



Sushi



Kaisendon
(Bowl of rice topped with sashimi)



Sashimi



Nizakana
(Boiled fish)



海苔



お魚便利帳

JAPANESE COOKING

How to cook Japanese fish dishes and eat fish

SEAFOOD

Fish Nutrition Information

Omega-3 fatty acids (including **DHA** and **EPA**) are nutrients which basically can only be gotten by eating fish.

✧ Calcium ✧

Fish far outdoes other foods as a source of plentiful calcium. Whitebait and other types of small fish are rich in calcium, especially when eaten whole.

✧ Protein ✧

The protein found in fish helps rid the body of unneeded salts, and also helps prevent high blood pressure and other lifestyle-related diseases.

✧ Vitamins ✧

Vitamins help keep skin looking beautiful. Fish is rich in vitamins that inhibit the bad reactive oxygen species that cause hardening of the arteries and cancer.

✧ DHA (Docosahexaenoic acid) ✧

DHA is an important nutrient that inhibits aggregation of blood platelets, making it difficult for blood clots to form and enhancing blood flow. It also an important nutrient for generating the brain cells for thought and learning, especially in the brain and nerve development of infants, and is looked to for treating dementia in the elderly.

✧ EPA (Eicosapentaenoic acid) ✧

EPA thins the blood and is effective against LDL (bad) cholesterol. In particular, it maintains blood and blood vessel health in the elderly. EPA can help prevent stroke, heart attack, hardening of the arteries, and other diseases.

Fish rich in DHA and EPA include sardine, pacific saury, and tuna.

Cholesterol

Low Normal High

Japanese sake further enhances the delicious taste of seafood dishes

Umami
Rich taste
Complex

Matured Type

Aroma
Features strong and complex aromas, like spices or dried fruit.

Taste
Thick sweetness, balanced with an acidity mellowed by maturarion.

Complex
Aroma
Gorgeous

Fruity Type

Aroma
Features gorgeous aromas of fruit or flowers, and has a sense of clarity.

Taste
Has moderate sweetness and roundness, balanced with a refreshing acidity.

Fresh
Delicate taste
Simple

Full-Bodied Type

Aroma
Features a grainy scent, or an aroma conveying umami, like dairy products.

Taste
Features sweetness, acidity, a pleasant bitterness, and a well-rounded richness.

Simple
Moderate
Aroma
Light


Light and Smooth Type

Aroma
Features a mild and moderate aroma.


Taste
Has a refreshing taste and a smooth feeling in the mouth.

Information from "How to Enjoy Sake!"
(Japan Sake and Shochu Makers Association)

Good for Teriyaki: Mekajiki (Swordfish), Katsuo (Bonito), Hotate (Scallop), and Saba (Mackerel)



Good for Salt-Grilling: Sake (Salmon), Shishamo, Aji (Horse Mackerel), Kamasu (Barracuda), Saba (Mackerel), Iwashi (Sardine), and Tai (Red Sea Bream)



ぶり
鰯
Buri



Full-Bodied

YELLOWTAIL TERIYAKI

INGREDIENTS

Buri Kirimi (yellowtail fillet) 2
Salad oil 1 tbsp.
Ginnan (Ginkgo nuts) 2
Salt As you like
Soy sauce 4 tbsp.
Hon mirin 4 tbsp.
Japanese sake 4 tbsp.
Sugar 2 tbsp.


STEPS

- Thoroughly mix the "★1" condiments and place aside.
- Put the salad oil in a frying pan, heat it, and cook both sides of the yellowtail fillets until they change color.
- Once both sides have changed color, cover in aluminum foil and cook for 3 more minutes to ensure they are cooked through.
- Add all the sauce from mixing the "★1" condiments. Cook at low heat for 5 to 6 minutes, spooning the sauce over the yellowtail and turning over the fillets several times.
- Add heated ginkgo nuts as a colorful garnish to complete the dish.

How to Cut Fish

Search for Sakana Sanmai Oroshi Search to see the video.

1




Scale the fish. Cut off the head, pectoral fin, and pelvic fin all together.

2




Slit the fish as far as the anus, then remove the guts. Wash thoroughly with fresh water, and wipe away any moisture after washing.

