

# Processed Marine Foods that Evoke Japanese Food Culture – Part 1

## Seasoned Processed Foods

These products are processed from seafood raw materials and taste-enhanced with seasonings and flavorings such as salt, miso, and spices. Among the many varieties is tsukudani, in which seafood is simmered in soy sauce and sugar-based soup. Seasoned processed foods are convenience items that you can use either as main dishes or as side dishes to accompany bowls of rice.

### “Nitsuke”, Simmered Fish (Alfonsino)



In a simmering soup of soy sauce, sugar, mirin (sweet rice wine) and sake, the fish is stewed until thoroughly flavored. Nitsuke made with fatty kimmedai (alfonsino) is an especially popular dish in Japan due to its clean, umami (a base for Japanese cuisine) flavor. Because this fish is also used in special dishes for celebrations, it makes a wonderful gift for occasions such as birthdays.

### “Unagi Kabayaki”, Grilled Freshwater Eel



In preparing this traditional local dish, eel is cut open, the spine is removed, and the flesh is skewered and grilled without sauce. Then, it is dipped in a thick, strong soy sauce. Thanks to improved preparation skills and advances in processing technology, the flavors of freshly grilled eel can now be preserved by vacuum-packing or packaging as frozen food, so that everyone can enjoy them in the comfort of their own homes.

### “Tsukudani”, Preserved Seafood



This is a range of uniquely Japanese specialty items in which small fish, shellfish, and seaweed are simmered in a sweet and savory sauce flavored with soy sauce and sugar. Each of these items has unique characteristics, depending on the particular skills of the craftsmen and the flavoring methods used. Offered in an astonishingly wide variety of flavors, they are frequently used as ingredients in rice balls. Items from famous, long-established shops are also popular as gifts.

### “Tsukeuo”, Marinated Fish



A traditional dish from Kyoto, reputed to have been developed out of the region’s elegant dynastic culture, in which sliced fish, such as black cod and Spanish mackerel, are marinated in saikyo miso, a white miso with the sweetness of rice malt and an appealing cream color. There is also a choice of flavors of such fish marinated in sake lees, also known as Sakekasu, (the edible byproduct of sake brewing composed of malted rice, yeast and ethanol, rich with proteins, vitamins and fiber), or soy sauce and mirin.

## Processed Marine Foods that Evoke Japanese Food Culture – Part 2

### Frozen Sashimi Processed Foods

Raw marine products are processed while still fresh and then snap-frozen. This makes it possible to preserve the flavors and textures of these otherwise rapidly perishable items so that we can enjoy delicious sashimi at any time, whatever the season.

#### “Shimesaba”, Marinated Mackerel (Pressed Sushi Stick)



This is a processed food in which mackerel fillets are first preserved in salt, then pickled in vinegar. The vinegar soaks into the fillet to firm the flesh and improve preservability. The resulting fish are used as sashimi or in pressed sushi with marinades. Lately, we have seen new products coming on the market, such as kombu-jime shimesaba (mackerel marinated with kelp), komochi shimesaba (marinated mackerel with roe), and toro shimesaba (marinated fatty mackerel).

#### “Ika Somen”, Squid Noodles



A Japanese dish of fresh, raw squid cut into thin, noodle-like strands and dipped in seasoned soy sauce or noodle soup. Widely known as a specialty of Hokkaido and Aomori, this dish is prized for the natural sweetness of the squid and its unique chewy texture. It can be prepared in a variety of styles, including mixed with vegetables and sauces.

#### “Katsuo Tataki”, Seared Bonito



A local dish from Kochi, the capital of Kochi Prefecture in Shikoku, in which raw katsuo (bonito) is divided into four loins, salted, and then surface-roasted. The fat under the skin is absorbed by the flesh and this is said to taste better than sashimi. It can be served and enjoyed with lavish condiment vegetable toppings and either soy or ponzu sauce, and is also delicious in ochazuke (rice topped with dashi or tea).

#### “Zuke Sashimi”, Marinated Sashimi



To make this dish, slices of raw, dark or white fish meat are marinated in a blend of soy sauce, mirin (sweet rice wine), and sake. Marinating the fish improves preservability and, since it is already flavored, you can eat it on its own or pile slices on top of rice to make a donburi (rice bowl). This item is popular in Japan as a snack to be enjoyed with alcoholic beverages.

## Processed Marine Foods that Evoke Japanese Food Culture – Part 3

### Salted-Dried Items

This refers to seafood preserved in salt or salted and dried. Maruboshi preparation uses the whole fish; gutted fish are used for preparing hiraki-boshi. This is a staple breakfast item in Japanese households.

#### “Hiraki”, Open Dried Fish



Hiraki refers to a processed item made by slicing the fish part-way through its stomach or back and spreading the body open. The fish is then soaked in salt water and dried in the sun. Sun-drying removes the moisture from the flesh and concentrates the umami, enabling longer preservation. Usually, hiraki is simply grilled before serving.

#### “Aramaki Salmon”, Salt-cured Salmon



Aramaki salmon is a processed item made by thoroughly rubbing gutted salmon with salt and then leaving it for several days before washing away the salt and drying. Salmon used to be an expensive fish and those that were processed for use as New Year gifts were called aramaki salmon. To this day, in some regions, it is still enjoyed at New Year, and on other special occasions, as a food item that is believed to bring good fortune.

#### “Maruboshi”, Whole Dried Fish



Maruboshi refers to small fish, such as round herrings and anchovies, which have been dried in the sun. The fish are placed in a bamboo basket or pierced through the eyes with half-split chopsticks, then left out to dry for four to five days. Maruboshi can be cooked and eaten “as is” or used to make dashi stock for a variety of dishes.

#### “Ichiya-boshi”, Overnight-dried Fish



Ichiya-boshi are thin-bodied marine species, such as sardines and squid, which are lightly salted and left to dry overnight. Usually, the fish is set out to dry in the late afternoon, then brought back inside the next morning. Compared with daytime sun-drying, this method allows the flesh to retain some moisture. Although fish dried overnight will not keep as long as sun-dried fish, you can enjoy a texture that is closer to that of raw fish.

# Processed Marine Foods that Evoke Japanese Food Culture – Part 4

## Delicacies

These are processed foods that use marine products as ingredients and preserve their unique flavors. There are a number that uses rare ingredients from a particular region or ingredients that have unique flavors, and many consumers find them very “more-ish” . They also go well with Japanese sake.

### “Shiokara”, Salted-Cured Seafood



This refers to cured marine food products that are made by preserving the flesh, innards, and roe in salt. The curing process is promoted by the natural enzymes in the ingredients, to which are added further enzymes such as koji (rice malt). Formerly, shiokara was made as a preserved food item. These days, it is popular as a snack to accompany sake.

### “Hotate Kaibashira”, Scallop’s Adductor Muscle (Marinated Scallop in Smoked Oil)



Hotate scallops are regularly harvested from Japan’s northern waters. They are also widely farmed. Fresh northern scallops can be eaten raw. Scallop meat is used in various ways, including grilled dishes, stews, and soups, and it is a popular ingredient in many Japanese homes. Scallops can also be dried and used to make dashi or enjoyed as a snack.

### “Sakiika”, Shredded Dried Squid



Sakiika refers to a processed food made by broiling dried raw squid, stretching the squid out and then tearing it into thin pieces for use as snacks to accompany sake, frying in tempura, or as a cooking ingredient. Sakiika products are offered with a variety of flavorings.

### “Saketoba”, Dried Salmon Jerky



Saketoba is made by filleting and salting headed and gutted salmon and then drying it by exposure to a cool breeze. This is a traditional dried food product from Hokkaido which is reputed to have been invented by the indigenous Ainu people. It has a chewy texture and the more you chew it, the more flavor you get. So, it is perfect as a snack to accompany sake.

# Japanese Marine Products Intrinsic to Everyday Living – Part 1

## Ready-Made Seafood Dishes

Precooked products are a boon to busy homemakers. Because the ingredients are cooked while still fresh, the products retain their delicious natural flavors. Another advantage is that you can easily enjoy flavors unique to various regions in the comfort of your own home.

### “Ikameshi”, Rice-stuffed Squid



To create this local dish from the Oshima region of Hokkaido, the tentacles and innards of the squid are removed, the body is filled with washed rice and then cooked in a soy sauce-based dashi stock. The fragrant rice absorbs the flavor of this popular dish, which is now enjoyed nationwide. It is satisfyingly filling and there are many types with good preservability that you can order for delivery to your door.

### Canned Items



This refers to processed marine products packed in cans. They are easy to use, convenient, and can be eaten straight from the can or added as an accent to various dishes. In addition to the staple items of canned salmon and boiled mackerel, a wide variety of products are available, including boiled scallops and shredded scallops. Canned items can be stored at room temperature with the delicious flavors preserved for years.

### Fried Items



With fried fish, you can enjoy both the softness of the ingredients and the crispy texture of the batter and breading. Fried horse mackerel, squid, and white fish are popular items that are often seen on the dinner table. The wide choice includes products that are pre-prepared and only need to be fried in oil or individually heated up in the microwave oven.

### Grilled Fish for Microwave Cooking



These are processed fish that are already pre-flavored or have been deboned, allowing you to enjoy authentic flavors after quick-heating in the microwave oven. There are many items that are popularly served in Japan, such as salmon and Spanish mackerel, and items from famous shops that make great gifts. Also available are convenience products for use in bento lunches.

# Japanese Marine Products Intrinsic to Everyday Living – Part 2

## Nutritional Ingredients

Seafood and seaweed are rich not only in vitamins and calcium but also in superior nutrients, such as EPA and DHA, which are effective in helping to ward off lifestyle illnesses. A number of fish-derived supplements take advantage of these characteristics.

### DHA



In addition to lowering neutral fat and cholesterol, DHA is vitally important to brain function. It is also believed to be necessary for healthy growth in children. The most effective way to obtain DHA is to eat sashimi made with blueback fish but there are also supplements that make it easy to obtain fish-derived DHA.

### Collagen



This is an important component of not only skin but also several other elements of the human body, including bones, blood vessels and muscles. Collagen deficiency can lead to a reduction in cell numbers. Collagen can be roughly divided into two types — animal-derived and fish-derived — and it is believed that collagen derived from fish has a smaller molecular weight and is thus more easily absorbed.

## Umami

As a base for Japanese cuisine, some representative umami components include glutamic acid in kelp and inosinic acid found in dried bonito. It is said that combining these ingredients makes the umami even stronger.

### “Itokezuri”, Thread-shaved Dried Tuna



Dried tuna with the dark meat removed is finely shaved into thread-like pieces and used as a topping on Japanese dishes. The color is a little paler than the shaved flakes of dried bonito and it is smooth and fine but has a robust flavor. It is perceived as being high-grade and is often used in special dishes when entertaining guests.

