

# WINGSPAN

Your Complimentary Copy  
免费赠阅



China

## Island Jungle Paradise

Okinawan Confection  
**Sweet Fruits of Labor**

Murakami, Niigata Prefecture  
**Steeped in Tradition**

岛国风情—新潟县村上市  
浸染在传统色彩中

列岛风物—冲绳甜之味  
汗滴浇灌甜蜜果





## 汗滴浇灌甜蜜果

# SWEET FRUITS OF LABOR

Story by Julian Ryall

Photographs by Rob Gilhooly

文 朱利安·瑞尔

图 罗勃·基尔呼里

With a deft flick of his wrist, Kantetsu Jahana plucks an egg-sized ball from a tray containing the pale orange dough and begins to work it between his fingers. It is quickly patted and rolled into the required shape and placed in a neat line on a second tray before Jahana turns to repeat the process.

Every single one of the traditional Okinawan delicacies that are produced in the kitchens to the rear of the Jahana Kippan shop in Naha have gone through the same painstaking process of washing, boiling, straining and mixing before being carefully molded by hand into the perfect shape for *kippan* sweets, while the stickier *togan-zuke* varieties are set into special trays to harden before being cut.

“We only choose the very best types of local oranges for our sweets,” Jahana says, running through the names of some of the Okinawa-grown fruit that all bring something unique to the final flavor of the confectioner—*kamenbo*, *tankan*, *amanatsu*, *kabuchi*.

Similar attention to detail is applied to ensure that only top-quality winter melons (*togan*)—large and a deep green color—are used in the *togan-zuke* candies.

“There used to be at least three other shops here in Naha making *kippan* and *togan-zuke* sweets, but they

只 见谢花宽彻的手腕利索轻挥，还没等人反应过来，就从盛在盘里的桔灰色果肉团上揪下鸡蛋大小的一块，在指间揉搓，做出需要的形状。一阵轻拍、滚搓，捏好的果肉团又被整齐地排放在另一个盘子里。谢花就这样周而复始，重复着这道工序。

位于冲绳那霸市的这家谢花桔饼店，店面后的厨房可谓是集结传统技艺的大舞台。原材料要经过清洗、煮沸、压榨、混合等重重工序后，才能经人之手，做成美轮美奂的桔饼点心。而在厨房的一角，传统点心冬瓜渍已经做好——品种多样并更为粘甜——摆在特制的容器中，待到凝固变硬后切成小块。

“我们只选择那些品质最好的本地原产桔做原料”，谢花自豪地介绍起冲绳特有的桔类名字——九年母、短桶、甘夏、加布地，它们都给本店的甜品带来了特别的风味。

不论做什么都将全力倾注于细节，力求完美——正是在这样的理念下，再加上使用最高品质的冬瓜做原料——瓜大且呈深绿色——才能做成甜蜜可口、齿颊留香的冬瓜渍。

“从前，在那霸最少另有三家制作桔饼和冬瓜渍的店，但在最近这20年间陆续停业了，有的关得还要更早些。原因就是这几家店的店主年纪都大了，又没有人接他们的班，家业无以为继”，谢花的话语中带着些许遗憾，我能听出他在感慨传统技艺的日益衰落。

“现在我们是制作这几样点心的唯一店家，而且我也快退休了”，今年64岁的谢花说道，“不过我会把生意传给我的女儿和女婿，他俩会把我们的这个家族产业再传到下一代。”



all closed down twenty years or more ago because their owners were getting old and they didn't have anyone to carry on the family business," he says, with more than a hint of regret for the gradual erosion of a tradition.

"Now, we are the only shop that is still making these sweets, and I am planning to retire soon," 64-year-old Jahana said. "But I will pass the business on to my daughter and her husband, and they will ensure that it continues for another generation."

## Sweet Heritage

Jahana is already the fifth-generation sweet-maker in his family and, according to stories handed down through the family, the business was once known as Gakiya Shoten. A fuller history of the family trade has, however, been lost in the mists of Okinawan time.

What is known is that the Jahana family was one of the original 36 families that made up the Kume community after arriving in what was then the Kingdom of the Ryukyus from the Fujian Province of China around 1392. Located close to the royal capital of Shuri, where an impressive castle dominates the skyline to this day, Kumemura was the district where scholars, bureaucrats, and diplomats lived and was considered the center of culture and learning.

Close to the royal household of the Ryukyu Kingdom, the Jahana family brought their knowledge of confec-



tionery with them from China and supplied kippan and toganzuke to the elite of the island's society. Records indicate that the delicacies were among the 16 original sweets, desserts, and fine fruits that were served in the royal court.

