

Seasonal Japan Fish Guide

日本鮮魚

福岡・築地

夏



Summer

Seasonal Japan Fish Guide

夏の魚 Summer 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。

夏の魚 Summer Japan Fish



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！



Aka Yagara - Red cornet fish
Clear Soup/Sushi/Sashimi

This fish has a refined taste that we cannot imagine from its unusual shape. Because this fish does not make a muddy soup stock, it is used as an ingredient for Japanese style clear soup.



ひじょうに上品な白身です。出汁が濁らないため吸い物種に使われます。

夏の魚 Summer Japan Fish



Hamo ハモ - Pike eel (Pike conger)
Botan-Hamo/Hot-Pot/Parboil

From the beginning of Summer to Autumn is the best season for the taste of pike conger in Japan. During the Summer season, this fish is a very important food ingredient in Kyoto-Osaka



初夏から秋にかけて忘れる事が出来ないのがこのハモ！特に関西では、これがないでは夏の食卓は語れません。淡泊な身は抜群の旨さで季節ごとに色々な料理で味わいを楽しめます。



Hiramasa ヒラマサ
- Yellowtail Amberjack
Sashimi/Broiled/Grilled/Meuniere

The shape of this fish is similar to Buri-Yellowtail but the grading of the taste in the Japan seafood market is higher than Buri. The taste of wild caught Hiramasa is one level higher.



ブリと同じような外見ですが、ブリよりも味わいの評価は高く、高値で流通しています。天然のヒラマサの味わいはさすがです。一度、味わって下さい。



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。



夏の魚 Summer Japan Fish



Ishidai イシダイ - Striped beakfish
Sashimi/Grilled with salt/Boiled
Size: 1.0 lb and up

In the Japan seafood market, this is a standard high-end fish. The firm white meat is a fine quality seafood ingredient. Please enjoy Ishidai as a deluxe seafood dish.



定番の高級魚です。引き締まった身質は絶品です。
また、皮目も抜群に旨い！
高級魚インダイを使って豪華な料理をお楽しみください。



Inada イナダ - Yellowtail
Sashimi/Broiled/Fry
Size: around 4 lb

Inada is a name for wild-caught young Buri-Yellowtail. The taste of this fish is the original natural taste of yellowtail. Compared to farm-raised Buri, this fish has a less oily taste. Please enjoy it for sashimi, sushi and more, as you like.



天然ものブリ本来の美味しさが味わえます。養殖物と違ったさっぱりとした味わいで、これがブリ？っていうぐらい絶品です。刺身に焼き物に、存分に味わってください。



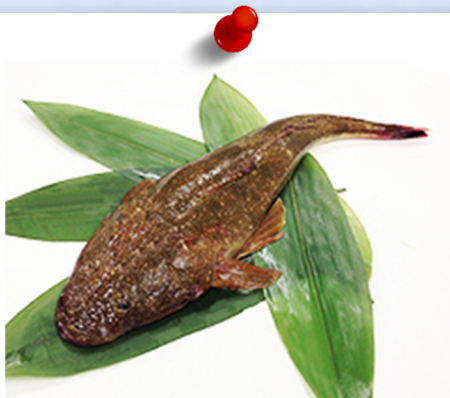
Kohada コハダ - Gizzard Shad
Sashimi/ Salt-grilled/Fry/Meuniere
Size: 4.0 lb ~10.0 lb

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



夏の魚 Summer Japan Fish



Magochi マゴチ – Flathead
Sashimi/Boiled/Soup/Tempura
Size: 0.8 ~ 1.5 lb

“Arai” style sashimi is extremely delicious. It’s really good!
(Arai-Style: Sashimi on ice)



この魚の活けのマゴチの洗いは最高！本当に美味しい！見かけからはわからない美味しさです。



Medai - メダイ – Bluenose
Sashimi/Konbu-Jime/Carpaccio
Size: around 9.0 lb

A fresh and fatty piece is extremely good for sashimi “Konbu-Jime” and tasty for Carpaccio. This fish is suitable for many other dishes as well.



脂がのって鮮度のよいものは刺身に向いていますが、昆布締めやカルパッチョにしても大変美味しい魚です。焼き物や西京漬けなどにもむいており幅広い料理方法がお試しいただけるお魚です。



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

夏の魚 Summer Japan Fish



Meitigarei メイタガレイ
- Frog Flounder

Sashimi/Boiled/Fry/Broiled with Salt
Size: around 0.3 lb

Spring and Summer are the best seasons for Meitigarei. In Japan, this fish is a major species in the Karei (flounder) family. Especially in the western part of Japan, people love this fish. Sashimi or Nitsuke (Japanese style boiled fish) are the recommended preparation methods 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。



Suzuki スズキ- Japanese Sea Perch
Sashimi/Broiled/Meuniere
Size: around 4.5 lb

In Japan, Suzuki (sea perch) is one of the major white fish. Mainly, it is used for "Arai" style sashimi or broiled fish, but this fish is good for French dishes, too. The taste is mild but rich.



白身魚の代表格です。洗いにして食べられたり、焼き物に良く使われますが、フレンチでも良く使われる素材でもあります。クセのない味わいは、納得の美味しさです。

夏の魚 Summer Japan Fish



Tachiuo タチウオ - Beltfish
Sashimi/Broiled with Salt/Meuniere

This fish is good for any cooking style, but especially broiled with salt. Meuniere is also a good cooking style. Butter goes well with this fish. When you have very fresh, good quality beltfish, "Gingawa-tsukuri" style sashimi is excellent.



どんな料理にしても美味しい魚ですが、塩焼きが特にこのまれます。ムニエルにてもバターと愛称が大変よい魚なので美味しく召し上がられます。新鮮なものは皮の旨味を活かして「銀皮造り」のお刺身もいかがでしょうか。

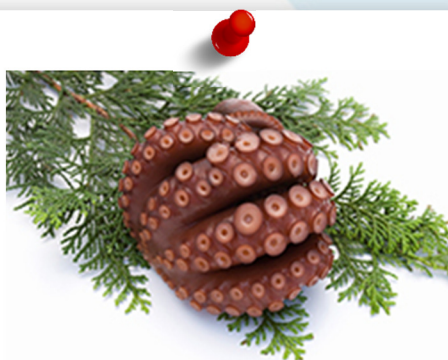


Tobiuo トビウオ - Flyingfish
Fry/Dried Fish/Sashimi/Broiled/Sauté
Size: around 1.0 lb

The market price of this fish is reasonable year-round. The taste of sashimi is very delicious. Dried fish and "Namerou" (a kind of "tataki") are good preparation methods for this fish, too.



手頃な価格で買える魚です。刺身にしても十分に美味しく、その他干物などにも良く使われます。なめろうなどにしても美味しさを味わえます。



Tako マダコ - Octopus
Boiled-Tako/Sashimi/Tempura/Fry
Size: around 2.5 lb

Recently, the number of Japanese inshore fisheries has been decreasing and imports from other countries are increasing. However, there is a clear difference in the level of taste - Japan octopus is the finest. The quality matches the price.



最近、輸入物が増えて日本近海物は数が非常に少なくなっていますが、味の違いは歴然。日本近海物はやっぱり旨い。値段だけの事はありません。

夏の魚 Summer Japan Fish

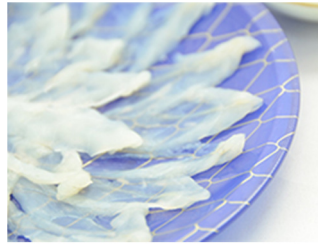


Umazurahagi ウマズラハギ

- 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。