### “Dashi”, Seafood Soup Stock



Dashi is an essential item that forms the foundation of flavor in Japanese cuisine. It is made by extracting umami components and aroma from such marine food items as dried bonito flakes and kelp. The process of extracting dashi stock from matured food items is said to be unique to Japanese food culture and there are numerous products in powdered or bagged form that provide the convenience of simply adding them to a pot to provide the authentic flavors of dashi.

Japanese name

# Fugu

Puffer fish has been delicacy in Japan since more than 2000 years ago. It is true that toxic accidents occurred in the past. However, puffer fish is now safe to consume as any other food due to strict rules and regulations. Puffer fish is regarded as extraordinary seafood with delicate taste and rich flavor. Puffer fish sashimi and hot pot dishes are very popular. Not only flesh is consumed, but other parts are also enjoyed, such as skin, which is cooked to prepare aspic, and dried fins soaked in hot sake to enhance flavor. Puffer fish is also very nutritious with rich protein and low calorie.

## Improved safety with farmed puffer fish and its processing.

### Japanese puffer fish – Its safety and processed products.

Through its long history, the Japanese government established rules and regulations to assure safe consumption of puffer fish. Depending on species, toxic parts and toxicity vary. The Japanese Ministry of Health, Labour and Welfare established a strict preparation standard based on 21 designated species, and only licensed person is permitted to prepare puffer fish. In recent years, puffer fish completely removed of toxic parts are sold in packages ready to serve or cook, reliability and safety of which attract a wide range of users.



LICENCE OF FUGU PROCESSING

### Migaki processing matters to the taste.

Skilled chefs and processing plant workers, who are licensed to prepare puffer fish, separate edible portions and remove toxic parts from the fish after Ike-Jime (known as Spinal Cord Destruction, a Japanese fish killing technique). This process is known as “Migaki.” Taste of puffer fish changes drastically depending on how this process is employed and time after Ike-Jime. Skilled chefs and plant workers are familiar with the timing when taste and flavor reach the best. They also prepare Migaki with the best appearance in mind. Because Migaki puffer fish tale is safe and free of toxin, it is prepared as sashimi and other dishes.



## Popular puffer fish species harvested for food around Japan.

#### 【Torafugu or Tiger Puffer (Takifugu rubripes)】

Torafugu is one of the highest valued seafood. It is the only farmed puffer fish species in Japan. A full course menu at restaurants specializing in puffer fish generally offer sashimi, hot-pot dish, grilled, and deep-fried. You can enjoy plump amber colored flesh. Torafugu is the king of puffer fish.



#### 【Mafugu or Purple puffer (Takifugu porphyreus)】

Mafugu is the largest landed wild puffer fish in recent years by the near-shore fisheries in Japan. Flesh is white and you can enjoy mild taste. Flesh is not as firm as that of Torafugu, but it is popular for hot-pot dishes as flesh separates easily from the bones. Dried Mafugu is also good to eat. Mafugu is the queen of puffer fish.



#### 【Shiro-sabafugu or Half-smooth golden pufferfish (Takifugu rubripes)】

Shiro-sabafugu has white flesh with less fat. It is good for sashimi, deep-fried, hot-pot, and other preparations. Shiro-sabafugu is known to be toxic free, but you must pay attention to closely related species found in tropical waters, which is said to be highly toxic.

#### 【Kuro-sabafugu or Dark rough-backed puffer (Takifugu rubripes)】

Kuro-sabafugu is a light tasting fish. It is good for drying or deep-frying as it has high moisture content. It is especially good with hot-pot or as ingredient for miso (soy bean paste) soup.

# Popular Puffer fish dishes.

## Deep-fried Puffer fish

Big flesh covered with crispy crust matches well with firm texture. Distinct taste, but light flavor, goes well as appetizer with drinks. Children like it as flesh separates easily from the bones.

### ①Fried Fugu (serving 4 people)

Ingredients:

- Clean tails of Fugu (such as purple puffer) – 500 grams
- Breading mix – 100 grams

Method:

Rinse the tails and cut up to bite sizes. Deep fry breaded flesh in heated oil at 170 degree Celsius for 2-3 minutes. It is cooked when color turned to golden brown. Squeeze lemon or other citrus fruit over fried Fugu as you prefer.



## Sashimi

Puffer fish fillet is sliced very thin after ageing for over 24 hours in refrigerator. Skilled chef cuts sashimi slices artistically thin that they are nearly transparent. Sashimi slices with unusually very firm texture, dipped in citrus vinegar, bring unexpected sensation of good taste and flavor.

### ②Fugu Sashimi (serving 4 people)

Ingredients:

- Tora Fugu or Tiger puffer tails - 250 grams
- Citrus vinegar, Momiji oroshi (grated carrot and daikon radish mixed with chili pepper), and chopped green onion

Method:

Rinse the fish, then prepare boneless fillets. Remove the dark meat and skin from fillets. Wrap cleaned fillet with kitchen paper and place in refrigerator for 24 hours to age.

Prepare sashimi by cutting out very thin slices in about 1.2 grams and place the slices on plate. Dip in mixture of citrus vinegar, Momiji oroshi and chopped green onion to eat.



## Fuguchiri

Fugu hot-pot dish served with vinegared miso or citrus vinegar for dipping. Boiling the remains of Fugu after dressing, such as toxin free center bones, with vegetables enhances taste of broth. After enjoyed plump Fugu flesh, porridge with remaining soup and rice makes excellent meal. Fuguchiri has been a traditional winter dish and is very popular particularly in western Japan.

### ③Fuguchiri or Tetchiri (serving 4 people)

Ingredients:

- Remains of Fugu after dressing and tail flesh – 600 grams
  - Dried kelp for broth – 6 grams
  - Water – 900 cc
  - Vegetables (Half of Chinese cabbage, white portion of green onion, Shungiku garland chrysanthemum, Enoki mushroom)
  - Tofu – one square, Dip sauce (Citrus vinegar, Momiji oroshi, and chopped small green onion)
- One egg, chopped green onion, and cooked rice 300 grams for Zosui porridge

Method:

Rinse Fugu flesh and remains, vegetables (Chinese cabbage, white portion of green onions, Shungiku garland chrysanthemum, and Enoki mushroom), and Tofu, and cut them into bite sizes. Put dried kelp and water in a pan for about 3 hours to make broth without heating. Heat up broth and remove kelp just before boiling. Cook Fugu remains, Shungiku and white portion of green onions in the broth. Add Fugu flesh, other vegetables and Tofu immediately before boiling. Once boiled, turn down the heat. It is ready to eat after a few minutes. You may wish to dip cooked Fugu and vegetables in mixture of citrus vinegar, Momiji oroshi, and chopped green onion to eat. Finished with Fugu, vegetables and Tofu, remove small bits and pieces from the broth. Rinse cooked rice in fresh water to wash off sticky starch, then put in the broth to cook. Add small amount of salt to taste. Lastly, pour beaten egg over cooked rice and cover with a lid. You may wish to add chopped green onion and small amount of citrus vinegar to eat.





Japanese name

# Kamaboko

Kamaboko (surimi seafood) has been processed as a ready-to-eat processed seafood while maintaining the taste and amount of protein of the fish. While Japanese food and health food are attracting attention, the consumption of kamaboko in Europe and America is increasing.

# 蒲鉾

## History

The first time kamaboko products appeared in Japanese literature is 1115. At the time, it was in a shape similar to chikuwa (a surimi seafood in the shape of a thick tube), but after a few hundred years, kamaboko loaf on a wooden plate, which is the shape today, came about. Subsequently, various kamaboko products utilizing "local fish" by region were produced all around Japan. Then finally, the frozen surimi technology was established, and it had a revolutionary effect on kamaboko industry. With this, kamaboko spread all around the world, and the word KAMABOKO became part of the international language.

## Manufacturing Method

By removing the bones and skin from the fish, it is soaked in water, and minced with salt. Then, the protein starts to dissolve and mesh together. Once it is heated and finished, the meshed structure becomes stronger and gives it the elastic texture. In addition, the major species of raw material surimi are as shown in the table below. Different fish are used according to the kamaboko product.



## The major species of raw material surimi and final surimi products

Pollock	Sardine	Itoyori/Golden Threadfin Bream	White Croaker
steamed-kamaboko, chikuwa, fried-kamaboko	fried-kamaboko, tsumire (fish ball), chikuwa	Steamed kamaboko loaf on a wooden plate, chikuwa	chikuwa, steamed-kamaboko
Cutlassfish	Pike Conger	Brushtooth lizardfish	Blue Shark
fried-kamaboko	steamed/roasted kamaboko loaf on a wooden plate, shiroten (white fried-kamaboko)	Steamed-kamaboko, chikuwa	hanpen (floated kamaboko)

# (i) Typical Kamaboko products and Classification

There are many types of kamaboko products, and there is a wide variety of shapes, tastes, and textures. Here, we classify the typical kamaboko products and introduce the features of each product.

## Steamed Kamaboko



Steamed Kamaboko loaf on a wooden plate

Steamed Kamaboko loaf on a wooden plate

Seasoned surimi paste formed in to semicircular shape on a small wooden plate and steamed.

### Steamed Kamaboko

Kamaboko Rolled with Kelp  
Kamaboko Wrapped in a Bamboo Mat  
**Shinoda Roll**  
(Kamaboko Wrapped with Deep-fried Bean Curd)

### Steamed and Roasted Kamaboko

Steamed and roasted Kamaboko loaf on a wooden plate  
Steamed and roasted Kamaboko in square shape

## Roasted Kamaboko



Roasted Kamaboko  
Bamboo Leaf Kamaboko

Seasoned surimi paste shaped in the form of bamboo leaves and roasted. Its feature is the crisp softness.

### Grilled-through Kamaboko loaf on a wooden plate

**Shirayaki** (Grilled without browning)  
Kamaboko

### Grilled-through Kamaboko

Grilled kamaboko loaf on a wooden plate without steaming.



### Egg Yolk Grilled Kamaboko



**Datemaki**  
(Rolled surimi Omelet)

**Umeyaki**  
(Japanese apricot shape kamaboko)

**Atsuyaki**  
(thick kamaboko)

**Surimi Castella**

## Chikuwa

**Boiled Chikuwa**  
White Chikuwa

### Grilled Chikuwa

**Toyohashi Chikuwa**

Seasoned surimi paste, formed cylindrically around bamboo stick and broiled.

Frying fish noyaki Chikuwa Chikuwa with skewer stick  
Tofu Chikuwa Botanyaki Chikuwa Nigiri Chikuwa



## Flavored Kamaboko

### Crab Flavored Kamaboko

Crab flavored Kamaboko sticks which are shaped to resemble leg meat of crab.

Scallop Flavored kamaboko  
Kamaboko

Shrimp Flavored kamaboko  
Kamaboko



## Boiled Kamaboko

Black Hanpen

Tsumire

Naruto Maki

Shinjo

### Hanpen (Floated-kamaboko)



Using surimi paste and yam, it is mixed together with plenty of small air bubbles.