3



Slit the fish along its back (upper side), with the point of the blade, going as far as the spine. Do the same for the bottom (belly) side. (Do not cut the spine.)

4



Place the knife between the spine and the flesh, and cut a fillet holding the tail of the fish.

5



Completely remove the ribs.

When preparing sashimi



Insert the knife between the skin and flesh and pull the skin away.

さんま
秋刀魚
S a n m a



Matured

SALT-GRILLED PACIFIC SAURY

INGREDIENTS

Sanma (Pacific saury) 1 whole
Salt As you like
Grated daikon As you like
Sudachi 1/2
Soy sauce As you like

STEPS

- Remove the slime from the pacific saury by gently rubbing it by hand under running water.
- Remove all moisture using a paper towel, add salt (to your taste), and cook in/on a grill for 8 to 10 minutes at medium heat.
- Once that side seems sufficiently grilled, turn the fish over and grill another 8 to 10 minutes.
- Once the fish seems sufficiently grilled and cooked right through, serve the fish along with a small mound of grated daikon dripped with soy sauce, and the sudachi.

How to Eat Grilled Fish

Search for Eat Yakizakana Search to see the video.

1



Slit the fish from head to tail along the spine. Pull the flesh up in the dorsal direction, and eat.

2



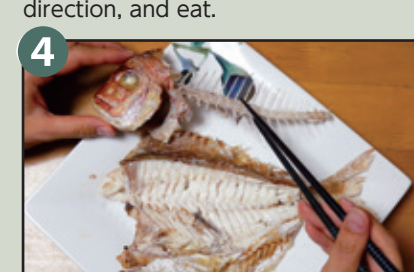
Eat the flesh from the belly part of the fish, taking care to avoid rib bones.

3



Once you have eaten all of that side of the fish, lift out the spine with your chopsticks and remove any flesh from it.

4



Place the head and spine to the side and eat the other side of the fish.

5



Finished! (Gochisousama!)



Eat carefully since the fillets and core part of the fish contain many bones.

まぐろ
鮪
Maguro



Fruity

TUNA CARPACCIO

INGREDIENTS


Maguro (tuna for sashimi) 200 g
Baby greens As you like
Dill As you like
Radish As you like
Sprouts As you like
Sudachi 1
Kinome (Japanese pepper leaf buds) 8
Olive oil 2 tbsp.
Soy sauce 1 tbsp.
Rice vinegar 1 tbsp.
Sugar 1 tsp.
Grated garlic As you like
Coarse-ground black pepper As you like
★1 Soy sauce 2 tbsp.
★2 Hon mirin 2 tbsp.

STEPS

- Thoroughly mix the "★1" ingredients to make a dressing, and put aside.
- Place pieces of flat-sliced tuna in the "★2" condiment mix to marinate for 5 minutes.
- Place each of the baby greens under running water to make them crisp, and put them in a colander. Cut the sudachi and radish into slices.
- Place the baby greens on the plate, then arrange the tuna pieces from Step 2 over them. Pour the dressing from Step 1 over the entire dish and garnish with Japanese pepper leaf buds, dill, sprouts, sudachi, and radish. The dish is ready to serve.


Deba Knife

With its thick blade and heavy weight, the pointed carving knife is capable of cleaving fish heads and bones right in half. Used for preparing large fish.




Sashimi Knife

Long and thin, the sashimi knife is capable of making delicious sashimi without destroying cells where it slices. It is used for cutting sashimi and for removing skin from the flesh.



General-Purpose Kitchen Knife


The general-purpose kitchen knife can be used for cutting a wide range of ingredients including fish, meat, and vegetables. It can be used to sufficiently prepare mackerel and similar size fish.




Selecting the Right Knife

How to Sharpen Knives

When a knife becomes dull, use a sharpening stone or blade sharpener to sharpen it. When using a sharpening stone, wet the stone and drip water on it while honing. It is important to move the blade smoothly back and forth without applying force, keeping it at the same angle.



