

Seasonal Japan Fish Guide

日本鮮魚

福岡・築地 春



Spring

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春の魚 Spring Japan Fish



Ainame アイナメ - Fat greenling

Sushi/Sashimi/Boiled/Tempura/Steamed
around 2.0 lb

The greenling produced on the coast has the best taste. Enjoy the prime taste of highest quality greenling, just arrived from Japan.



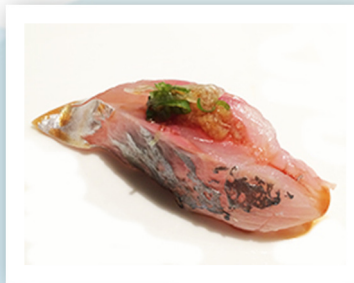
前浜で獲れた鮮度の良いアイナメの寿司・刺身は絶品です。日本から届いたばかりの新鮮なアイナメをご賞味ください。



Aji アジ(天然) - Horse Mackerel (Wild)

Sushi/Sashimi/Grilled
Size: around 0.8 lb

Horse mackerel is an indispensable "Hikarimono" fish as a sushi ingredient. They are caught by fisherman's pole and line, one-by-one. The Japanese fisherman treats the fish carefully to keep the best quality and freshness.



言わずと知れた光物に欠かせない魚です。漁師さんが一尾ずつ丁寧に処理した天然釣りアジを最高の鮮度に保ったままお届けします。



Anago アナゴ - Conger Eel

Boiled/Grilled/Tempura
Size: around 0.6 lb

This fish is one of the basic sushi materials for the authentic Japanese sushi restaurant. Recently, imports from other countries have been increasing, but conger eel from Japan is still the finest quality for sushi.



日本人とは切っても切れない、誰もが知っている定番の魚です。最近では日本以外からの輸入ものが増えています、日本国産物の味をぜひお試しください。

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Ayu アユ - Sweetfish
Boiled/Grilled/Tempura
Size: around 0.6 lb

In Japan this fish is recognized as “Queen of River Fish”. The beauty of the fish body is very attractive. It’s not only shape although taste is very good too. The best season for this fish is Spring and Summer.



川魚の女王の名に恥じないその美しい魚体は、味だけでなく見た目の美しさでも魅了します。春から夏にかけてが旬ですが、秋の子持ち鮎もまた味わいが格別です。



Gomasaba ゴマサバ- Mackerel
Sashimi/Marinated/Salt-grilled
Size: around 1.35 lb

In the Japan seafood market, Goma-Saba mackerel is known by the brand name of “Shimizu-Saba”. The fish will be “Ike-Jime” (bled) just before packing for shipment in order to maintain the best quality. The sashimi of this fish is extremely tasty. You will be surprised to discover that Mackerel is such a delicious fish.



通年を通して美味しい魚です。「清水サバ」のブランドとしてよく知られている魚です。発送前に活けメにして発送いたします。この刺身は、絶品！サバってこんなに美味しい魚だったんだと驚かれます！



Isaki イサキ - Japanese Grunt fish
Sashimi/Broiled/Fry/Meuniere
Size: 0.6LB up

It becomes more delicious when roasted leaving skin a little. The tasty of white meat become more attractive.

皮目を残し一寸炙ってみると白身の旨さが更に引き立ちます。



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Itoyordai イトヨリ - Threadfin Bream
Sashimi/Broiled with salt/Steamed
Size: around 1.0LB

The bright pink of this fish adds the color to the sashimi-dish as well as a taste. In Japan, it's high-end class fish. Sashimi with firm skin is ultimately tasty. This fish is good not only for Japanese foods, it's good for sauteed with butter or Meuniere.



華やかなピンク色の刺身は美味しさだけでなく料理に彩りも添えます。関西では祝い魚としても食されてきました。霜皮造りの刺身は絶品です。日本食だけでなくバター焼きやムニエルなどの西洋料理にも使われます。



Kamasu カマス - Japanese Barracuda
Broiled/Sashimi/Marinated/Dried Fish
Size: around 0.88 lb

In USA, this fish is not familiar, but it's very popular in Japanese Izakaya restaurants. It is good broiled with salt and doubly tasty as a dried fish. It's a year-round fish but the best season is Autumn.



