

Heartwarming Treats Campaign

During the Zenkōji Illumination event, visitors can receive special Heartwarming Treats like amazake and oyaki at stores on Zenkōji's Nakamise-dori Street!

[Time Period] 12/5 (Sat.)~13 (Sun.)

- ① Get a coupon ② Choose one of the participating stores
③ Exchange your coupon at the store ④ Receive your heartwarming treat!

[Locations] 13 shops on Zenkōji's Nakamise-dori Street

[Where to get the coupons] At the HQ Booth in front of the Komagaeri-bashi Bridge

*Each store has put aside a certain number of treats each day for the campaign.
*Please understand that the coupons can be used only while supplies last.

Nagano "Colors of the Four Seasons" Campaign Planning Committee



Nagano City Town Stroll Digital Stamp Rally

Collect digital stamps from all over Nagano City! Collect points and receive novelty items or digital coupons!

[Time Period] ~ March 13, 2021 (Sat.)

- Various digital stamp checkpoints have been set at several locations in Nagano City!
- Visit tourist facilities, restaurants, souvenir shops, and event venues to collect as many digital stamps as you can!
- Collect points, and trade them in for novelty items or digital coupons!

*Novelty goods and digital coupons will be given out only while the set amount of supplies lasts.

"Nagano City Town Stroll Digital Stamp Rally" Office



Scan to participate in the Digital Stamp Rally!



[Questions] Contact the Nagano Tourism Convention Bureau (Public Foundation) TEL 026-223-6050 FAX 026-223-5520 9:00 AM~5:00 PM (Excluding Saturdays and holidays) <https://www.nagano-cvb.or.jp/>

18th NAGANO TOMYO FESTIVAL

Theme: Lights of peace ~Inheriting the Future~

[Dates] Feb. 11, 2021 (Thurs. holiday)~14 (Sun.)

6:00 PM~9:00 PM (Will end at 8:00 PM on the last day)

[Location] Around Zenkōji Temple and along the street between the Daimon and Shindenmachi crosswalks

With the full cooperation of globally-renowned illumination designer Ms. Motoko Ishii, a spectacular air light show will brighten the sky with a "Prayer for Peace" to celebrate medical workers who have bravely stood against the spread of COVID-19.

Large lanterns with beautiful paper-cut designs will illuminate the main street Omotesando leading to Zenkōji Temple, creating a dazzling "Glowing Dream Exhibition." It will feature designs created in the hopes that the spread of COVID-19 will soon come to an end.

[Sponsor] 18th NAGANO TOMYO FESTIVAL Executive Committee

[Co-sponsor] Junior Chamber International Nagano



Illumination Event Minami Nagano Festival 2020 ~Four Seasons~

[Dates] Illumination Period 11/29 (Sun.)~12/25 (Fri.)

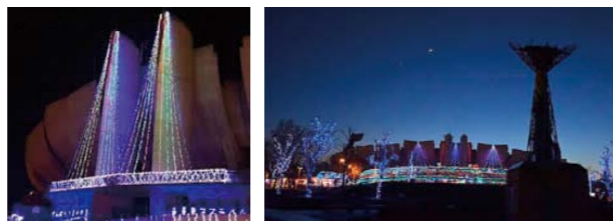
5:00 PM~10:00 PM

Free Admission

[Location] Minami Nagano Sports Park

[Access] Five minutes from the Joshin-etsu Expressway "Nagano IC" by car. There are 800 parking spaces available in the park.

[Sponsor] Junior Chamber International Minaminagano



*This event may be cancelled depending on the situation regarding the spread of COVID-19. *Please check your temperature before you attend this event, and wear a mask at all times when inside the venue. (Temperature checks will be carried out onsite. If you have a fever of 37.5°C (99.5°F) or higher, or if you are feeling unwell, please refrain from attending this event.)

*Indoor venues will be supplied with body thermometers and hand sanitizer. All staff members will wear face shields and masks.

Production schedule and contents may differ from those pictured here, so please check beforehand regarding any changes.