Good for Temaki-Sushi: Any Fish Used for Sushi/Sashimi, such as Tuna for Sashimi, Amaebi (Sweet Shrimp), Ikura (Salmon Roe), and Kani (Crab)



まぐろ ぶり たい さけ かに
鮪・鰯・鯛・鮭・蟹
Maguro Buri Tai Sake Kani

Light & Smooth

"Temaki-Sushi" (hand-rolled sushi)


INGREDIENTS

★1 Rice 360 cc
Vinegar 4 tbsp.
Sugar 3 tbsp.
Salt 1 tsp.
Nori (laver) As you like
Oba (perilla) 1 bunch
Cucumber 1
Sprouts 1 bag
Fish of your choosing As you like

STEPS

- Thoroughly mix the "★1" ingredients.
- Pour the mix from Step 1 warm white rice and thoroughly mix it into the rice using a cutting motion with the spatula.
- Place the rice from Step 2 on a 20 x 10 cm sheet of cut laver, then put the fish on the rice. Make it into a roll, and serve.

The fish used in the rolls in the photo are tuna, yellowtail, red sea bream, salmon roe, and crab. Try any other ingredients you like, such as Kanikama (imitation crab meat), cheese, or cucumber.



『東都名所高輪廿六夜待遊興之図』

Circa 1841-1842

Tohto Meisho Takanawa Nijyuu-rokuya-machi Yuukyuu-no-zu (Feast in Waiting for the Moon at Takanawa, Edo on the Twenty-sixth Night)

This Ukiyo-e painting was created by Utagawa Hiroshige (1797-1858), an artist from the Edo period. The Nijyuu-rokuya, or "Twenty-sixth Night," in the title refers to the night of the benevolent moon. The Amida Buddha, along with the Kannon Bodhisattva and Mahasthamaprapta Bodhisattva, appear in the moonlight together, and praying to the moon makes wishes come true. The paintings depict a lively crowd of people who wait for a fireworks display as well as the moon near stalls selling foods such as sweet red-bean soup, dango, soba, tempura, grilled squid, and sushi.

Edo food culture is still loved to this day

The sea Edo Mae (modern-day Tokyo Bay) in front of what was the old city of Edo is a natural fishing location surrounded by tidal flats. Abundant in fish and shellfish, it provided fresh marine ingredients, leading to the growth of Edo food culture. Sushi stalls catering to the hasty denizens of Edo became a dining style, considered chic, that spread throughout Japan. Today's sushi, tempura, soba, and broiled eel originated in the food stalls of the Edo period.

During the Edo period, the first bonito of the season, conveying that "new season" feel, was a popular high-grade fish. However, fatty portion of tuna such as Toro, a high-grade food of today, was used for fertilizer and other purposes during the Edo period as it would quickly go bad. But, from the mid-Edo period, local (regular-type) soy sauce became a staple of the common diet; lean tuna (Akami) also became popular as it could be kept in soy sauce, called Zuke, and fatty tuna was stewed with spring onions as Negima Nabe. These foods remain popular today.



The painting shows a row of stalls selling what was the “fast food” of the times.

① Sweet red-bean soup stall



Oshiruko Yatai

② Dango stall



Dango Yatai

③ Soba and Tempura stalls



Soba, Tempura Yatai

④ Grilled squid and rice flour dumpling stalls



Ikayaki, Hiyamizu (Shiratamaya) Yatai

⑤ Sushi and fruit stalls



Sushi, Mizugashi, Yatai

A man dancing in an octopus costume and geisha headed to work accompanying a man carrying shamisen cases.



Edo-Tokyo Museum collection

Published by Project for promoting the distribution of domestic fish and fishery products (国産水産物流通促進センター)

Constituent: Japan Fisheries Association (一社) 大日本水産会

1-9-13 Akasaka, Minato-ku, Tokyo 107-0052

Tel: 03-3585-6684 Fax: 03-3582-2337

Email: osakana@suisankai.or.jp

<http://www.suisankai.or.jp>

First edition: December 15, 2017

Food supervision: Kosuke Marushima of Nihonryori Marushima

Food photos: Mariko Kojima

Design and printing: Hakushu-Arts Co., Ltd.

All images in this publication are copyright. Reproduction, reprinting, re-use, resale, copying, etc. are strictly prohibited in any form without the permission of the copyright owner.