi















Akafukumochi, a specialty of Ise in Mie Prefecture, is a traditional Japanese sweet with a history going back some 300 years. This confection is made of soft *mochi*, cakes of pounded glutinous rice, topped with velvety-smooth *an*, sweet red paste made by boiling and straining adzuki beans. This *wagashi* has been a favorite among visitors who come to pay their respects at Ise Jingu shrine. According to local lore, *akafukumochi*'s distinctive shape is meant to evoke the Isuzu River, which flows through the shrine precinct. The three ridges in the *an* call to mind the gentle eddies in the river, while the *mochi* represents the pebbles of the riverbed.

We recommend savoring the delicate sweetness of this *wagashi* with a cup of *hojicha*, roasted Japanese tea.

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