Sponsor: Zenkōji Omotesando Illumination Executive Committee With assistance from: Japan Design Week / Design Association npo

Support from: ABE & PARTNERS イブイ CHINTAI

Contact Information: Zenkōji Omotesando Illumination Executive Committee Office (Nagano City Tourism Promotion Section, Inbound Tourism & International Relations Section)

TEL.026-224-8316



Nagano Design Week Homepage

期間限定 2021年1月まで 善光寺仲見世通り ⑧たきや内 47CLUBの リアルショップ

「47CLUB」は、日本全国の45社46紙の地方新聞社が厳選した逸品を集めたお取り寄せサイトです。当店は「47CLUB」ご出品の中から商品を店頭販売させていただいております。

全国の地方新聞社が厳選した逸品を取り揃えております!!



信州の名物丼ぶりが大集合!!

丼ぶりフェア開催中!!

お問い合わせ先 ☎ 0120-713-746

運営：有限会社プランニング・エム

※⑧たきや内の47CLUBリアルショップは有限会社プランニング・エムが運営しています。



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⑧たきや内
東側6件目

仁王門

至中央通り

長野市大字長野元善町482

☎026-232-4424

営業時間 9:00~17:00

ごんなのあるんだ!

47CLUB

Zenkōji Omotesando Illumination Official Guidebook

NAGANO
DESIGN
WEEK

ABE & PARTNERS

Zenkōji Temple Illumination 12/5 (Sat.) - 13 (Sun.) 5:00 PM-8:00 PM

Downtown Illumination 11/7 (Sat.) - 3/13 (Sat.), 2021 5:00 PM-10:00 PM

Design Week in Togakushi 2/20 (Sat.) - 3/7 (Sun.), 2021



Outside the Main Hall



Inner Hall: 25 Guiding Bodhisattva



Inner Hall: Light of Hope



Inner Hall: Light of Hope

JAPAN
DESIGN
WEEK

ABE & PARTNERS

Our goal is to highlight the sensations of Japan's 47 Prefectures and set key areas as stages for regional branding. We have established locations that create sustainable opportunity for domestic and international expression. We work with the aim of breathing life into regions through creativity.

"Ray of Hope"

Each of us have faced unprecedented hardship this year from the spread of COVID-19.

Here at Zenkōji Temple, encounter a "Ray of Hope" that will illuminate a path toward a brighter future.

The radiant light that emanates from the principal image of Buddha and Zenkōji Temple weaves a brilliant new tale.

Courage Hope Future

Imparting a vision of hope for the future to all those who visit Zenkōji Temple.

"Zenkōji Omotesando Illumination", a new event that highlights the radiance of Nagano City and Zenkōji Temple. The trees that line the 1.8 km stretch of road between Nagano Station and Zenkōji Temple will be adorned in brilliant lights. Zenkōji Temple's Main Hall and the Sanmon Gate will feature a radiant light show created by a top designer that will guide visitors to a fantastic world.

The main venue of Zenkōji Temple will host an art installation using light and music created by spatial designer Kimi Hasegawa, famous for her environment design work throughout the country as a part of JAPAN DESIGN WEEK, like the Omotesando Illumination in Tokyo. A new light emanates from the principle image of Buddha: the honorable Amida Nyorai.

