

Seasonal Japan Fish Guide

日本鮮魚

福岡・築地

冬



Winter

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冬の魚 Winter Japan Fish



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。漁師さんが一尾づつ丁寧に処理した天然釣リアジを最高の鮮度に保ったままお届けします。



Aka Mutsu 赤ムツ (ノドグロ)
- Blackthroat
Sashimi/Boiled/Grilled
Size: around 1.0 lb

This fish has a black-colored throat. It is known by the market name “Nodoguro”, a combination Japanese word from “Nodo”- throat and “Guro”- black. Fall and winter is the best season for this fish. It is treated as a high-end fish in the Japan seafood market. Nodoguro has plain white meat with rich fat content all year-round. When the quality is very good, it makes nice sashimi, but we recommend that you try it roasted leaving some skin on.

口の中が黒い特徴からノドグロの名前でも知られています。秋から冬が旬の高級魚です。クセのない白身ですが、通年を通してとてもよく脂がのっていて、人気がある魚です。鮮度の良い物は刺身はもちろん皮目を残した焼霜作りなどがお勧めです。



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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Buri ブリ - Yellowtail

Sushi/Sashimi/Grilled/"Buri-Daikon"

Size: 18.0 ~ 20.0 lb

Recently, farm-raised Yellowtail is becoming more popular, but in winter season, wild caught Yellowtail is still special in the market. Please enjoy the real Buri taste of wild caught yellowtail. It has a rich fat content but has a light taste, too.



近年は養殖ものが広く流通していますが、やはり冬の天然鰯は別格です。脂が乗っている割にあっさりとした旬のブリ本来の美味しさをご堪能ください。



Hirame ひらめ - Fluke

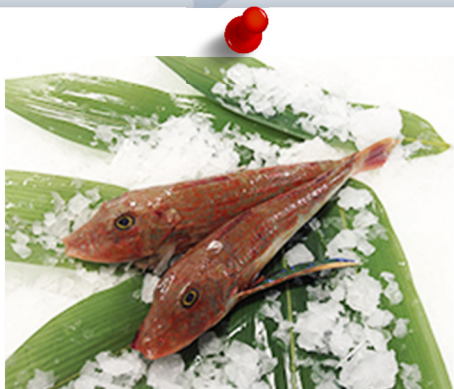
Sushi/Sashimi/Grilled/Broiled/Meuniere

Size: around 3.0 lb

In the market, farm-raised fluke is now become more popular, but wild caught fluke is still a level higher in taste. It's in the top rank of white meat fishes. Sashimi is simply the best preparation method for this fish.



最近では養殖ものが増えてきていますが、天然ものは別格です！まさに白身魚の最上部に君臨しています。ぜひとも、刺身で味わっていただきたい魚です。



Houbou ホウボウ - Sea Robin

Sashimi/Boiled/Meuniere

Size: around 1.0 lb

Fall and winter are the best seasons for this fish. The delicate tasting white meat sashimi is perfection. The bright skin adds color to the sashimi dish as well as taste.

In European cuisines, bouillabaisse is a basic standard recipe for this fish. This fish is an indispensable fish in the in port city of Marseille.



旬は秋、冬から初春です。甘味がある上品な白身の刺し身は絶品です。皮目が美しいのでこれを活かすと料理に彩りを添えてくれます。洋食にはブイヤベースには定番です。港町マルセイユではブイヤベースに欠かせない魚です。

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Isaki イサキ - Japanese Grunt fish
Sashimi/Grilled/Fry/Meuniere
Size: 0.6 lb and up

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

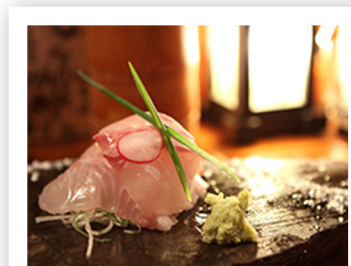


皮目を残し一寸炙ってみると白身の旨さが更に引き立ちます。



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.