It wasn't until the Meiji era, the 44-year period from 1868 during which Japan emerged from its extended period of isolation, that ordinary people were able to enjoy the delicacies. That royal heritage has helped to make

Jahana Kippan a local landmark; the link with royalty remains to this day, because the shop is one of the places patronized by members of the Japanese imperial family whenever they pay an official visit to Okinawa.

That is a great source of pride to the Jahana family, who has remained true to the careful and time-consuming method of creating kippan and toganzuke that their forebears handed down.

## Fruits of Labor

There is the light, sweet aroma of candied winter melon and the sharper tang of local oranges in the kitchens as



Traditional sweets made with melons or oranges are the creations of Kantetsu Jahana, fifth-generation confectioner, and his family in Naha, Okinawa. Today they're the only ones still making traditional *kippan* and *toganzuke* sweets originally served at the court of the Ryukyu monarchy over 300 years ago. Work at the shop's kitchen begins early, with the washing of fruit.

the fruit are simmered and stirred gently. The windows are open, allowing the scent to escape into the narrow street off Kokusaidori, the main thoroughfare in Naha.

Jahana, his wife, Masako, their family and skilled staff have been hard at work since early in the morning, initially helping to bring the newly delivered fruit into the kitchen before setting about the transformation from fruit into succulent sweet. Today, they are to start work on a new batch of the ever-popular kippan.

"First, we thoroughly wash the oranges and peel away the skin by hand," he says, demonstrating another technique born of long practice. "We take out the seeds and use the juice and the white inner peel, which most people don't eat nowadays.

"Next, we have to slice the fruit into manageable pieces and boil it all together in a large vat," he adds, indicating an outsize steel container. There is a constant hiss of the flames beneath the cauldron, and the surface bubbles and undulates as the fruit cooks.



这些用冬瓜和桔子做成的传统甜点出自本店第五代甜点师谢花宽及其家人之手。传统桔饼和冬瓜渍在 300 多年前被作为琉球王朝的御用品。如今，这里是唯一继续制作这两种甜点的店家。清晨清洗水果，标志着新一日劳作的开始。

## 甜蜜传承

到谢花这一代，这家店已经传承了 5 代，代代制作传统点心。据家中所传，这家店最早叫我喜屋商店，但是更多的详细记载已在冲绳历史的波澜中流失，因而成为一个永久的谜。

据现在所知的情况，谢花家族是 1392 年前后从中国福建渡海来到琉球王国的，后来成为久米三十六姓的其中一员。他们当年居住在王国都城首里附近，那里有蔚为壮观的宫殿，耸立在湛蓝的天空下，且久米村汇集了众多学者、官宦和外交使节，名副其实是琉球文化与学术的中心。

由于与王国宫城相距甚近，谢花家族凭借着来自中国的点心手艺，向琉球社会的精英阶层献上了凝聚最高品质与文化精髓的桔饼和冬瓜渍。据记载，谢花家的点心被列为 16 种御用点心果品之一，贡奉给朝廷，为王室所垂青。

就这样一直到明治时代，从 1868 年起，在明治天皇统治的 30 年间，日本打破长期的闭关锁国状态之后，老百姓才有幸品尝到昔日的王朝御点。王室的青睐和庇护帮助谢花桔饼成为当地的标志，直到今天，谢花家和王室的关系依然可见一斑，比如本店是日本王室成员御用商号之一，每当他们公开访问冲绳时，都会



莅临此地。

这一渊源甚远的关系是谢花家族最引以为豪的，也促使他们一直遵循着极尽细致而又历久弥新的技艺来制作最高品质的桔饼和冬瓜渍，不辱先人的努力。

## 汗水浇灌

当水果经过熬煮、搅拌，一种轻悠的甜香，伴着浓郁的冬瓜味和当地桔类的刺激气味，溢满了厨房。窗子打开，香味溜出窗外，飘过那霸的主要大街——国际大道，漫延至这条狭长小巷，一瞬间幸福气息满溢。

谢花与妻子正子、其他家人、手艺高超的员工一起，一早就开始了一天的劳作。为了制作清甜软润的点心，他们要先将新鲜水果一箱箱搬入厨房。今天，他们需要新做一批桔饼——本店亘古不变的人气王。

“首先，我们要彻底清洗桔子，手工去皮”，他一边介绍，一边向我展示另一项历经磨砺的技艺。“我们除去种子，使用果汁和白色内皮，这层内皮平时大家是不吃的。”

“接下来把桔子切成片，放入大锅熬煮”，他手指着巨大的钢锅说道。火苗熊熊，从钢锅下传出滋滋声，锅内液体沸腾，气泡滚滚，将大量水果一次煮透。

“桔子需要煮 4 个小时，而后将多余水分去除”，谢花透露了具体数字。

砂糖要赶在煮得粘稠柔软的果肉冷却前加入，然后再搅拌混合 3 个小时，做成桔饼的原料——果肉团。它比一般的面团要来



“The fruit needs to boil for four hours before we carefully drain the excess liquid off,” Jahana says.