アメリカではなじみの無いようですが、日本の居酒屋ではおなじみの魚です。焼き物でも美味しいですが、干物にすると更にその美味しさが引き出されます。通年美味しい魚ですが、特に秋に美味しが増します。



Katsuo カツオ - Bonito/Skip Jack
Sashimi/ Salt-grilled/Fry/Meuniere
Size: 4.0 lb ~10.0 lb

Skip jack produced in the sea near the coast of Japan is totally different from the usual skip jack. The great taste will make your customers satisfied. Around Japan, Spring and Autumn are the best seasons for this fish.



近海ものの新鮮なカツオはいつものカツオとは別物と思ってください。抜群の舌触りがお客様の心を満足させます。春と秋が季節で春には「のぼり鰹」、秋には「戻り鰹」として知られています。

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Kawahagi カワハギ - File fish

Sashimi/Hot-Pot
Size: around 1.0 lb

Sashimi with “Kimo-Shoyu” is supremely delicious. “Kimo-Shoyu” is mixed soy sauce with boiled liver of the fish.



肝をゆでてしょうゆに溶かし込んだ肝醤油を刺身に使うのも絶品です。



Kasugodai カスゴ-Crimson Sea-bream

Sushi/Sashimi/Marinated
Size: around 0.3 lb

Known as “Kasugo”, this fish is best eaten in late spring to summer. It’s a necessary sushi ingredient for “Edomae” style sushi during spring and summer.



「春日子」と呼ばれ、江戸前寿司では春から夏にかけて欠かせないネタのひとつです。真鯛、チダイ、レンコの一年生のものを「カスゴ」と総称しています。一般的には関東ではチダイが多く、レンコは西日本で多く使われるようです。



**Kidai キダイ (レンコダイ)
Yellowback Seabream**

Sashimi/ Salt-grilled/Fry/Meuniere
Size: 4.0 lb ~10.0 lb

In the Japan fish market, when this fish is compared to Madai (sea-bream), the name value is lower but the taste is just as good. Roasting with some skin left on enhances the delicious taste.



知名度ではマダイに劣りますが、味は一級品。刺身に焼き物に絶品の味わいです。また、皮目の旨さも抜群です。ぜひとも皮目も旨く使って調理してお召しあがりください。

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Chidai チダイ - Crimson Sea-bream
Salt-grilled/Sashimi/Sushi/Marinated
Size: around 1.0 lb

In the Japan fish market, this fish is known by the name of "Chidai". The best seasons for this fish are Spring to Autumn. Customers will like "Kawa-Shimo-Tsukuri" (put boiled water on skin-on Sashimi).



市場ではチダイという名前でも知られています。春になると途端に味がよくなってくる魚です。皮目に湯をかけて皮霜造りにしても喜ばれます。少し大きめのサイズのは焼き物などにしても美味しくいただけます。



Kohada コハダ - Gizzard Shad
Sashimi/ Salt-grilled/Fry/Meuniere
Size: 4.0 lb ~10.0 lb

Kohada-Gizzard shad is a typical "Hikarimono" fish of Edo-sushi style restaurants. It's a necessary sushi ingredient.

光ものといえばコハダ！
江戸前寿司の光ものを代表するなくてはならない寿司ネタです。



Kurodai クロダイ - Black porgy
Sushi/Sashimi/Broiled and other
Size: around 2.0LB

This fish has mild but rich taste. It's fit for all kind of cooking methods. It's just like an all-around player of white meat fish. This fish is very easy to cook although price reasonable.



くせの無い白身はどんな調理方にも合い、まさに白身魚のオールラウンドプレーヤーです。大変使いやすく値段もお手軽ですので重宝される魚です。

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**Makogarei マコガレイ -
Marbled Sole (Flounder)**
Sashimi/Boiled/Broiled/Fry
Size: 0.5LB~1.0

In Japan, best season of flounder is recognized as winter but best season of Makogarei-Marbled Sole is Spring to beginning of summer. It's all-around fish for any cooking styles.