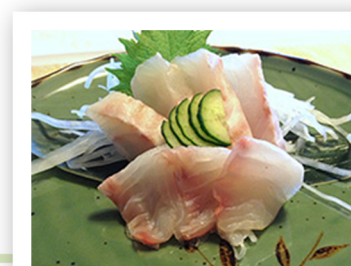


定番の高級魚です。引き締まった身質は絶品です。
また、皮目も抜群に旨い！
高級魚イシダイを使って豪華な料理をお楽しみください。



Ishigakidai イシガキダイ - Rock porgy
Sashimi/Grilled with salt/Boiled
Size: 1.0 lb and up

In general, the best season for this fish is summer, but winter season is also good, because even though the fish are smaller in size, they have rich fat content. In the market, this fish is treated as a high-end seafood ingredient. Sashimi is the recommended recipe for this fish. When this fish is broiled or boiled, a strong sea smell comes out. This sea smell has people divided between those who like it and those who hate it. However, many people really love it.



一般的には夏が旬とされていますが、冬には小振りのもので脂がのっています。市場では高級魚として扱われています。刺身がもっともお勧めです。塩焼きなどにして熱を通すと独特の磯臭さを感じることから、好き嫌いが分かれていますがその磯臭さがたまらない人も多いようです。

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Iwashi マイワシ - Sardine
Sashimi/Grilled/Fry/Boiled
Size: around 0.3 lb

Iwashi is one of the most familiar fish for Japanese people. You will be surprised by the taste of very fresh sardines from the Japan fish market. Sashimi is especially tasty.



非常に身近な魚です。鮮度の良いマイワシを食べるとこんなに美味しいものだったんだと改めてビックリします。特に刺身にすると驚くほどおいしい魚です。



Kasago カサゴ - Marbled Rockfish
Boiled/Sashimi/Karaage/Roasted with salt
Size: around 0.3 lb

This fish has color variation from red to black. Kasago has been loved by people in Japan for a long time.



九州北部ではアラカブと呼ばれ親しまれている魚です。体色変異の大きい魚で、赤いものから黒いものまで色々な色のものがあります。煮付や唐揚げとして日本人に昔から親しまれてきた魚です。



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 Fall to Winter.



アメリカではなじみが薄いようですが、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。通年を通して美味しい魚ですが、特に秋から冬に美味しさが増します。

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Kawahagi カワハギ - File fish

Sashimi/Hot-Pot
Size: around 1.0 lb

The taste of file fish is good year-round, but especially in Autumn, the best season for this fish. Sashimi with “Kimo-Shoyu” is supremely delicious. “Kimo-Shoyu” is mixed soy sauce with boiled liver of the fish.



通年を通して美味しい魚ですが特に秋から冬にかけては、旨味のがった白身と肝の取り合わせが最高の味わいになります。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のも絶品です。



**Kidai キダイ (レンコダイ)
- Yellowback Sea-bream**

Salt-grilled/Sashimi/Shimofuri/Meuniere
Size: around 1.0 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、味は一級品です。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。ぜひ皮目も旨く使って調理してお召しあがりください。



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。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ものには焼き物などにしても美味しくいただけます。

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Kinki キンキ - Broadfin thornyhead
Boiled/Steamed/Sashimi
Size: 0.7 lbs

These fish are caught by fisherman's pole and line, one-by-one, around the Pacific Ocean side of Hokkaido and Tohoku (northern part of Japan). The Japanese fisherman handles the fish carefully for best quality and freshness. It is treated as high-end seafood in the Japan seafood market. Fresh Kinki is recommended for sashimi dishes. Boiling is also highly recommended for enjoying the finest fatty white meat taste.



北海道や東北の太平洋側で獲れる魚です。釣りもので状態の良いものは高級魚として扱われます。新鮮なキンキは刺身がお勧めです。上品な甘みの脂が乗った白身は刺身以外に煮付けもお勧めです。



Kinmedai 金目鯛 - Splendid alfonsino
Boiled/Sashimi/Sushi/Marinated
Size: 3.0 lb ~ 4.0 lb

This fish is served for celebrations in Japan. When it's boiled, the refined taste melts into the soup. Usually white meat fish has light fatty meat but this fish has rich tasty fatty meat. It's also very delicious for Sashimi.



