

That is Yuba's History and Topics!!

“Yuba” was accidentally discovered in China.

It was an accidental happening, when monk made a tofu at that time, monk kept warm soy bean milk in the pail. After that, when he checked inside of pail, he was very surprised it, because he could find any skin film on the warm soy bean milk. (It is Ramsden phenomenon)

When the monk ate it, he felt that it was very tasty, and then monk started to cook it and spread it as a temple cuisine.

Now, Hieizan monk Saicho brought back this yuba with Buddhist and Tae from China around 1200 years ago, it was a first propagation to Japan by this action.

Then our ancestors continue to spread it as food vegetarian meal of each temples and high quality food in Imperial Household at Kyoto.

According to the literature by long ago of Japan, we memorized below topics on nursery rhyme: “terano bousan nani kuute kurasu? Yubano tsukeyaki teishinnbou!! (what food does monk eat every time? Monk always eat baked yuba and pickles”)

In addition, high status of Priest INGEN RYUKI visited Japan in the early Edo period.

When he stayed Japan, he made manner of fucha-ryori to all person of Japan by himself, and he tried it by hospitality to customers.

(fucha-ryori made an impact to shippoku ryori of Nagasaki local food.)

He played a major role in the propagation of Yuba.

When we were introduced Yuba from China and old ago, deeply fried yuba and dried yuba was common at that time, but recently when our lifestyle changed, the proportion of the person increased who eats fresh yuba.

In the recent year, we also use it for baby food, because we don't use coagulant, keeping much vegetable protein, vegetable fiber, isoburabon, and peptide and so on, much nutritional value, too.