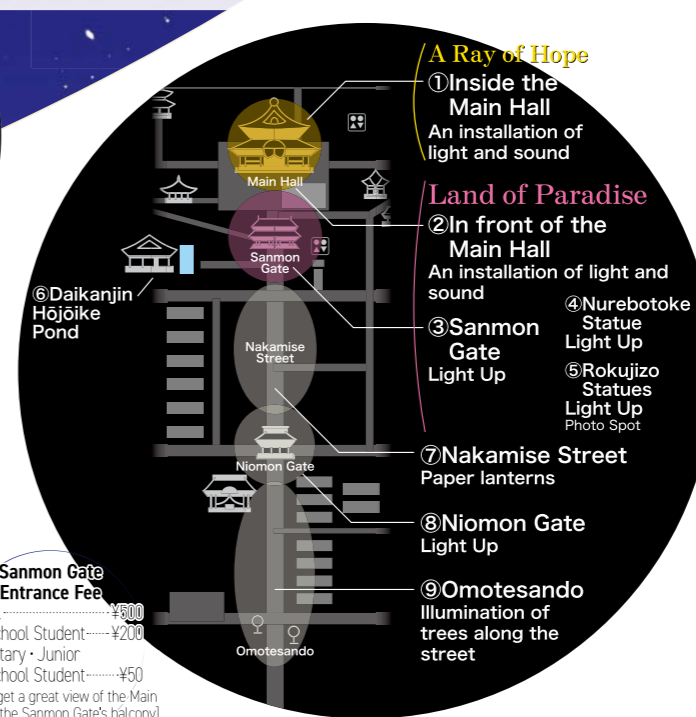


Spatial Designer **Kimi Hasegawa**

Representative of VELVETA DESIGN. With the theme of "Designing the Air", she has created many fantastic aerial spectacles. Her famous works include "Grand Front Osaka Christmas", "Marunouchi Bright Christmas 2018", "Sapporo White Illumination", and more. Hasegawa has produced winter decorations and light shows in shopping complexes shop designs, graphics, films, etc. throughout many regions. She is the recipient of the JACE grand prize and a gold medal from the Société Nationale des Beaux-Arts. www.velveta.jp

Zenkōji Temple

A temple with around 1,400 years of history, Zenkōji is a representative Buddhist temple of Japan. The Main Hall is a National Treasure, and the Sanmon Gate has been designated as an Important Cultural Property. Since its establishment, Zenkōji Temple has welcomed visitors of any age, gender, religion, or denomination. This open-mindedness and promotion of genuine values have surely attributed to the significant number of believers who gather at Zenkōji. This year's Zenkōji Omotesando Illumination Event expresses this feeling of deep nostalgia for Zenkōji through its radiant light displays.



Two thousand years ago, lotus seeds budded at this site, and now beautiful lotus flowers bloom proudly here in the Zenkōji Daikanjin's Hōjōike Pond. In collaboration with Kogakuin University, we present for the first time a magical light show that illuminates Hōjōike Pond. Images of the Milky Way, a twinkling night sky, and shooting stars will dance across the water's surface.

Presenting an illumination full of hope, woven into a spectacular world of light.

Elements of light, sound, and sweet fragrances make full use of the space in this installation. Come savor the sight of a Zenkōji that you have never seen before.

Nakamise-dori Street



Lanterns in the image of lotus buds will decorate Zenkōji's Nakamise-dori Street. Planning and design of the lanterns by graphic designer Mr. Takehiko Tsutsumi.

Omotesando (Nagano Chuo-dori Street)



Zenkōji is supported by 108 pillars, and it is said that many of these were made from the wood of Japanese Judas trees. The 1.8km length of Omotesando is lined with around 160 of those same Japanese Judas trees, which will be illuminated with over 410,000 bulbs of LED lights to create a performance of light on Nagano's main road. Just as they helped Zenkōji flourish, the radiant trees that brighten the temple town area of Nagano City may come to be called "the 109th pillar of Zenkōji".

八十二銀行
オリジナルキャラクター
「はちの8ちゃん」

街を彩る
お手伝い。

八十二銀行

おかげさまで2020年9月、
設立50周年を迎えました。

50th Anniversary
SYSTEM

システムを創造し、
ユーザーと共に歩む。

株式会社 システックス

ビジネスシステム受託開発、パッケージソリューション、クラウドシステム開発、AI

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忘れられぬ、信州の味

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本社 長野市柳町二〇二一 ☎〇二〇二一・五六・七〇

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長野県長野市中御所岡田 53-7
☎026-228-9309

全力 サポート 宣言

NAGANO DESIGN WEEK Official Goods

For sale at the HQ Tent (Zenkōji Entrance, near the Komagaeri-bashi Bridge)
12/5 (Sat.)~13 (Sun.) 5:00~8:00 PM
*All costs include tax

Confiture (Jam)



Special strawberry confitures that were created in collaboration with Meal Care Corp. just had restored from flood damages caused by Typhoon Hagibis in 2019.