## Fried Kamaboko

### Sastuma-age

Deep-fried surimi seafood. Some Satsuma-age contains pieces of seafood or vegetables as auxiliary materials.

Tsuke-age

Shiroten

Chikiagi



## (ii) Delicious! Healthy! Kamaboko Recipe

The kamaboko is healthy and fills you up. It is also low in calories, and matches also various western menu items. It can be enjoyed in various types of cuisine.



### Kamaboko Sandwich

Steamed Kamaboko loaf on a wooden plate is characterized by its excellent elastic mouth feel. You can experience the unique, chewy texture by this Kamaboko sandwich recipe too.

#### Ingredients (Serves 4) and Recipe

(i) Cut 1/2 of the steamed kamaboko loaf on a wooden plate into widths of 5 mm. Slice the 2 pieces of crab flavored kamaboko in half. Take the 2 pieces of lettuce with curled leaves and tear it to the size of the bread. Cut the 1/2 tomato and 1/2 peeled avocado with the seeds removed into 5 mm width.

(ii) With 20 g of butter and a 1 teaspoon of mustard to 8 slices of rye bread as a yardstick, thinly spread the butter and mustard in that order on one side of the bread. On a slice of bread with the butter and mustard side up, place lettuce with curled leaves, 1 slice of cheddar cheese, avocado, tomato, kamaboko, and crab flavored kamaboko. Then sandwich it with the other slice of bread with its buttered side down.

### Oden

Oden is a Japanese typical stewed food for wintertime. You can enjoy the harmony of the mild soy-sauce flavored soup stock and various Kamaboko such as Chikuwa, Hanpen floated-Kamaboko, and deep-fried Kamaboko.

#### Ingredients (Serves 4) and Recipe

(i) Cut 1/2 a daikon (Japanese white radish) into 2 cm round slices after peeling off the skin. Add the daikon to the pot, and add water in until it covers the radish. Heat it over medium heat, and once it boils, reduce the heat and cook it for 10 minutes. Take 1 piece of konnyaku (pre-boiled), cut it into 4 pieces, and cut the pieces diagonally once. Cut the 2 pieces each of chikuwa and satsuma-age with burdock in half in a way that rounds the cut. Cut 1 piece of hanpen into 8 pieces.

(ii) Add 8 cups of soup stock, 1/4 cups of sake and mirin, 2 large tablespoons of soy sauce, 1 teaspoon of salt, daikon, konnyaku, 4 boiled eggs, and 8 pieces of tied kelp, and heat it at strong heat. Reduce the heat to weak heat just before it is about to boil, and cook for 50 minutes. Add 4 pieces of chigiriage (bite size fried-kamaboko), chikuwa, satsuma-age with burdock, and hanpen, and cook for 5 minutes. Serve it on a dish and eat with the mustard paste as desired.



## (ii) Delicious! Healthy! Kamaboko Recipe



### Wrap Sushi with Crab Flavored Kamaboko

Wrap sushi is a type of sushi where ingredients of various colors are added to the red crab flavor kamaboko which is red. It can be made easily, and is made in cute bite-size pieces.

#### Ingredients (Serves 4) and Recipe

(i) To 500 g of cooked rice, add 1 bag of chirashizushi seasoning and 1 tablespoon of white sesame to prepare the sushi rice. Add 1 tablespoon of sugar and a small amount of salt to a beaten egg, and prepare the scrambled egg beforehand.

(ii) Cut the crab flavored kamaboko in half length and split them into thin strips, mix the white part of crab sticks with the sushi rice, and divide the sushi rice into 12 parts. Boil the 20 g of snow peas in salt water after removing the stems and cut into thin slices.

(iii) Arrange the red part of the crab flavored kamaboko, scrambled egg, and snow peas for each of 12 pieces on a plastic wrap. Add one of 12 portions of the sushi rice made in (ii) and wrap it into a drawstring-pouch-like ball. Prepare the rest in the same way.

### Crab flavored Kamaboko Tortilla

A Spanish-style omelet where the good texture of the crab flavored kamaboko can be enjoyed. It comes in a big portion with various ingredients. It is also recommended for people who want a big breakfast.

#### Ingredients (for 5-6 People) and Recipe

(i) Cut the 8 pieces of crab flavored kamaboko in half, and roughly split the meat into strips. Cut 1 potato into quarter slices of 5 mm in thickness, soak them in cold water once, then wipe off the moisture. Thinly slice 1/4 of an onion, and cut the 1/4 bundle of spinach into 4 cm lengths.

(ii) Add 2 teaspoons of olive oil to a frying pan and heat it over medium heat. Add the potato and cook it for 2-3 minutes. Add the remaining vegetables, salt, and pepper, and cook it a little bit longer.

(iii) Take 4 beaten eggs, and add 1/2 a teaspoon of salt, a little bit of pepper, crab flavored Kamaboko, and (ii), and mix well.

(iv) Add 1 teaspoon of olive oil to a frying pan, heat at medium heat, add (iii), and mix gently. When one side is cooked, flip it over and cook the other side until it is browned.



## (iii) Kamaboko Health Functions ~Nutrition~

The main component of kamaboko is protein. Protein becomes a base for the makeup of the body such as muscle, and it is also a source of enzymes, hormones, and neurotransmitters which keeps the body normal. These are indispensable substances for the increase of immune strength. Furthermore, let's look at the healthy components included in kamaboko products.

### Components of Kamaboko Products (g/100 g)

(crab flavored kamaboko sticks, kamaboko wrapped in a bamboo mat, steamed kamaboko, roasted kamaboko, grilled chikuwa)

Data: Standard Tables of Food Composition in Japan Seventh Edition/  
Standard Tables of Food Composition in Japan Fatty Acid Components  
Table Seventh Edition

Moisture	69.9~75.8
<b>Protein</b>	<b>12~16.2</b>
Carbohydrates	7.4~13.5
Fat	0.5~2.0
EPA	0.031~0.075
DHA	0.061~0.13
Energy	90~121(kcal)

### High Protein, Low Calorie Rich in Indispensable Amino Acids

In comparison to other protein sources, the feature of the protein of kamaboko products is that it is low in calories. Protein raises the temperature of the body by giving off heat. It is said that in order to give off this heat, it takes 40% of the calories ingested in one day, however, with kamaboko products, this can be achieved easily. In addition, the content of the indispensable amino acids in kamaboko products is the ideal balance. This is the reason why the proteins in kamaboko are considered good-quality proteins. Furthermore, when the proteins of kamaboko products are digested and decomposed, substances called "peptides," which are combinations of various amino acids, are created. The health functionalities of peptides, which are expected to be useful to prevent diabetes, cancer and dementia, are still being researched.

### The Fat of Seafood Has a Good Physiological Effect on the Body

When mentioning "fat," it is widely believed to cause lifestyle diseases, but the ratio of fat needed against the total amount of energy is more than 20% and less than 30% (25% for people over 30). It is a nutrient that is needed for concentration, memory, and maintaining hormone balance. In addition, the fat of kamaboko products has a good physiological effect. The main component is n-3 type fatty acid, which is healthy for the body. There is also the advantage of being able to expect health functions. In order to consume the appropriate amount of fat, let's wisely incorporate kamaboko products into staple foods, main dishes and side dishes.

### DHA and EPA Included in High Health Functionality n-3 Type Fatty Acids

Lately, we often hear the words DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). Both are part of the n-3 type fatty acid group, which is said to have high health functionality. DHA is related to the brain and neurotransmitters and it increases concentration and the ability to learn, while EPA cleans the blood and prevents blood clots and heart disease. The amount of content of these components differs by the type of kamaboko product, and deep-fried kamaboko and tsumire fish ball made from red fish surimi, contain a relatively high level of these components. So it's recommended that you plan menus including multiple types of Kamaboko products, to enjoy various Kamaboko tastes, and to ingest DHA and EPA effectively at the same time, for your healthy life.



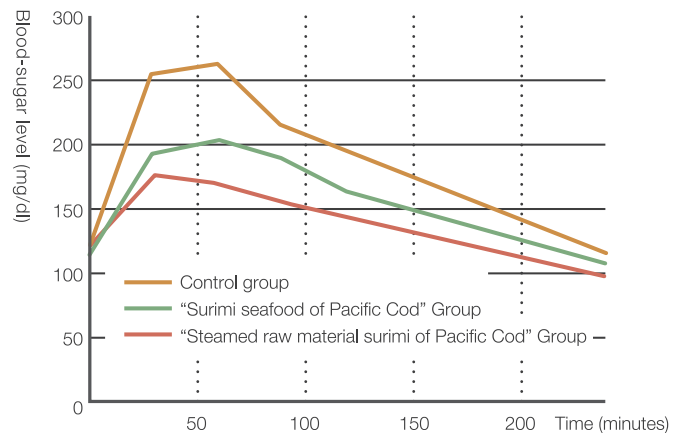
## (iii) Kamaboko Health Functions ~Health Maintenance~

As a result of research conducted on nutrients of kamaboko products and health functions, the suppressing effects of lifestyle diseases such as metabolic syndrome are becoming apparent. Here, based on animal experiments on diabetes, obesity and dementia, we introduce the superior functions of kamaboko products. There has been a certain amount of results with regard to health maintenance.

### Diabetes

#### It Prevents the Absorption of Sugar, and Suppresses the Rise in Blood Sugar

If untreated, diabetes can cause severe complications. As a result of research conducted on the impact of the digestion and absorption of sugar, cholesterol and fat, which are the causes of diabetes, with the ingestion of kamaboko products, the absorption of sucrose and glucose from the small intestines is suppressed, and it is now clear that it leads to the suppression of the rapid rise of blood sugar after meals. In addition, in a comparison experiment between raw minced fish and kamaboko products, there were no suppressing effects found with raw minced fish, and it has been discovered that the protein reforming due to the heating process of the manufacturing process of kamaboko products is related to the suppression of the rise in blood sugar.

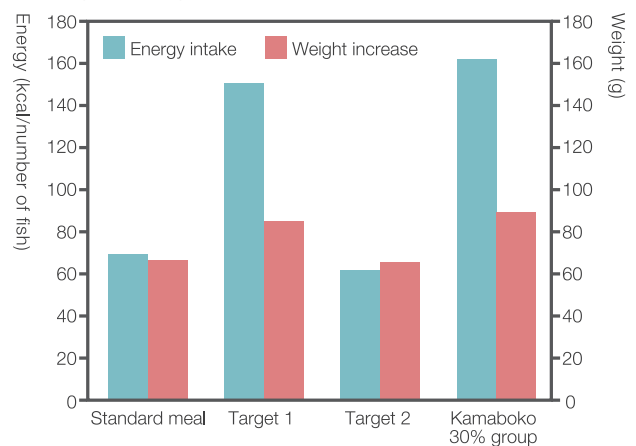


### Obesity

#### For suppression of body fat accumulation and weight loss

The animal testing data demonstrated that the peptide produced by enzymatic hydrolysis of Kamaboko products play an important role in suppression of cell differentiation to fat cells and fat accumulation. In addition, comparison research over a three-week period was conducted on obese rats ingesting kamaboko and konnyaku while continuing a high fat diet, and normal diet. The kamaboko group showed results of the least amount of body weight gain and energy intake, and it has been demonstrated that the expression of the gene related to energy metabolism of fat cells is directly related to the intake of kamaboko. Consequently, eating kamaboko products may prevent easy weight gain.