祝い魚として珍重されてきた魚です。煮魚にすると上品な甘みのある脂が煮汁全体をからめるようにして溶け出します。身質は白身の割に濃厚な旨味を持っています。脂が身の中まで万遍なく含まれている刺身は上品な甘みがりとろけるような美味しさです。

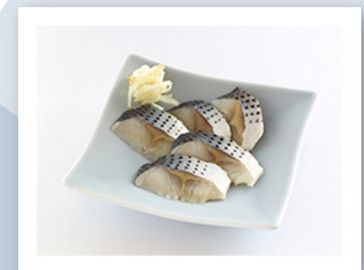


Kohada コハダ - Gizzard Shad
Sushi/Sashimi
Size: around 0.1 lbs

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といわれる魚です。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。



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Kuro Mutsu クロムツ - Gnomefish
Sashimi/Hot-Pot/Poêlé/Meunière
Size: 1.0 ~ 3.5 lb

This fish has an ugly face but it supplies the finest taste. Because of their great taste, this fish is ranked as one of high-end fish in the Japan fish market. This fish has tender soft white meat. It's really great for Sashimi and Boiled. Also, it's useful for other various types of cooking styles.



見かけとは違い、非常に美味しい魚で、市場では高級魚として扱われます。柔らかい身質の白身魚で、刺身に煮付けに焼き物にと、色々利用できます。



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.



日本人に昔から愛されてきた魚です。お刺身や寿司には皮下の脂の美味しさを活かすために霜皮造りにしたり、皮目を炙るなどします。最近は養殖物も普及しましたが、天然真鯛の美味しさは別格のようです。



Mejina メジナ - Largescale Blackfish
Sashimi/Broiled/Poêlé/Meunière
Size: around 1.0 lb

This fish is familiar to sports anglers in Japan. It's well known by another local market name: "Gure". They live in rocks and have a strong sea smell. Some people hate this strong sea smell, but many people really love it.



釣の対象魚として有名で、メジナって呼び方よりもグレという呼び方で知られる魚です。磯魚特有の磯臭さを指摘される方もいらっしゃるかもしれませんが、逆にそれがこの上なく好きだという方も多くいらっしゃいます。

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Masabal マサバ - Mackerel
Shime-Saba/Sashimi/Salt-grilled
Size: 1.5 ~ 2.5 lbs

Since a long time ago, this fish has been familiar in the lives of Japanese people. Originally it wasn't a high-end fish. However, recently, it is becoming a high-end fish through brand development in the market. We choose highest quality fish for shipping to the U.S market. Please enjoy tasty fresh Saba from Japan.



昔から日本人になじみの深い魚ですが、最近ではブランドも出来て高級魚のようになってきました。鮮度が最高の状態で日本からお届けする新鮮な鯖をご賞味ください。



Sayori サヨリ - Halfbeak
Sashimi/Clear Soup/Tempura/
Roasted with Salt
Size: around 0.2 lb

From winter to spring is the best season for this fish. During this season, the taste is best and the meat has good fat content. The small size of this fish is called "Enpitsu" (Japanese for "pencil"). Larger size is called "Kannuki" ("bar of the gate"). As sashimi, it has a unique, refined taste.



旬の冬から春時期には旨みも脂ものってきます。小さなサイズのものにはエンピツ(鉛筆)、大型のものにはカンヌキ(門)と呼ばれます。刺身にするとクセのない上品な味わいに独特の風味が感じられます。



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.



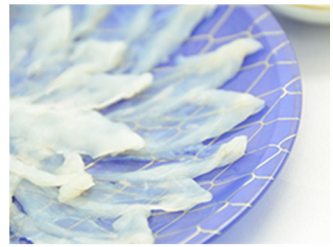
関西などでは、最上の部類に入る高級魚です。刺身も抜群に美味ですが、焼き物にしても品のよい味わいが出ます。本当に新鮮なサワラの味をぜひ知ってください。驚かれることと思います。

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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 “Klmo-Shoyu” is ultimately tasty. “Klmo-Shoyu” is mixed soy sauce with boiled liver of this fish. method for 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。大きさのワリ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。