¥690
【Design by】Sakurako Uchida from Okagakuen Total Design Academy

T-Shirts, Polo Shirts



T-Shirts and polo shirts created in collaboration with Ogasaka Ski Manufacture Co., Ltd.

T-Shirts: ¥2,200 Polo Shirts: ¥2,640
【Design by】Nagano Art & Design Professional Training College, Visual Design of a two year system Kaho Hirabayashi, Aya Matsuoka Satomi Sakaguchi, Chihiro Shiba

Neck Warmer



Neck warmers with an original design created in collaboration with the Spanish headwear maker Buff.

¥2,000
【Design】Haruka Takumi from Okagakuen Total Design Academy

Guntie



Original design cotton gloves created in collaboration with Shinshu University Department of Textiles students who planned the "Hanasaka Cotton Gloves Project"

¥500
【Design by】Haruka Takumi from Okagakuen Total Design Academy

Aroma Oil



Original aroma oil "syuka". It has a beautifully delicate bouquet made to represent the idea of *shuuukaheigetsu* (a term that describes a beauty so overwhelming that flowers shy away and even the moon hides in its presence).

¥1,100 (3ml)
【Design by】Sae Shioiri from Oka Gakuen Total Design Academy

Shichimi Can



Original design Shichimi Can made in collaboration with Nagano City's Shichimi Brand Store "Tanemoto Yawabaya Isogoro"

¥450 (14g)
【Design by】Haruka Takumi from Oka Gakuen Total Design Academy

3 Zenkōji Illumination Opening Ceremony (Lighting Ceremony)

12/5 (Sat.) from 4:45 PM
■Zenkōji Sanmon Gate
Special Provisional Stage

Performances at Zenkōji Temple will start with the countdown to light up!
Special Guest: Ai Higuchi



Ai Higuchi

【Tribute Mini Concert】

12/5 (Sat.) 4:30~4:45 PM
Performance: Ai Higuchi
12/6 (Sun.) 5:30~6:00 PM
Performance: Kan Sano

Special Guest: Sakura Fujiwara



Kan Sano



Sakura Fujiwara

Revival Market

12/5 (Sat.), 6 (Sun.) 5:00~8:00 PM
*5th & 6th (Toyono Area)
■Specialty Booth near the Komagaeri-bashi Bridge
【In Collaboration with】Toyono Onsen Ringo no Yu Hot Spring Farmer's Market Association, Residence Associations from Toyono areas

1 3 Your Car as a Power Supply - Disaster Prevention Event

12/12 (Sat.), 13 (Sun.), 3:00~8:00 PM
■Zenkōji Rokujizō Plaza & Nagano Station

This demonstration will show you how to use a car as a mobile generator to supply electricity during a disaster. This car will also supply electricity for the illumination of the Rokujizō Statues.
【In Collaboration with】Toyota U Group

1 Hydrogen Car Electricity Event

12/18 (Fri.) ■Nagano Station

Using hydrogen energy, electricity will be supplied to light up a festive tree.
【Support from】Toyota U Group, Kanto Bureau of Economy, Toyota Motor Corporation, Nagano Prefecture Enterprise Bureau

Nagano Yell Festa 2020 - Nagano City "Solace through Sound and Food"

March 13, 2021 (Sat.) ■Central Square
Enjoy food and alcohol while listening to live musical performances.



Revival Street Piano

12/5 (Sat.) 5:15~8:00 PM
12/6 (Sun.) 6:15~8:00 PM
■On the south side of Zenkōji Sanmon Gate
Restored after being submerged in floodwaters in the wake of Typhoon Hagibis, this piano will be set up near the Sanmon Gate. It will be used during the Tribute Mini Concert, but will also be free to play by anyone during the times listed above.
Picture features the Street Piano from 2019



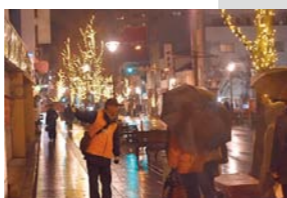
Amazake Stalls

12/5 (Sat.), 11 (Fri.), 12 (Sat.) 5:00~8:00 PM
■Near Zenkōji Daikanjin Hōjōike Pond
【Support from】Zenkōji Daikanjin