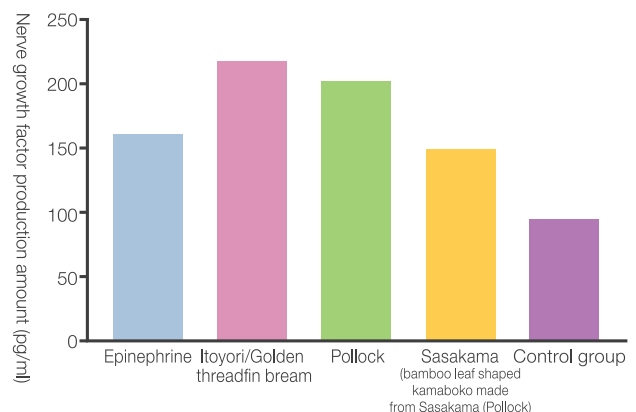
■ Weight change of rats in each of the diet tests



### Dementia

#### It is Good for the Brain and Nerve Growth Factor

It is known that patients with Alzheimer's disease eat much less fish than a healthy person. The basis for the belief that one will become smarter when eating plenty of fish comes from the idea of ingesting n-3 type fatty acid such as DHA. Then, we focused on the research of proteins and not DHA, and peptides showed a certain level of effects. In animal experiments, the amount of nerve growth factor effectively increased when animals ate feed with peptides added, and it is starting to be known that the intake of kamaboko products helps with the prevention of dementia.



In a comparison between feed with kamaboko added and feed without (target group), the feed with kamaboko added showed a higher level of nerve growth factor, and its vitalization power is close to or stronger than epinephrine (=adrenalin, vasoconstrictor).

Japanese name

# Hotate

With the establishment of cultivation technology, the production amount has increased. The “scallop” is a standard food in Japanese homes. The thick adductor muscle is a delicacy, and the scallop can also be enjoyed raw. It is delicious regardless of the cooking method.

## Scallop

### Season and Taste

When the meat gets thick, adds flavor, and increases in protein in March, this is the best season to enjoy scallops. Scallops that are alive and whose shells are closed, or close when you touch them are the tastiest. In addition, they have excellent taste since artificial diet does not need to be given, and their fishing grounds are close by so that they are extremely fresh.

### Nutrition and Health

In addition to strengthening liver functions, scallops contain an abundance of taurine, which leads to the prevention of heart disease and the hardening of the arteries. In addition to maintaining the health of the sense of taste and smell, scallops also contain an abundance of zinc, which increases metabolism and provides beauty benefits such as preventing hair from falling out and rough skin.

## | Trivia!! |

### They are also Delicious Frozen

With the progress of rapid freezing technology, they only show minor deterioration when storing them in a freezer. Compared to fresh scallops or unless one knows that they are refreshed scallops, the difference in the taste is hard to notice. Refreshing is also easy, so it's so convenient to have frozen scallops in your freezer.



帆立

### Fishing Spot

Scallops are caught widely from north of Tohoku to the Okhotsk Sea. They are mainly farmed around Mutsu Bay of Aomori and all over Hokkaido. In particular, around the Okhotsk Sea, the young scallops are released into the sea and grown on the seabed for four or five years. Large-sized wild scallops are produced using this method, and it is attracting attention around the world.



# From the Japanese dinner table



## Scallops with Butter Soy Sauce

The fragrant butter soy sauce brings out the sweetness of the scallops. They have an elastic texture and an abundance of juicy flavor. They also make great snacks that pair well with sake or wine.

### Ingredients (Serves 4) and Recipe

(i) Sprinkle a little bit of salt and pepper to 12 scallop adductor muscles, and thinly spread starch all around. Add a teaspoon of soy sauce and mirin to a bowl to prepare the combined seasoning.

(ii) Heat 1/2 a tablespoon of salad oil on the frying pan, and add the scallop in side-by-side. Once it is browned, add butter, flip it over, and cook both sides. Add the combined seasoning, and mix well.

## Scallop and Chingensai (Chinese White Cabbage) Cooked with Salt

You can enjoy the delicate taste where the thick soup and ingredients mix well together. The flavor of the scallop melts to make the dish with a rich flavor even with simple seasoning.

### Ingredients (Serves 4) and Recipe

(i) Cut 8 pieces of adductor muscle of scallop in half thickness. Take 2 heads of chingensai, and cut and separate the leaves and stems. Cut the leaves into 1/2, and cut the stems into 8 pieces each vertically. Dissolve two teaspoons of starch to with the same amount of water to make slurry.

(ii) Add 2 cups of soup stock, 1 1/2 table spoons of light soy sauce and mirin, and 1/3 teaspoon of salt to the pan, and heat over medium heat. Add stems of the chingensai and cook for 1 more minute. Then, add scallops and the leaves of chingensai and cook for 2 minutes. Finally, add slurry in a circular motion one more time after briefly stirring it, and let it cook one more time.





Japanese name

# Hirame

The “flounder” has been considered as high-quality fish from ancient times, so much so that it can be found in Japanese folk tales. The meat is enjoyed as sashimi or deep-fry, and the engawa, the fin muscle, is enjoyed as sushi topping.



平目

## Flounder

### Season and Taste

The wild “winter flounder” caught in January-February puts on fat, the taste is light, and the meat texture is fine. It is considered a high-quality fish. Today, farmed flounder is the mainstream, and the difference in the taste in comparison to wild flounder is decreasing year after year. Also for farmed flounder, it is more delicious if the meat is more translucent, and it is considered to be the highest grade fish among white fish sashimi. -

### Nutrition and Health

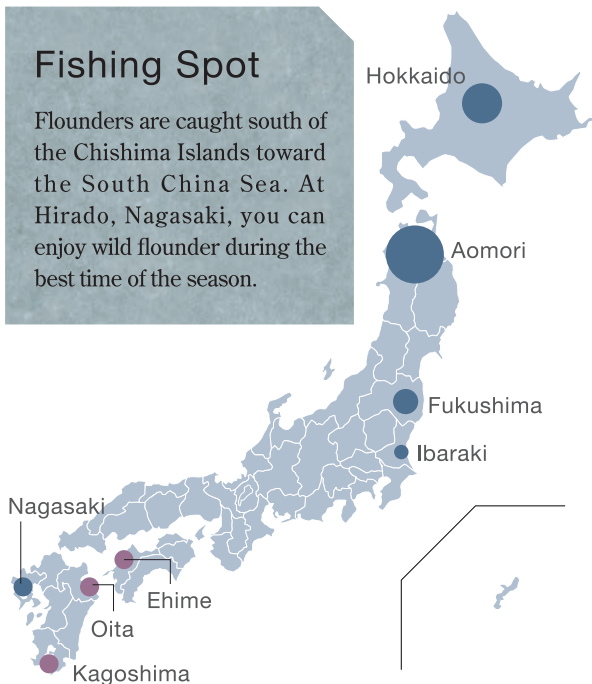
The flounder is high in protein, low in fat and healthy. The protein has an excellent amino acid balance, and it contains minerals and vitamins. In addition, the engawa (fin muscle) contains collagen, which is attracting attention as a beauty ingredient that moisturizes the skin and gives it bounce.

From the Japanese dinner table



### Fishing Spot

Flounders are caught south of the Chishima Islands toward the South China Sea. At Hirado, Nagasaki, you can enjoy wild flounder during the best time of the season.



### Flounder Meunière

The flavor and aroma of butter match well with the light white meat of flounder. It is a standard western cuisine that is common in Japan.

#### Ingredients (Serves 4) and Recipe

(i) Add 2 cuts on the skin to the 4 sliced pieces of flounder, and sprinkle 1/2 a teaspoon of salt and a little bit of pepper. Add 1/2 a cup of milk into the vat, and dip the flounder for 15 minutes while flipping it around in between. Wipe off the moisture and thinly sprinkle it with flour. Finely chopped 1 tomato, 1/2 a green pepper, and 1/4 of an onion, and make a sauce by adding 2 tablespoons of olive oil, 1 table spoon of lemon juice, and 1/4 teaspoon of salt.  
(ii) Add 1 tablespoon of salad oil and 20 g of butter to a frying pan, heat it over medium heat, and add the flounder with the skin side down. Stir the oil in the pan in a circular motion as if entwining with the flounder using a spoon until it is browned. Turn it over, add 20 g of butter, and cook in the same way. Serve it on a dish and add the sauce.

Japanese name

# Tai

The “red sea bream” has a beautiful appearance and remarkable taste. And the word “tai” can be found in the term “medetai” which means “celebratory,” so red sea bream is an indispensable fish “to celebrate” in Japan. The red sea bream is a delicacy regardless of the method of cooking, like grilling, steaming, and simmering.



鯛

## Red Sea Bream

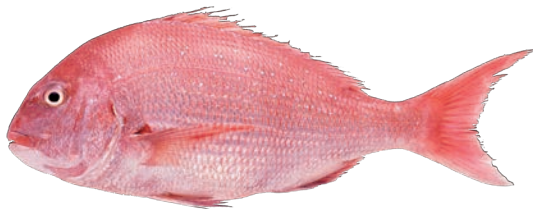
### Season and Taste

The best season for red sea bream is in the spring, however, the spawning season differs from north to south, and since the taste that drops due to spawning recovers quickly, you can enjoy good red sea bream throughout the year in Japan. The best fish size is around 40-50 cm.

### Nutrition and Health

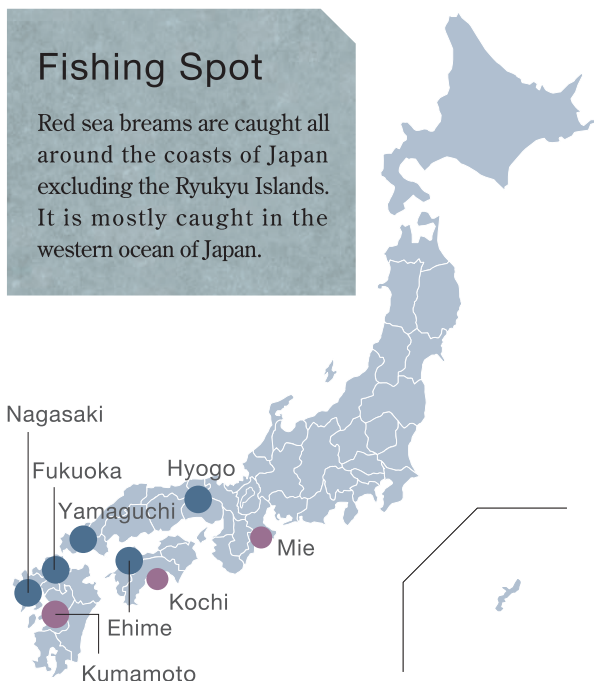
The red sea bream is rich in inosinic acid, which increases metabolism, glutamic acid, which helps with the regeneration of cells, and taurine, which is good for liver function. One of its features is that it does not decrease in quality even if the fish slightly loses its freshness. The eye ball contains an abundance of DHA and vitamin B1.

