

A rich, amazake-flavored health drink full of essential amino acids and fiber

Kankororin

New! An amazake-flavored health drink made from sweet potatoes grown on the Goto Islands, Nagasaki Prefecture. Perfect as a snack when dieting or for when you feel peckish ♡

Photography/Satoru Naito Text/JQR

| Data | |
|-------------|---------------------------------------|
| Name | Kankororin |
| Description | Amazake-flavored non-alcoholic drink |
| Origin | Goto Islands, Nagasaki Prefecture |
| Features | No additives, no sugar, non-alcoholic |
| Released | May 10, 2012 |
| Price | 750 yen (excl. sales tax) |



Japan's traditional all-in-one vitamin and mineral drink

Summer is just around the corner. This is the season when we suffer from heat fatigue, so we must regularly replenish our bodies with nutrients. Surprisingly, people during the Edo period often drank amazake – a sweet drink made from fermented rice – to prevent heat fatigue. Most Japanese think of amazake as a hot drink for cold winter days, but summer haiku verses also mention amazake. This traditional Japanese sweet beverage has a long history. An early form of amazake, amano-tamazake, appears in one of the oldest chronicles in Japan, the Nihon Shoki, so its origins go back more than 1,300 years. The reason it has such a prominent place in history is its high nutritional value. Amazake is not just a sweet drink; it is high in glucose and rich in vitamins and essential amino acids.

Sweet potatoes carefully grown in a beautiful satoyama region in the Goto Islands

A new version of amazake has hit the market. Amazake is generally made from rice and malted rice, but Kankororin – released in April 2012 – is a unique version that includes sweet potatoes harvested on the Goto Islands. The scenic Goto Islands, located at the westernmost tip

of Kyushu, consist of 129 islands of various sizes. Growing crops is difficult due to the lack of flat land and the volcanic ash soil. Despite these conditions, sweet potato cultivation took root here during the Edo Period. Sun-dried, thinly sliced sweet potatoes, called kankoro, are a famous Goto Island specialty that led to the creation of Kankororin. The Goto Islands Fan Club, which is based in Hantomari – seven kilometers through the mountains from Togicho in Goto city – cultivates and harvests the sweet potatoes used to make the drink. The sweet potatoes are washed, peeled, sun dried, crushed, and ground by hand. The sweet potato powder is then shipped to Shinozaki – an established sake and amazake brewer in Asakura, Fukuoka Prefecture – to be fermented, matured, and pasteurized before being bottled and shipped. Kankororin is very sweet and rich, but still has a refreshing aftertaste. Since it is non-alcoholic, has no additives and is slowly digested, it is a perfect snack for children. Rich in dietary fiber and oligosaccharide, Kankororin keeps your stomach and skin in good condition. This drink is sure to gain attention as one of Japan's classic fermented foods.

Ingredients: Malted rice, rice (100% domestic), locally produced purple sweet potatoes
Manufacturer: Shinozaki Co., Ltd.
Retailer: Goto Islands Fan Club

Enquiries: Goto Islands Fan Club ☎ 0959-73-0480 <http://gotofanclub.jp/>

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Hantomari, a scenic village with five households and nine people! Located in the westernmost part of the Goto Islands.



No one lives beyond Hantomari. A village once existed further west, but was abandoned, so Hantomari is one of Japan's frontiers. This narrow community, with its 500 meter radius, is like a miniature garden with a pure river flowing from the mountains and fields surrounded by clear, blue seas. The sweet potatoes used to produce Kankororin are grown in this scenic spot. Mass production is difficult, because everything is done by hand, but Hantomari's sweet potatoes are nurtured with care. The sweet potatoes grown in this idyllic environment are full of flavor, giving Kankororin its rich taste.