2 Night Tour (Zenkōji Omotesando)

12/5 (Sat.), 6 (Sun.), 12 (Sat.), 13 (Sun.)
Gather at 6:00 PM - Duration of ~ 1 hour

Representatives from the Nagano City Guide Association will guide you along twinkling Omotesando while introducing historic temples and other points of interest. Visit majestic temples and Buddhist statues, and enjoy the sights of a town unlike the ones you can see during the day. (Please reserve at least 3 days in advance)



【Reservations & Questions】Nagano City Guide Association
☎ 026-225-9911 (Reception from 9:00 AM~2:00 PM)

3 Zenkōji Light Up Performance with Nagano Design Week

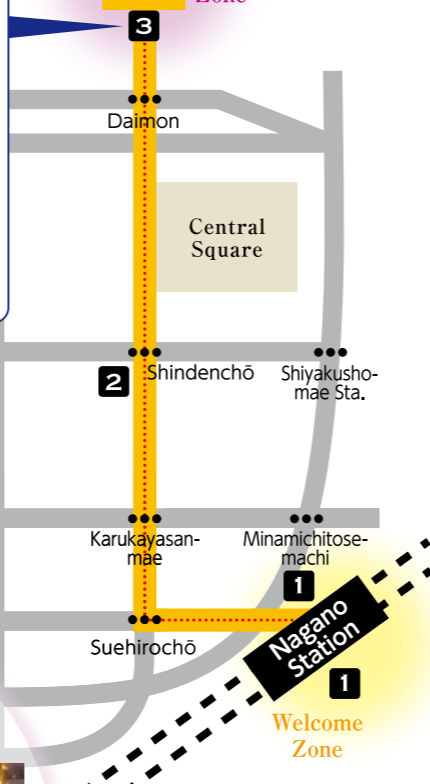
On the eve before the Zenkōji Illumination begins, the lit up Main Hall of Zenkōji Temple will serve as the stage for the exciting traditional Lion Dance performed by the Zenkōjidaira Kagura Preservation Society, as well as performances by Nagano City-affiliated Taiko group and Niko artist.

After the performances have concluded, fireworks will be launched in coordination with the ringing of Zenkōji's temple bell.

12/4 (Fri.) 5:30~7:00 PM
【Numbered ticket distribution (from 4:30 PM in front of the Main Hall), Replacement System】
■Entrance of the Main Hall
Japanese Taiko: Bukyou Daiko Miyabi
Niko: Kento Takayama
Lion Dance: Zenkōjidaira Kagura Preservation Society
【Sponsor】Japan's Best Monzen Machi Dai-Ennichi Executive Committee

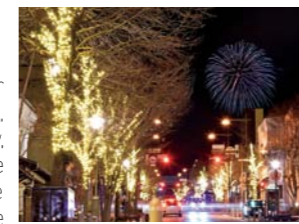


Zenkōji Monzen Town



Firework Launching

12/4 (Fri.)~6 (Sun.), 12 (Sat.), 13 (Sun.), 3/13/2021 (Sat.)
7:00 PM for a duration of about 5 minutes
■Launch site: Jidzukiyama Disaster Prevention Memorial Park



A spectacular show of fireworks full of wishes for a speedy resolution to the COVID-19 pandemic, hopes for a swift recovery for the local economy, and gratitude for medical workers will illuminate the mountains behind Zenkōji Temple. The enlivening light will instill in all who witness it the courage to stand up in the face of hardship, and the hope to embrace the future.
*Visitors may not observe fireworks from inside the park.

【Sponsor】Zenkōji Omotesando Illumination Executive Committee
Nagano Tourism Convention Bureau
Japan's Best Monzen Machi Dai-Ennichi Executive Committee

1 Welcome Zone

(Nagano Station Zenkōji Exit Plaza, Nagano Station East Exit Seisen Jogakuin College Campus)

11/23 (Mon. Holiday)~12/25 (Fri.)
The area surrounding Nagano Station will be set as the Welcome Zone, and photogenic Christmas Trees will be set up in the Nagano Station Zenkōji Exit Plaza and just outside of Nagano Station's East Exit at Seisen Jogakuin College Campus (from 11/25 [Wed.]).



