

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.



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Yellowtail

Season and Taste

The spawning season comes earlier as you go further to the 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

Yellowtails contain 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.

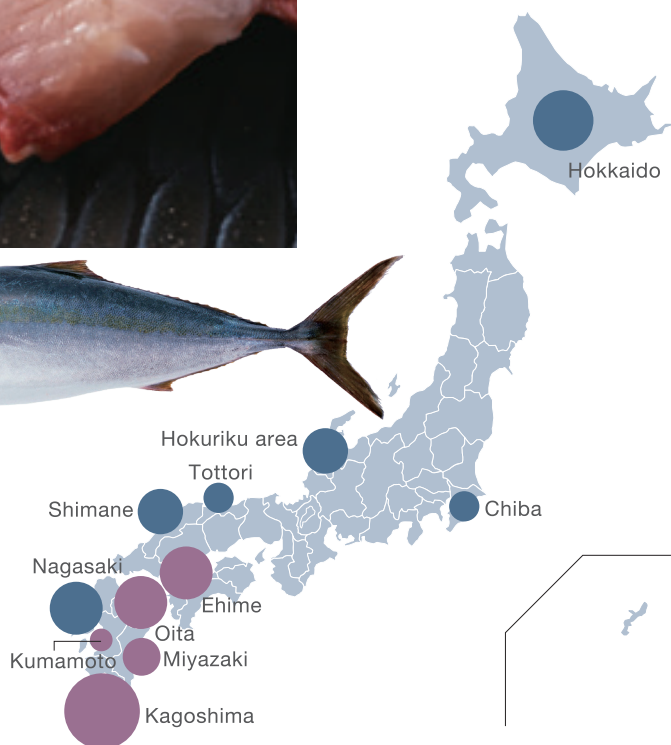
| Trivia!! |

Typical “Succeeding” fish that change names

Yellowtails change taste according to their sizes, and they become tasty from approximately 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 and ● Farming Spot

Wild yellowtails are harvested widely from Hokkaido to Kyushu. Large wild yellowtails caught in Hokuriku fishing area in winter are sold sometimes extremely high price cause of fat and higher quality. Cultivated yellowtail are farmed in southern part of Japan.



From the Japanese dinner table



Yellowtail Teriyaki

Yellowtail teriyaki has been popular 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 boiled 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.