Before the sticky, soft concoction cools, sugar is added, and the mix is stirred for another three hours to create the kippan dough. It has a consistency slightly stickier than fine pastry, with small pieces of the fruit still visible within the mix.

From the dough, Jahana and his staff take it, in turns, to grasp a small ball, patting it into shape in their hands before gently laying them out to dry for three days.

The final stage—in a process that takes five full days to complete—is coating the sweets with sugar and preparing them to be boxed.

The procedure for toganzuke is similar, with the cubes of melon boiled with sugar for six hours to infuse the fruit with the heady sweetness for which the confection is renowned, before cooling and finishing with a selection of different flavored coatings.

Kippan dusted with a fine sprinkling of cinnamon, ginger, or soybean are among the most popular, although Ja-

hana’s daughter, Hisano, has also tried a coconut version. “Our customers are always looking for new and unique types of sweets, so we are constantly looking to try new things,” said Hisano, 36, who will be taking over the business with her British-born husband, James Pankiewicz, 38, when her father retires.

“It was James who came up with the idea for green-tea flavored toganzuke, and I must admit that I was quite skeptical at first, but it has proved a big success with our customers,” she admitted.

## Tangy Mission

Cut open, the interior of a kippan sweet is densely packed with the aromatic fruit surrounded by the coating. Tangy on the tongue, it melts in the mouth.

Similar sweets are still produced in parts of China, as well as in Taiwan and Vietnam, Jahana said, but the texture is far drier than those produced by the last remaining artisan on Okinawa, and he believes they are not nearly as tasty.

“I can see lots of possibilities for this business in the years ahead,” says his daughter. “Even though the imperial family is our customer, there are still relatively few people who know about these sweets.

“I consider it my mission to continue to grow the business, to make these unique sweets better known outside Okinawa and—one day—to pass this all on to the next generation of the family,” she said. “And then they can add the next layer of history of these sweets.”

*Using time-honored recipes preserved intact, the Jahana family and their staff allow three days for the boiled concoctions to dry and another five days for coating the sweets and prepping them for packaging. For toganzuke, this can mean six hours to infuse the rich citrus flavor with sweetness; for kippan, it can mean dusting with cinnamon, ginger, or even coconut.*





谢花一家和工人使用经过时间锤炼、保留至今的配方，将原料煮完后，再经过三天干燥，五天包裹糖衣，以及包装的过程，方才完工。制作冬瓜渍要用六小种将苦性风味与甜味混合；制作桔饼还要用肉桂粉、生姜粉抑或椰子粉调味。

得粘稠，且细碎的水果原料掺杂在果肉团中，依稀可见。

接着，谢花和他的工人们轮番从果肉团上揪下一小团，在手心拍打成形，然后轻轻摆放在盘中，静等3天，待其干燥。

干燥完成后，就是最后一道工序了——在桔饼周围裹上雪白的砂糖层，并准备装盒。整个制作过程耗时五天。

冬瓜渍的制作方法与之类似，将瓜切成方块，加入砂糖熬煮6个小时，使这道甜点以浓郁的甜味知名。煮完后冷却，再用不同风味的“外衣”包裹。



一般人们最喜欢的是撒上少量肉桂粉、生姜粉或豆粉的桔饼，而谢花的女儿久乃则独辟蹊径，用椰子粉制造南国风味。“我们的客人喜欢新口味的甜点，所以我们要不停尝试，不断创新”，等父亲退休，36岁的久乃将和她38岁的英国裔丈夫詹姆士·潘基维茨携手继承家业。

久乃又说道，“当时，詹姆士想到要推出绿茶风味的冬瓜渍时，我对此能否成功还是半信半疑的”，久乃承认了当年内心的踌躇，“而现在客人的反应证明它非常成功”。

## 未来任务

当你切开一个桔饼，只见清香果肉被糖衣包裹。放入口中，果肉顷刻间就湿润化开，留下扑鼻的果香，从舌尖传来。

谢花介绍说，在中国某些地区，至今仍有与桔饼类似的点心，台湾亦如此，甚至至越南，不过这些地方的桔饼质地，要比冲绳最后一批工匠们制作的桔饼干硬得多，他觉得味道也算不上绝佳。

久乃说：“现在我愿意展望一个更广阔的前景，尽管我们有王室成员如此尊贵的客人，但是相对而言，普通老百姓对我们的点心仍是所知甚少。”

“我认为我的使命是继续培植这份家业，让这些特别的点心走出冲绳，并将它传给家里的下一代”，久乃的决心非常坚定，“让下一代去为这些点心的历史谱下新的篇章。”