Nyozeihime Fountain Light Up

11/23 (Mon. Holiday)~12/25 (Fri.)
■Zenkōji Exit Plaza Nyozeihime Fountain
【In Collaboration With】Nagano Station Zenkōji Exit Utilities Network, Sannō Nursery, Poppo Land Asama, Nabeyata Elementary School, Seisen Jogakuin College



Family LED Class

(Free participation, geared towards elementary~high school children)
12/5 (Sat.) from 2:30 PM, 12/6 (Sun.) from 10:00 AM
■Nagano City Youth Science Center
Duration: About 1 hour 30 minutes
Limited to 8 groups of parents and children each day
A fun LED class hosted by professors and students of Kogakuin University that families are sure to enjoy!

*Those who wish to participate must reserve their spot ahead of time. For details, please visit the Nagano Design Week Homepage.

Illumination Dinner

12/6 (Sun.), 12 (Sat.) Starting at 6:00 PM
■Zenkōji Daikanjin Shiunkaku Building
Cost: ¥5,000 per person
Capacity: 16 people
Enjoy a delicious Gibier dinner made by Chef Kodama while gazing out on the gorgeous light installation at Zenkōji's Daikanjin.

Face to Face

しんきんは
地域のみなさまを
応援しています。

長野信用金庫
http://www.nagano-shinkin.jp/

ご希望のお客さまに申し上げます。

**新型コロナウイルスになんか
負けないぞ!!**

新たな日常のために

- 新型コロナウイルス感染症にかかるときの行動基準
- 家庭で注意したい感染対策
- 感染リスクが高まる「5つの場面」
- 消毒の方法 etc.

窓口または担当者へお申しつけください。ホームページからダウンロードもできます。

けんしん BANK
THE NAGANO-KEN SHINKUMI BANK

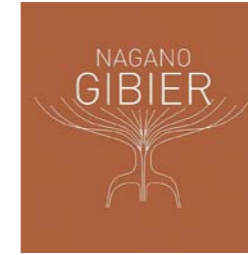
Gibier

Nagano City is surrounded by mountains, and experiences many incidents in which wild boars and deer badly damage the local agricultural produce. Through the power of design, "NAGANO DESIGN WEEK" has set out to help solve these wildlife problems that threaten Nagano City. Using Nagano's speciality produce like apples, vegetables, and fermented foods, we present an original Gibier dining experience featuring dishes with wild game and other local ingredients. This menu featuring high quality game raised in the nature of Nagano, matched with healthy local ingredients that promote long life, overflows with nature's bounty and pairs beautifully with a nice wine.

[Recipe Creation] Chef Nobuko Kodama (Shinshu Gibier Meister/Owner of Farm Café Rabbit)



Upon receiving her chef's license, Chef Kodama went to America. While working as a chef in California, she also helped at a farmer's market and learned firsthand about the importance of fresh ingredients. When she returned to Japan, Chef Kodama moved to Omachi City in Nagano Prefecture, where she cultivated her own farm with western and traditional vegetables, and opened a restaurant featuring these fresh flavors. After experiencing devastating crop loss from wildlife damage, she obtained her hunter's license and now performs every step of the hunting process herself; from capturing and preparing the game, to cooking it into a well-thought out meal. Chef Kodama holds cooking seminars geared towards international participants, shares the principles of Gibier through classes, and teaches elementary school children about the importance of carefully choosing ingredients in her "Taste Lessons". Chef Kodama also currently works with the Nagano Prefecture Environment Council as a councilmember.



Let's Gibier from Home! ~Original Gibier Recipes~



Appetizer

Venison seasoned with a palette of ethnic spices. With accents of coarse black pepper. Complete with fresh winter vegetables and kojikaramiso (spicy miso paste), this appetizer pairs well with Japanese sake.