From the Japanese dinner table



### Fishing Spot

Red sea breams are caught all around the coasts of Japan excluding the Ryukyu Islands. It is mostly caught in the western ocean of Japan.



## Red Sea Bream Rice

Flavoring it with salt and soy sauce, this is a rice dish that you can enjoy the essence of the red sea bream. It's a typical dish for celebratory occasions.

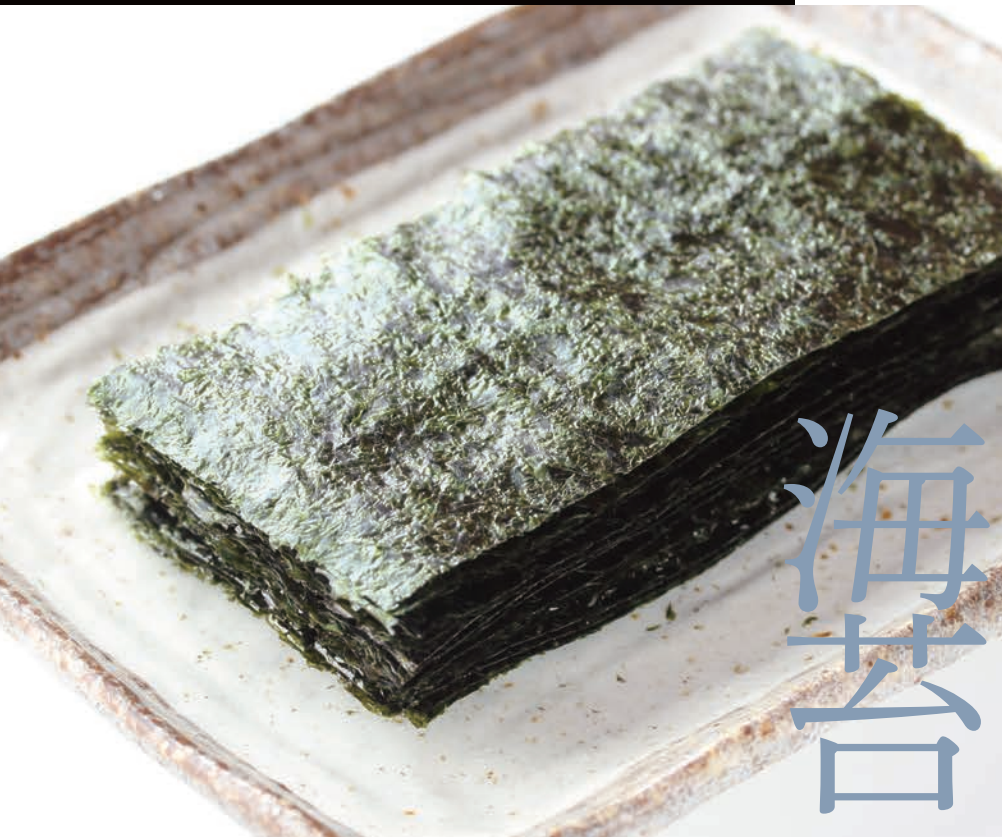
### Ingredients (Serves 4) and Recipe

- (i) Take 450 g of rice, wash it, and soak in plenty of water for 30 minutes. Then scoop it in a basket, and drain it well. Sprinkle 1 teaspoon of salt to the 3 sliced pieces of red sea bream on both sides, and leave it alone for 30 minutes. Then wash it quickly and wipe off the moisture.
- (ii) Preheat the fish grill for 1 minute at high heat. Cook the red sea bream for 4 minutes until the skin starts to burn slightly. Then turn it over and cook it for 3 more minutes.
- (iii) In the “Donabe” (earthen pot), add 2 1/2 cups of soup stock, 2 teaspoons of soy sauce, 3 tablespoons of sake, and 1 teaspoon of salt, and quickly mix. Place the red sea bream on top, close the lid, and heat it at high heat. Heat the pot for about 10 minutes until steam starts to come out vigorously from the holes in the lid, then turn the heat to low heat, and cook it for 10 minutes. Turn off the heat, and steam it for 10 minutes, and sprinkle it with the desired amount of Japanese pepper tree leaf buds.

Japanese name

# Nori

The dried, black laver sheet is an essential item of the Japanese food culture. As a topping of rice, for Onigiri rice balls, and for sushi dishes - it is a multi-purpose item of various Japanese cuisine.



## Laver

### Season and Taste

The harvest period is during the winter. It is said the first harvested laver is the most delicious. The laver used to make rice balls is mostly farmed laver. There is laver that is "just harvested," such as fresh laver used for tempura and tsukudani (food boiled down in soy sauce). In Japan, there are approximately 30 types of edible laver.

### Nutrition and Health

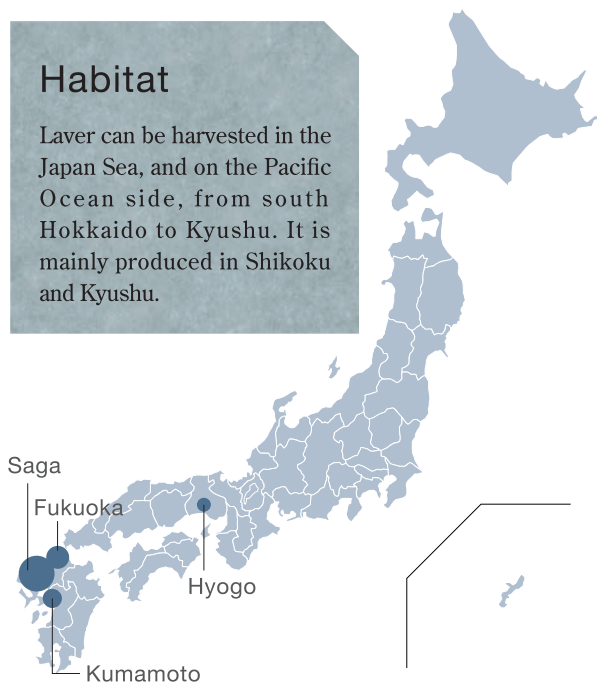
One sheet contains the amount of vitamin B1 equivalent to a whole sardine and iron equivalent to 10 g of beef liver. It is superior in terms of nutrients. Regarding other nutrients, it contains carotene, which preserves healthy skin and membranes, as well as calcium and magnesium, which alleviate the agitation of the nerves related to the formation of bones and teeth.

From the Japanese dinner table



## Habitat

Laver can be harvested in the Japan Sea, and on the Pacific Ocean side, from south Hokkaido to Kyushu. It is mainly produced in Shikoku and Kyushu.



## Hand-rolled Sushi

A casual, home party style Sushi roll. Wrap up vinegared rice, seafood, and vegetables with laver sheet, and create your own sushi roll.

### Ingredients (Serves 4) and Recipe

- (i) Take 200 g of raw tuna (sliced) and 1 cucumber, and cut it into a rod-like shape of 1 centimeter square. Thoroughly drain one canned tuna, add 2 table spoons of mayonnaise, and mix. Take 1/4 of a red onion and cut it roughly. Tear the 3 pieces of lettuce with curled leaves into sizes that are easy to roll. Cut the 6 pieces of laver (whole) in half. Prepare combined vinegar by adding 6 tablespoons of vinegar, 2 tablespoons of sugar, and 1 1/2 teaspoons of salt.
- (ii) Add the combined vinegar to 450 g of freshly cooked rice, and mix as if you are cutting it using a fan.
- (iii) Place the laver on your palm, and add the vinegared rice on the left side and spread the rice evenly. Add the topping of your choice from (i), crab flavored kamaboko (total 8 pieces), or flying fish roe (total 3 tablespoons), and roll the sushi from the side.

Japanese name

# Wakame

Wakame seaweeds have been eaten in Japan and Korea for centuries. As a typical ingredient of miso soup, as a topping of salad, you can enjoy Wakame seaweeds in various dishes. The “mekabu” (thick wakame leaves from near the stalk) has a starchy texture and is also popular, healthy food item.



## Wakame seaweeds

### Season and Taste

Wakame seaweeds start to grow from the fall when the water temperature drops, and the young plants are harvested in the winter. The fresh wakame seaweeds are available only in late winter and early spring, many people enjoy it by Wakame seaweed “shabushabu” in clear bonito soup stock. They are also enjoyed as topping for miso soup, vinegar marinated appetizer, and salad. The thick wakame seaweeds with a black color is good to choose.

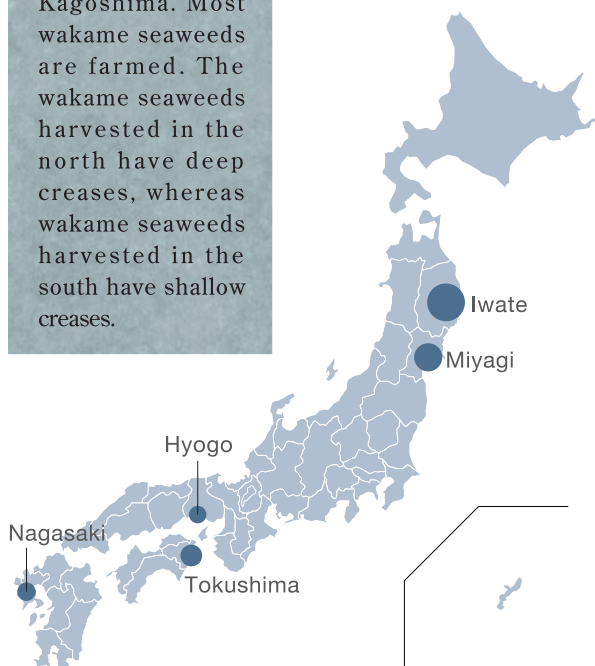
### Nutrition and Health

Wakame seaweeds are supplements of the natural world capable of suppressing obesity and high blood pressure, while allowing intake of minerals that tend to be lacking. It contains fiber, which is indispensable for healthy intestines, and iodine, which helps with resistance, along with other components that are healthy for the body such as calcium and fucoidan.

From the Japanese  
dinner table

## Habitat

It can be harvested all over Japan, including the Pacific Ocean from Wakayama to Kagoshima. Most wakame seaweeds are farmed. The wakame seaweeds harvested in the north have deep creases, whereas wakame seaweeds harvested in the south have shallow creases.