カレイといえば冬が旬と言われますが、マコガレイは春から初夏が旬の魚です。どんな料理にもイケル優等生な魚。味わい深い白身は、絶品です。特に活ものの刺身は絶品です。ぜひご堪能ください。



**Masunosuke マスノスケ
Wild King Salmon**
"Rui-be"/Salt-grilled
Size: 7.0 ~ 10.0 lbs

From Hokkaido, Japan, "Masu-no-suke" is a representative fish of the salmon family. The texture and rich fat content provide a taste that is special to wild king salmon. When using for sushi/sashimi, it should be frozen before serving. Farm-raised salmon is a mainstream product in the salmon market, but we would like to introduce the unique rich taste of wild salmon.



北海道産の鮭といえばマスノスケ。口の中で溶け出すような脂の食感
は天然キングサーモンならではの。寿司で使われる場合一定の期
間一定の温度で凍らせてからお使いください。養殖サーモン全盛の時
代ではありますが、アメリカ人の方々に天然魚の良さも知っていただき
たく思います。



Madai マダイ - Sea Bream (wild)
Sushi/Sashimi/Salt-grilled
Size: 2.5 ~ 6.5 lbs

Japanese people simply love this fish. It has a long history of being served on celebration days in Japan. This fish has a tasty fatty part under the skin. "Shimokawa-tsukuri" is the best sashimi style to make use of the tasty fatty parts. Roasting with some skin on also enhances the delicious taste. Recently, farm-raised sea bream has become more popular but wild caught sea bream is still a top-ranking fish in the Japan seafood market.

最近、養殖物が増えて天然ものを味わう機会も少なくなっています。しかし、味の違いは歴然。天然ものの刺身は絶品です。一度ご賞味ください。



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Meitagarei メイタガレイ

- Frog Flounder

Sashimi/Boiled/Fry/Broiled with salt

Size: around 0.3LB

Spring and Summer is the best season of Meitagarei. In Japan, this fish is major species in Karei(flounder) family. Specially, in west area of Japan, people love this fish. Sahimi or Nitsuke (Japanese style boiled fish) are the recommended cooking method for this fish.



春から夏にかけてが旬の魚です。メジャーなカレイで、特に関西では重宝されるカレイです。刺身や煮付でどうぞ。甘味のある白身は絶品です！



Sazae サザエ - Turban shell

Sashimi/Broiled

It's one of major snail in Japan seafood market. The best season for this snail is Spring and Summer. Tsuboyaki(Broiled) or sashimi are the best cooking style for this snail.



春と夏が旬の日本ではメジャーな巻貝です。独自の磯の香りは懐かしさを覚えるような香りが特徴です。つぼ焼きや刺身でお召しあがり下さい。



Sawara サワラ - Spanish Mackerel

Sushi/Misozuke/Grilled/Roasted-

Sashimi/Fry

Size: around 2.0 lb ~ 5.0 lb

Sawara is the highest class fish in the west of Japan. Sashimi is wonderful and grilled fish is excellent. Please taste the wonderful seasonal fresh Sawara. It is amazingly delicious.

関西などでは、最上の部類に入る高級魚です。刺身も抜群に美味ですが、焼き物にしても抜群の味わいが出ます。本当に新鮮なさわらの味をぜひ知ってください。驚かれることと思います。



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Umazurahagi ウマズラハギ

- Black scraper Sashimi/Hot-pot

Size: around 1.0LB

The taste of this fish is good for year-around. Sashimi with "Kimo-Shoyu" is ultimately tasty. "Kimo-Shoyu" is mixed soy sauce with boiled liver of this fish.



通年を通して美味しい魚です。肝をゆでてしょうゆに溶かし込んだ肝醤油を刺身に使うと絶品です。



Usubahagi ウスバハギ

- Unicorn Leatherjacket

Sashimi/Hot-Pot/Boiled-fish/Meunière

Size: around 1.2 lb

This is a large fish of the "Kawahagi" family. Larger sized ones are over 20 inches in length. The market price is reasonable for its size. The plain, simple meat taste is suitable for cooking with oil. It's a very good seafood ingredient for European style dishes.



大きさが50~60cmほどにもなる大型のカワハギです。大きさのわりに比較的価格も安く手頃な魚です。淡白な白身は油との相性も良く、洋食素材としても利用できます。