<Ingredients> For 4 people

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 200g Venison thigh
Trim the meat (clean the muscles and fascia) | 1 stalk Lemongrass - cut into 5cm pieces
1/4 stalk Ginger - thinly sliced |
| [Marinade]
1 Onion, thinly sliced
1/2 Apple, thinly sliced
1 clove Garlic, thinly sliced
1 Tbsp Honey
1 Lemon - cut in two, juice one half
2 Tbsp Fish Sauce
1 Green Pepper - tear into pieces with your hands | 2-3 stalks Coriander
Coarse black pepper, to your liking
Kojikaramiso (Spicy Miso Paste), to your liking
1/2 Red Daikon Radish
100g Romanesco Broccoli
1 leaf Napa Cabbage
1/4 bunch of Spinach
Salt, to your liking |

<How to Make>

- Ferment the venison for 3 days in the marinade.
- Cook with the sous vide method (low-temperature, long-time cooking)
Place the marinated venison from step ① in a bag and remove all of the air. Heat while in the bag at 55°C for 2~2.5 hours.
- Let it cool, then pour out the marinade and remove the liquid before frying the meat on both sides in a fry pan.
- Peel the red daikon radish and cut into 8 equal parts, then boil in salt water.
- Boil the napa cabbage and spinach in water, then use the spinach as the filling and wrap the cabbage around it. Cut into bite-sized pieces.
- Boil the romanesco broccoli in salt water.
- Cut the venison into 8 equal pieces, and plate together with the vegetables. Add the spicy miso paste on the side.
Top the venison with some coarse black pepper.



Smoked Venison and Herb Salad with Gorgonzola Sauce

Roasted venison smoked with apple smoking chips. Salad made with a medley of herbs and edible flowers, topped with a mouth-watering gorgonzola sauce.

<Ingredients> For 4 people

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| [Smoked Venison]
100g Venison thigh, trimmed | 2 Tbsp Buckwheat Seeds, roasted
2 Tbsp Onion chips
Pinch of Dill |
| [Marinade]
2 Tbsp Amazake
1 tsp Salt
Pinch of Black Pepper
1/2 clove Garlic, sliced
1/4 Apple, sliced
2 Tbsp Extra-virgin Olive oil | 1 Tbsp Extra-virgin Olive oil
[Gorgonzola Sauce]
100g Gorgonzola
50g Ricotta cheese
50g Fresh Cream
2 Tbsp Venison Stock (made from boiling the deer bones) |
| [Herbs for the Salad]
~200g Lettuce Mix
4-5 types of edible flowers | 30-50g of Apple Smoking Chips |

<How to Make>

- Prepare the smoked venison
Trim the meat, and marinate overnight.
Remove the liquid, then coat frying pan with olive oil. When it begins smoking, place the venison in the pan and grill until char marks appear on the surface.
- Once the meat has browned, remove from heat and let cool before placing in a storage bag and removing the air.
- Fill a rice cooker up with boiling water (to the 6 minute measurement), add the bagged venison, close the lid and let sit for 30 minutes.
- Remove the venison once 30 minutes have passed, and smoke with the apple smoking chips. If it begins smoking profusely, make sure that you haven't raised the temperature too high.
- Smoke for about 30 minutes, then remove from heat and set aside until cool.
- Dice the smoked venison into 5mm pieces.
- Place the salad herbs, edible flowers, dill, apples, and onion chips in a bowl and mix together.
- Add olive oil and gently mix. Add the diced venison.
- Make the gorgonzola sauce. Place all of the ingredients in a pot and turn on the stove. Once the ingredients have melted, place in a mixer and cream. Pour out onto the middle of the serving plate.
- Place the salad mix on top of the sauce, and sprinkle the roasted buckwheat nuts on top. When you take a bite, be sure to mix it all together to get the most delicious results.



Venison and Vegetable Stew

Simmered in dark beer and balsamic vinegar, this venison and vegetable stew will keep you warm through the winter. Combined with Guanciale (pork cheek fermented in salt) and homemade jam, this stew presents a deep and complex flavor experience.