## Wakame Soup

Wakame soup is made with simple ingredients and simple processes. You can enjoy the fragrant flavor of sesame and the good texture of wakame seaweeds.

### Ingredients (Serves 4) and Recipe

- (i) Take 1 tablespoon of dried and cut wakame seaweeds, soak it in water, and drain it again. Squeeze out the moisture, and mix it with 2 tablespoons of soy sauce and 1 tablespoon of sesame oil. Take 1/4 of a green onion and cut it finely. Also cut 1/2 clove of ginger into fine slices.
- (ii) Add 1 teaspoon of sesame oil and ginger to the pan, and heat it over medium heat. Once it becomes fragrant, add wakame seaweeds, and quickly stir fry. Add 3 cups of water and 1 teaspoon of oyster sauce. Let it cook once, then turn off the heat. Add green onion and a little bit of coarsely ground black pepper.

Japanese name

# Sanma

Pacific saury is caught in abundance when moving south from offshore of east Hokkaido to offshore of Choshi in the early autumn. The pacific saury here has fat, and the guts are also a delicacy when the fish is fresh. Salt-grilling is best, but sashimi, soy sauce simmered, "tatsuta" deep fry, and canned pacific saury are also popular.



秋刀魚

## Pacific Saury

### Season and Taste

The best season for pacific saury is from the summer to fall. The season is so important that frozen saury caught in-season is higher valued than fresh saury caught out of season. Fresh pacific saury has taut skin, shines, and stands up straight in your hands when you hold it. Pacific saury with small head tend to have enough fat.

### Nutrition and Health

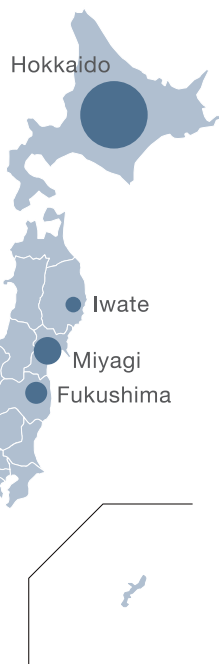
Pacific saury is rich in DHA and EPA, which is related to the communication of the brain and nerves. These nutrients prevent blood clots, and considered to be good for preventing Alzheimer's disease. Pacific saury also contains an abundance of vitamin D, and is an indispensable food for growing children.

From the Japanese dinner table



### Fishing Spot

Pacific saury can be caught in various parts of Japan. It moves north from spring to summer in the northern Pacific Ocean, then moves south during the summer. On the Sea of Japan side, pacific saury also circulates north-south in the same way.



### Tatsuta-fried Pacific Saury

This is a typical homemade dish, crispy-fried pacific saury. Since it is well seasoned dish, it can be a good appetizer for drinks.

#### Ingredients (Serves 4) and Recipe

- (i) Cut off the heads of 2 pacific sauries and cut them into three rods. Gut and wash the pieces, and wipe off the moisture. Add 1 cup of water and 2 teaspoons of salt to a bowl, and mix well until the salt dissolves. Add the fish and leave it out for 30 minutes.
- (ii) Wipe off the moisture of the fish well, and thinly sprinkle it with starch. Heat the frying oil to medium temperature (170 ° C), to the point where fine bubbles flow off of wooden cooking chopsticks inserted into the oil. Add the fish, flip it over while cooking, and deep fry until it is crisp for 5 minutes.

Japanese name

# Sawara

Large Spanish Mackerel grow to more than 1 meter in length. It is a fish that has been used widely in ceremonial occasions in Japan. The meat texture is soft, and Saikyoyaki (grilled Spanish mackerel marinated in Saikyo miso) is a standard dish in Japan.



## Spanish Mackerel

### Season and Taste

The best season is from fall to spring, and it tastes particularly good in the spring time. Fish meat is generally considered to taste better near the head, but the tail end tastes better for Spanish Mackerel. When it is fresh, its meat color is white with clarity; however, it becomes clouded quickly, and therefore the freshness is important.

### Nutrition and Health

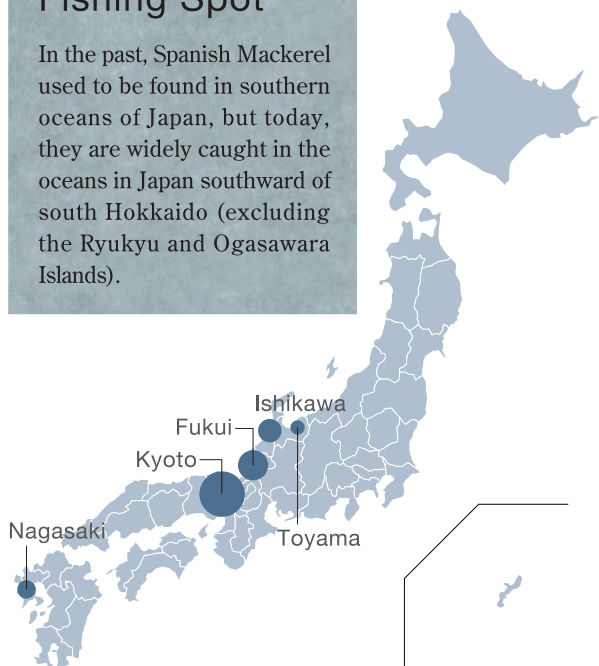
Spanish Mackerel contains an abundance of DHA and EPA, which are attracting attention for preventing lifestyle diseases. It is also rich in potassium, which helps in lowering blood pressure. It also contains iron, vitamin D and vitamin B12, which helps in the active organization of cell division.

From the Japanese  
dinner table



## Fishing Spot

In the past, Spanish Mackerel used to be found in southern oceans of Japan, but today, they are widely caught in the oceans in Japan southward of south Hokkaido (excluding the Ryukyu and Ogasawara Islands).



## Spanish Mackerel Yuanyaki

Yuanyaki is a Japanese grill cuisine where the fish is grilled after dipping it into a soy sauce-based sauce with yuzu (citrus) flavor. Spanish Mackerel Yuanyaki is a standard breakfast menu in Japan.

### Ingredients (Serves 4) and Recipe

- (i) Cut out 4 thin slices of yuzu with its skin, peel the skin of the rest, and cut the skin into fine strips. Add 3 tablespoons of soy sauce, sake and mirin to a bowl and mix well. Then add the 4 sliced pieces of Spanish Mackerel and the thinly sliced yuzu to the bowl. Leave it in the refrigerator for 1 hour to 1 day.
- (ii) Preheat the fish grill at high heat for 1 minute. Drain the moisture from the fish, cook it at a low to medium heat for 6 minutes, flip it over, and cook it for 5 more minutes. Serve it on a dish with the thinly sliced yuzu skin.

# Canned Seafood

Produced using either seasonal fresh catch or seafood that is frozen immediately after harvest and then processed locally, “Canned Seafood” offers both high nutritional value and high quality standards. It is popular worldwide because not only is it delicious but it is also being reevaluated as a food choice in terms of hygiene and convenience, enabling consumers to enjoy Japanese cuisine simply and easily.



## 水産缶詰

### About Canned Seafood

#### Characteristics

Because the seafood is cooked and sterilized through high-pressure heating processes utilizing cutting-edge technology, these products do not contain preservatives, which means that they can be consumed with peace of mind. Moreover, since the seafood is already cooked, consumers can enjoy Japanese cuisine simply by opening a can. Another valuable benefit is that the liquid from the can also makes an excellent flavoring broth and can be used in a wide variety of dishes.

#### Nutrition

The blueback fish (sardines, mackerel, saury, etc.) used in canned seafood products are rich in both DHA (docosahexaenoic acid), which helps to lower neutral fats and cholesterol, and EPA (eicosapentaenoic acid), which is a natural blood cleanser. Canned seafood provides an easy way to ingest these nutrients. And, it is also rich in calcium as the whole fish is processed, bones and all.

### Characteristics of Seafood Canned in Miso Sauce

Heads, tails, and innards are removed and the flesh is flavored with Japanese miso (soybean paste). Softened in the boiling process, even the bones are tasty. Seafood canned in miso goes well with rice and we also recommend sautéing the fish with vegetables.

### Creamy Mackerel-and-Egg Rice Bowl

This delicious rice bowl dish combines the savory flavor of mackerel simmered in miso sauce with the rich, creamy taste of soft-boiled egg. Topping the dish with Japanese Mitsuba parsley accents the flavor.

#### Recipe (serves 2)

(1)Place the contents (including the liquid) of 1 can of Canned Mackerel in Miso Sauce in a heat-proof bowl; add 1/2 teaspoon of soy sauce and quickly mix with the mackerel. Loosely cover the bowl with plastic wrap and heat in a microwave oven (600 W) for 1 minute. Separate 3 Mitsuba Japanese parsley stems into stalks and leaves; slice the leaves and mince the stalks.

(2)Place 200 g of cooked rice in a bowl. Lay half of the mackerel on top of the rice and pour over half of the sauce. Top with 1 Soft-boiled eggs and half of the Mitsuba Japanese parsley. Repeat the process to make another bowl.

### Canned Seafood Used in This Recipe

Mackerel Canned in Miso Sauce. Using fat full-body mackerel caught in Japanese waters and then cooked in Japanese miso, this canned fish is characterized by deep, rich flavor.



# Recipes Using Canned Seafood in Salt Water

## Characteristics of Canned Seafood in Salt Water

Cleaned flesh is flavored only with salt, enabling consumers to enjoy the ingredients' natural flavors. Because of the simple seasoning, it has an advantage of sugar free and low calorie. We recommend using canned seafood in salt water with salads or in soups for a light, refreshing taste.



## Mackerel Simmered in Grated Radish

The simple flavors of mackerel boiled in water and grated daikon radish are perfectly matched in this refreshing, tasty dish. Another advantage is that the dish uses no cooking oil, making it even healthier!

### Recipe (serves 2)

Place the contents (including the juice) of 1 can of Canned Mackerel in Salt Water into a pot and add 2 tablespoons of Sake. Bring to a boil on medium heat. Then, turn the heat down slightly and simmer for 5 minutes. Gently squeeze some of the moisture from 3/4 cup of grated radish, and then add the radish to the mackerel in the pot, bring it to a boil, and then turn off the heat. Arrange in bowls and sprinkle with minced green spring onion shoots.

### Canned Seafood Used in This Recipe

Canned Mackerel in Salt Water. Using mackerel caught in Japanese waters and seasoned with only natural salt, this canned fish is an easy way for consumers to enjoy mackerel' s delicious natural flavor.



## Japanese Scallops and Celery Salad

This salad makes lavish use of flavor-packed scallops simmered in water. The celery' s bitter taste accentuates the delicate sweetness of the scallops.

### Recipe (serves 2)

(1)Place the contents of 1 can of Japanese Canned Scallops in Water in a bowl, reserving the liquid. Separate 2 sticks of celery (200 g) into stalks and leaves; remove the strings from the stalks, cut diagonally into thin slices and chop the leaves roughly. Sprinkle the celery with 1/4 teaspoon of salt and rub with hands; let stand for 5 minutes and then squeeze to remove the moisture..

(2)Place the celery in the bowl with the scallops and 1 1/2 tablespoons of mayonnaise, 1 tablespoon of scallop liquid, and 1 teaspoon of lemon juice. Mix all of the ingredients together. Sprinkle with pepper to taste.

### Canned Seafood Used in This Recipe

Japanese Canned Scallops in Water. Harvested between spring and autumn around Hokkaido and Aomori, the fresh seasonal scallops used in these products have high sugar content and rich umami flavor. They are available in two forms, "Whole" and "Flakes", for use in different types of dishes.





# Recipes Using Canned Broiled Fish

## Characteristics of Canned Broiled Fish

After the fish is broiled, unglazed, it is dipped in a rich sweet-and-salty sauce comprised of soy sauce, Mirin (sweet Sake seasoning), sugar, and Sake. It is then broiled again. With its strong flavoring, this fish is recommended as a topping for rice bowls, noodles and even pizza.



## Saury Sushi Rolls

This dish perfectly combines the roasting aroma and sweetness of broiled saury and the tartness of sushi rice. The refreshing flavor stimulates the appetite, making it a perfect lunchbox choice.

### Recipe (serves 2)

- (1) Blend 3 tablespoons of vinegar, 1 1/2 tablespoons of sugar, and 3/4 teaspoon of salt to make sushi vinegar. Strain the liquid from 1 can of Canned Broiled Saury. Cut half a cucumber vertically into quarters.
- (2) Beat 1 egg and add 2 teaspoons of sugar, a pinch of salt, a drop of soy sauce, and 1 tablespoon of dashi broth. Blend all of the ingredients. Cook as a Japanese style rolled omelet and cut the omelet into 6 x 1 cm wide strips (approx. 7 cm long).
- (3) Boil 1 1/2 cups (180 ml) of rice, place the freshly boiled rice in a large bowl and sprinkle with the sushi vinegar. Mix the vinegar into the rice using a cutting motion while cooling the mixture with a fan to make the sushi rice.
- (4) Place a sheet of dried nori seaweed landscape on a sheet of plastic wrap. Spread half of the rice over the top, leaving 3 cm on the far side of the seaweed sheet. Place half of the saury in a line along the near side of the seaweed sheet. Place the 2 cucumber sticks and 3 omelet strips on top of the saury. Lift the plastic wrap on the near side and roll the sushi to the far side, holding the roll firmly from above to mold it into shape. Repeat the process to make another sushi roll. Carefully cut off the ends of the rolls and then slice each roll into 8 pieces.

### Canned Seafood Used in This Recipe

Canned Broiled Saury. After being dipped in a "Special Flavoring Sauce" combining taste, luster, and aroma, the fish is broiled using far-infrared roasting techniques. Canned Broiled Saury is the most popular canned broiled fish amongst consumers in Japan.



## Crunchy Sardine and Radish Sandwiches

The sweet and salty flavor combination of sugar and soy sauce gives the broiled sardine a pleasant taste. With its tempting appearance, this dish is also recommended when you have guests. Enjoy the texture of the soft sardine and crunchy daikon radish.

### Recipe (serves 2)

- (1) Peel 2 cm (approx. 100 g) of daikon radish and slice into 12 slices 1-2 mm thick. Cut the mid-ribs from 3 green Shiso Perilla leaves and slice the leaves vertically in half. Drain the liquid from 1 can of Canned Broiled Sardines and cut each sardine into 6 pieces.
- (2) On one slice of radish, place a sliced Shiso Perilla leaf and pieces of sardine in that order, then top with another slice of radish to make a sandwich. Repeat the process with the remaining ingredients. Place the sandwiches on a plate and sprinkle with cayenne pepper to serve.

### Canned Seafood Used in This Recipe

Canned Broiled Sardines. Using far-infrared roasting techniques, sardines are broiled until they are aromatic on the surface and plump and juicy on the inside, and then flavored with a soy sauce and sugar sauce. The sweetness of the sugar and saltiness of the soy sauce create a deliciously balanced flavor.



# Recipes Using Canned Seafood in Tomato Sauce

## Characteristics of Canned Seafood in Tomato Sauce

Cleaned fish is flavored with tomato sauce. We recommend adding beans or potatoes, or using in pasta sauces or even paella.



## Sardine and Tomato Pasta

The sardine-and-tomato sauce is used as is for a delicious pasta sauce. The savory flavor of the sardines and acidity of the tomatoes combine to produce a refreshingly harmonized pasta dish. Especially recommended during hot weather.

### Recipe (serves 2)

- (1) In a heat-proof bowl, mash the contents of 1 can of Sardines Canned in Tomato Sauce and then heat in a microwave oven (600 W) for 1 minute. Remove the stems from 10 mini tomatoes and cut the tomatoes vertically into quarters. Roughly tear up 8 basil leaves.
- (2) Boil 1.5 liters of water in a pot and add 1 tablespoon of salt. Boil 160 g of spaghetti for the specified time and drain when cooked.
- (3) In a bowl, place the spaghetti, sardines, mini tomatoes, and basil and mix together. Season with 2 tablespoons of olive oil, salt, and coarsely ground pepper.

### Canned Seafood Used in This Recipe

Canned Sardines in Tomato Sauce. Cooked in a simple tomato sauce containing only tomatoes and salt, sardines' delicious umami flavor is accented by the tomato's acidity, creating a mouthwatering tastiness.



# Recipes Using Canned Seafood with Other Flavorings

## Characteristics of Canned Seafood with Other Flavorings

Shellfish, squid, yellowtail, and other seafood items are flavored with sweet soy sauce and other seasonings. We recommend enjoying these products cooked with rice, or stewed with radish or other vegetables.

## Ark Shell Rice Balls

This dish takes a delicious twist on "rice balls"—standard Japanese fare—by adding the sweet and salty flavor of canned ark shell cooked with sugar and soy sauce. Wrapping the rice balls in aromatic green Shiso Perilla leaves instead of seaweed enables you to savor both the flavor and the aroma.

### Recipe (serves 2)

Place 400 g of freshly cooked rice in a bowl. Add 1/5 teaspoon of salt and the contents of 1 can of Canned Ark Shell flavored with sugar and soy sauce (including the liquid), then quickly blend all of the ingredients with a rice spatula. Add 1 piece of ginger, finely chopped into strips, and 1 teaspoon of roasted white sesame seeds and mix in roughly. Divide the rice mixture into 6 portions and shape each portion into a rice ball. Cut the mid-ribs from 6 green Shiso Perilla leaves and wrap a leaf around each rice ball.

### Canned Seafood Used in This Recipe

Canned Ark Shell flavored with sugar and soy sauce. Ark shell clams harvested around Ariake, Kyushu, are flavored with sweet soy sauce, enhancing clams' delicious natural umami flavor.



Japanese name

# Saba

Mackerel used to be a typical fish which goes bad easily. Thanks to the development of freezing technology, it became one of the most popular seafood items across the country. Miso-simmered mackerel and salt-grilled mackerel are the standard dishes. Pickled mackerel and sashimi are also delicious.



## Mackerel

### Season and Taste

Mackerel can be caught throughout the year, but the best season is from autumn to winter when they get fat. You can enjoy the umami taste which is unique to the blueback fish, and the tender-chewy mouthfeel. The larger size mackerel with clear, bulging eyes, are better quality.

### Nutrition and Health

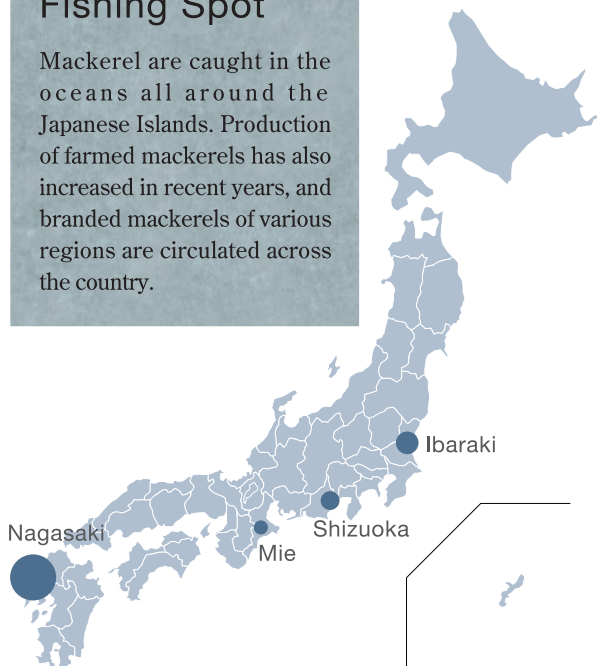
It contains an abundance of EPA which helps clean the blood and prevents the hardening of the arteries and heart infarction, and DHA which helps vitalize the brain. It also contains iron, vitamins A, B1, B2, and taurine, and it is effective for preventing high blood pressure, strokes and heart disease.

From the Japanese dinner table



## Fishing Spot

Mackerel are caught in the oceans all around the Japanese Islands. Production of farmed mackerels has also increased in recent years, and branded mackerels of various regions are circulated across the country.



## Mackerel Simmered in Miso

This is a typical homemade dish: simmered mackerel in a salty-sweet miso sauce. You can enjoy the unique harmony of mackerel and thick miso sauce.

### Ingredients (Serves 4) and Recipe

- (i) Take 2 fillets of 1 mackerel (center cut), cut each fillet in half, and make an incision in a cross shape on the skin. Thinly slice a clove of ginger with the skin on it. Prepare the combined seasoning by mixing 1/2 a tablespoon of miso and 1/2 a teaspoon of soy sauce.
- (ii) Add 1/4 cup of sake, 2 tablespoons of sugar, 1 1/2 cups of water, and ginger, and heat it over medium heat. Once it cooks, add the mackerel side-by-side with the skin facing up. Place a cooking sheet on top cut into a size slightly smaller than the pan and with an incision of approximately 2 cm in the center, and cook it for 5 minutes. Then dissolve in 1 1/2 tablespoon of miso, reduce the heat slightly, and cook for 5 more minutes. Turn off the heat, add the combined seasoning, and quickly mix.

Japanese name

# Gyoran

Tarako (salted pollock roe), ikura (salmon roe), and kazunoko (herring roe) are so-called fish egg salt-preserved products, which were originally developed for long-term preservation. However, it is still enjoyed today although the eggs no longer need to be salted for preservation due to the progress of freezing and storing technology.



## Fish eggs

### Uni (Sea Urchin)

The developed gonad is an edible part, and Short spined sea urchin and Northern sea urchin are the main sea urchins that circulate today. The melting texture is the reason for its popularity.