<Ingredients> For 4 people

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 800g Venison, trimmed
[Marinade]
50ml Balsamic Vinegar
100ml Red Wine
1 tsp Salt | 50g Butter
400g canned whole Tomatoes, crushed
200g Fond de Veau (veal stock)
330ml dark beer (Stout, Porter)
2-3 Tbsp Currant jam
2 Bay leaves
2 sticks Cloves
1 Tbsp Brown Sugar
1 Tbsp French Mustard
Salt, to taste
Black pepper, to taste |
| 3 Onions, sliced thinly
1 clove Garlic, finely chopped
180g Guanciale, diced into 5mm pieces
150g Lotus Root, cut into large bite-sized pieces
1 stalk Burdock Root, chopped into chunks (large bite-sized) | |

<How to Make>

- Trim the venison, cut into large pieces, and marinate for 2 days in the fridge.
- Remove the meat from the marinade, pour marinade liquid into a pot and heat, bring to a boil and strain any scum from off the top.
- In another pot, fry together onion, garlic, and butter. Once the ingredients become transparent, add in the Guanciale and fry again. Once it develops grill marks, add 200ml of water and fry until the onion turns an amber color.
- Add the venison, and cook until the color changes on the surface. Add the canned tomato, marinade, fond de veau, dark beer, bay leaves, cloves, brown sugar, and french mustard and cover, then simmer on a low heat until the meat becomes tender (approx. 2 hours).
- Add in the lotus and burdock roots, then simmer again. If there doesn't seem to be enough liquid, add some water.
- Once the meat and roots become tender and shiny, taste the stew and add more salt and pepper to your liking.

Nagano Design Week in Togakushi

Experience the winter wonders of Togakushi!

February 20 (Sat.)~March 7 (Sun.) 2021

Beautiful nature, traditional culture brimming with mystery, winter soba, and the highest quality "magic powder" snow. Experience the winter wonders of Togakushi to the fullest, and see a world that only the locals know about.

Opening Event

2/20 (Sat.)

A spectacular night opens the curtain on this exciting winter event.

Snowshoe Tour Reserve

2/21 (Sun.), 3/2 (Tues.), 7 (Sun.)

Take a guided tour on snowshoes and fully enjoy the snowy landscapes you can only see in winter.

Ski Training Courses Reserve

2/24 (Wed.)

Morning Course 9:00~11:00 AM Afternoon Course 1:30~3:30 PM

Location: Togakushi Ski Resort

Number of Participants: 10 people per course



Snowcat Tour Reserve

2/20 (Sat.), 3/6 (Sat.)

Ride in a Snowcat over gorgeous powdery snowscapes.

Kamakura Event

2/27 (Sat.)

5:00 PM~9:00 PM

Escape the cold in a kamakura (snow hut), and savor a delicious hot meal of soba, sweet red-bean soup, and local Togakushi Sake.



*The snow huts will be set up throughout the Design Week events

Revival Street Piano Concert

2/27 (Sat.)

The recovered piano introduced on P4 will also take the stage in Togakushi



Making Bamboo Snowshoes & Snow Hiking Reserve

2/28 (Sun.)

Create a pair of snowshoes in the style of Togakushi's traditional bamboo wares, and use them to take a snow hike up through the forest to Togakushi's Okusha Shrine

Finale Event

3/6 (Sat.)

たばこを吸う私も、
人の煙はごめんだ。

Although I smoke,
I hate other
people's
smoke.



MORE INFO → www.jt-manners.jp

あなたが
気づけば
マナーは
変わる。



すべてを、お客さまのために。



年賀はがき発売中!

年賀はがきは12月15日から引受を開始します。12月25日までの差出しにご協力願います。

長野市内郵便局

ドコモスマホ教室

随時開催中!

ドコモショップ店頭または
電話・WEBにてお申し込みください。

※受講にはdポイントクラブ入会、dポイントカード利用登録、dアカウント発行が必要です。
※コロナウイルス感染拡大防止のため、マスクを着用いただき、間隔を空けて実施いたします。
※受講人数には限りがございます。

お申し込みは
こちら



※サイトへのアクセスにはパケット
通信料がかかります。
※iモードからはご利用になれません。

NTT docomo 株式会社ドコモCS 長野支店