### Ikura (Salmon Roe)

Ikura is salted or seasoned salmon roe, removed from the sack. With a texture that pops, the good taste spreads throughout your mouth. It contains calcium and vitamin D.



### Kazunoko (Herring Roe)

Kazunoko is salted or dried herring roe. It is familiar as one of the Foods to eat during the New Year in Japan, and people eat it wishing for the prosperity of their descendants.



### Tarako (Pollock Roe)

Tarako is salt seasoned pollock roe. You can enjoy the unique Tarako taste as a topping of rice, or pasta dishes. Mentaiko (spicy seasoned pollock roe), a local specialty of Hakata, is also popular.



# 魚卵

Japanese name

# Buri

The “yellowtail” has been used for traditional events in Japan from ancient time. In Kansai and its westward areas, it has the special meaning of “Fish of the New Year.” It can be used for various types of cuisine such as sashimi, teriyaki, and shabushabu, and it is a fish deeply familiar and indispensable for Japanese people.



鰯  
魚師



## Yellowtail

### Season and Taste

The spawning season comes earlier the further you go south, and it ranges from February-July. The best season is when the yellowtail gains weight and gets fat in preparation for spawning in the fall and winter. In the spring and summer, wild yellowtails do not have much fat, and the meat color is light brown. However, farmed yellowtails have fat and the meat color is white with a luster. Wild yellowtails in the winter are highly valued, and are considered to be exceptionally delicious.

### Nutrition and Health

It contains a good balance of protein, fat, vitamins and minerals. The fat contains EPA, which prevents thrombotic diseases, and DHA, which vitalizes brain cells. It also contains an abundance of iron and taurine in the dark meat part.

### | Trivia!! |

Typical “Succeeding” fish that change names

Yellowtail changes taste according to its size, and it becomes tasty from about 40 cm in length. It is called a “succeeding” fish because it changes names according to size. Although it differs according to the region, in Kanto yellowtails of 40-60 cm are called Warasa, those of 60-70 cm are called Mejiro, and anything above 70 cm is known as Buri.

### Fishing Spot

Yellowtails are harvested widely from Hokkaido to Kyushu. Large yellowtails caught around Hokuriku fishing area are sometimes sold in extremely high price.



# From the Japanese dinner table



## Yellowtail Teriyaki

Yellowtail teriyaki has been familiar in Japanese homes for a long time. By marinating in a sweet sauce, it is cooked softly. It is also delicious when it is cold or cooked ahead, due to the rich teriyaki taste.

### Ingredients (Serves 4) and Recipe

(i) Sprinkle a small amount of salt to the 4 sliced pieces of yellowtail, and leave them out for 15 minutes. Quickly wash the yellowtail slices with water, and wipe off the moisture. Peel the skin off a clove of ginger and cut it into fine strips. Quickly wash the ginger and wipe off the moisture. Add 2 tablespoons of soy sauce, sake, mirin, and 1/2 a tablespoon of sugar in a bowl to prepare the combined seasoning.

(ii) Heat one teaspoon of salad oil in a frying pan over medium heat, and put the yellowtail slices on the pan. Once the slices are browned, turn them over and cook both sides, along with the skin. At this point, turn the heat to low. Add the combined seasoning in a circular motion, mix well with the yellowtail slices, and cook until the sauce thickens. Serve them on a dish with ginger.

## Buri-Shabu

Since it is a cooking method where fresh yellowtail is dipped in hot water, it gets rid of the extra fat, and is very healthy. You can fully enjoy the natural taste of the ingredients.

### Ingredients (Serves 4) and Recipe

(i) Add 5 cups of water to a pot with kelp (5 centimeter square) and a tablespoon of sake and leave it out for 10 minutes. Cut the 150 g of mizuna (potherb mustard) into 4 cm lengths, and cut one block of silken tofu (300 g) into 8 pieces. Add 1/2 a cup of ponzu (seasoning made from soy sauce and citrus juice) and 1 teaspoon of white sesame to a bowl to prepare the dipping sauce.

(ii) Heat the pot over medium heat, boil, and add tofu. Once it boils again, add the mizuna and yellowtail, quickly cook it in the hot water, and eat it after dipping in the sauce.



Japanese name

# Katsuobushi

After boiling and smoking blocks of bonito meat, the block is heated and dried repetitively into arabushi, which is then shaved to make the dried bonito shavings. High-quality dried bonito shavings are shaved from sun-dried and molded arabushi.



鰹節

## Dried Bonito

### Season and Taste

Dried bonito and its shavings are available throughout the year. However, the mold-dried bonito, made from bonito caught in early summer – finished in autumn, are the most delicious in particular. In addition, dried bonito shavings are commonly used to make soup stock.

### How to Make Combined Soup Stock of Dried Bonito Shavings and Kelp



Add 15-20 g of kelp into 1 liter of water, heat it at low heat, and remove the kelp right before it boils. Add more water, add 20-30 g of dried bonito shavings, boil for 10-15 seconds, then filter.

### Nutrition and Health

Dried bonito shavings are high in protein and low in calories. The inosinic acid, which is the taste component, increases metabolism, and since the Edo era, it has been said that dried bonito shavings help with recovery from fatigue. It also contains a good balance of indispensable amino acids, and it is said that by drying it, it condenses nutrients.

From the Japanese dinner table

## Noodle Soup Made from Bonito Soup Stock and Somen (Japanese Fine Noodles)

You will need Bonito soup stock for various Japanese foods. Especially it's really important to use good Bonito stock for noodle soup or noodle dipping sauce.

### Ingredients (Serves 4) and Recipe

(i) Add 20 g of dried bonito shavings, 1/2 a cup of light soy sauce and mirin and 2 1/2 cups of water, and heat it over medium heat. Once it boils, reduce the heat to low heat and heat it over medium heat. Once it boils, reduce the heat to low heat and cook it for 3 more minutes. Add 10 g of dried bonito shavings and stop the heat. Leave it alone for 5 minutes and filter using a bamboo sieve.

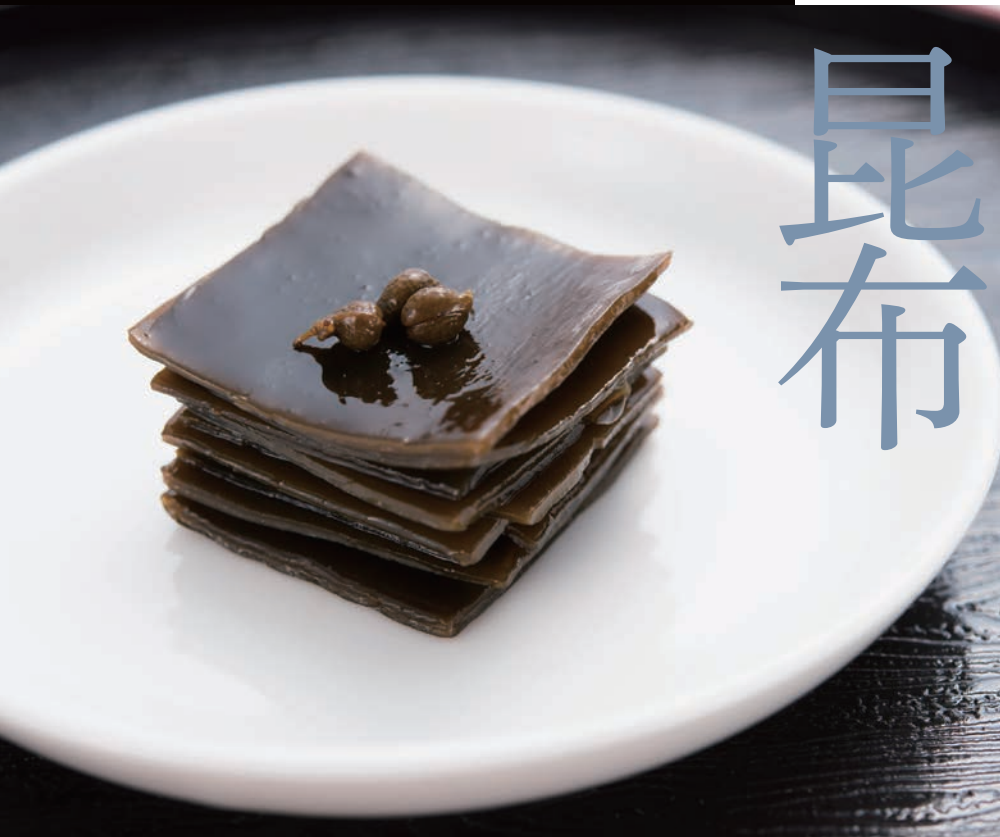
(ii) Take 4 pieces of Shiso basil leaf, cut off the stem, and cut it into thin slices. Grate 1 clove of ginger. Boil plenty of water in a pot, and boil the somen as indicated. Discard the hot water, wash the noodles in ice water, and drain the moisture. Enjoy the noodles with the seasoning of your choice and noodle soup.



Japanese name

# Konbu

Other than for making soup stock, the kelp is a multi-purpose laver that is used in various dishes such as kelp rolls and cooked dishes. Kelp is also used in processed foods such as sukunbu (sour kelp prepared with black vinegar) and tororokonbu (shredded kelp), and it popular for its rich nutrients.



昆布

## Kelp

### Season and Taste

It is harvested from the summer to fall, but since it is typically dried, it is distributed all year round. It is said that it tastes better if is left alone for a few years. There are various types of kelp, and it is used according to the requirements of the dish.

### Nutrition and Health

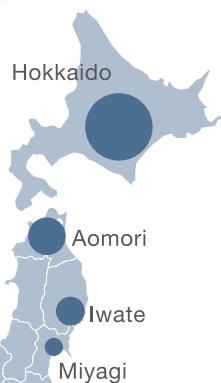
In addition to containing an abundance of vitamins and minerals, it contains fiber, which is known to prevent constipation and the regulation of the function of the intestines. It also contains alginic acid, which helps with the prevention of high blood pressure and diabetes, along with an abundance of iodine that can only be obtained from laver.

From the Japanese dinner table



## Habitat

It is mainly harvested in Hokkaido and along the Sanriku coast. It also grows in Tokyo Bay, and it also helps to clean the ocean.



## Yu-Dofu hot pot

Yu-Dofu hot pot is a simple hot pot dish that is commonly enjoyed in the winter. It is gentle on the stomach and warms you up. The delicate soup stock of kelp matches well with tofu.

### Ingredients (Serves 4) and Recipe

(i) Add 1 piece of soup stock kelp (12 cm on all sides), 2 tablespoons of sake, 5 cups of water, and leave it alone for 30 minutes. Cut the 2 blocks of silken tofu into 4 pieces each. Cut the two pieces of green onion (thin green spring onions) into small pieces. Grate 1 clove of ginger.

(ii) Heat the pot in (i) over medium heat, and once it boils, add the tofu and cook it for 3-4 minutes. Serve the tofu on a dish with the soup, and eat it with the appropriate amount of green onion, ponzu and ginger.