

Japanese name

# Hirame

The “flounder” has been considered as high-quality fish from ancient times, so much so that it can be found in Japanese folk tales. The meat is enjoyed as sashimi or deep-fry, and the engawa, the fin muscle, is enjoyed as sushi topping.



平目

## Flounder

### Season and Taste

The wild “winter flounder” caught in January-February puts on fat, the taste is light, and the meat texture is fine. It is considered a high-quality fish. Today, farmed flounder is the mainstream, and the difference in the taste in comparison to wild flounder is decreasing year after year. Also for farmed flounder, it is more delicious if the meat is more translucent, and it is considered to be the highest grade fish among white fish sashimi.-

### Nutrition and Health

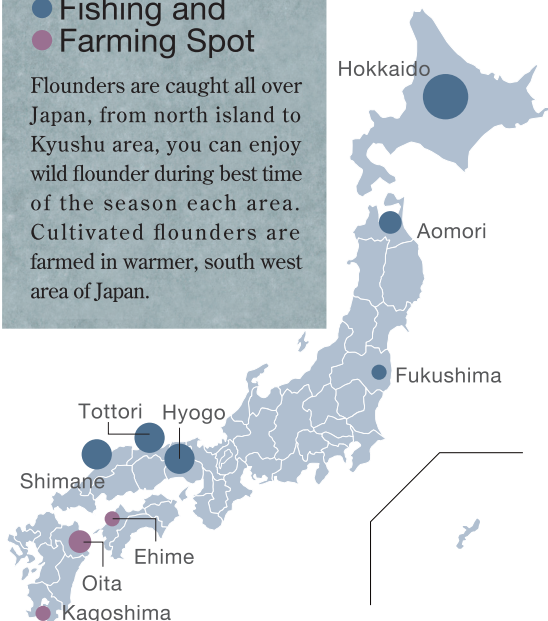
The flounder is high in protein, low in fat and healthy. The protein has an excellent amino acid balance, and it contains minerals and vitamins. In addition, the engawa (fin muscle) contains collagen, which is attracting attention as a beauty ingredient that moisturizes the skin and gives it bounce.

From the Japanese dinner table



- Fishing and Farming Spot

Flounders are caught all over Japan, from north island to Kyushu area, you can enjoy wild flounder during best time of the season each area. Cultivated flounders are farmed in warmer, south west area of Japan.



## Flounder Meunière

The flavor and aroma of butter match well with the light white meat of flounder. It is a standard western cuisine that is common in Japan.

### Ingredients (Serves 4) and Recipe

- (i) Add 2 cuts on the skin to the 4 sliced pieces of flounder, and sprinkle 1/2 a teaspoon of salt and a little bit of pepper. Add 1/2 a cup of milk into the vat, and dip the flounder for 15 minutes while flipping it around in between. Wipe off the moisture and thinly sprinkle it with flour. Finely chopped 1 tomato, 1/2 a green pepper, and 1/4 of an onion, and make a sauce by adding 2 tablespoons of olive oil, 1 table spoon of lemon juice, and 1/4 teaspoon of salt.
- (ii) Add 1 tablespoon of salad oil and 20 g of butter to a frying pan, heat it over medium heat, and add the flounder with the skin side down. Stir the oil in the pan in a circular motion as if entwining with the flounder using a spoon until it is browned. Turn it over, add 20 g of butter, and cook in the same way. Serve it on a dish and add the sauce.

Japanese name

# Tai

The “red sea bream” has a beautiful appearance and remarkable taste. And the word “tai” can be found in the term “medetai” which means “celebratory,” so red sea bream is an indispensable fish “to celebrate” in Japan. The red sea bream is a delicacy regardless of the method of cooking such as grilling, steaming, and simmering, as well as sashimi.



## Red Sea Bream

### Season and Taste

The best season for red sea bream is in the spring, however, the spawning season differs from north to south, and since the taste that drops due to spawning recovers quickly, you can enjoy good red sea bream throughout the year in Japan. The best fish size is around 40-50 cm.

### Nutrition and Health

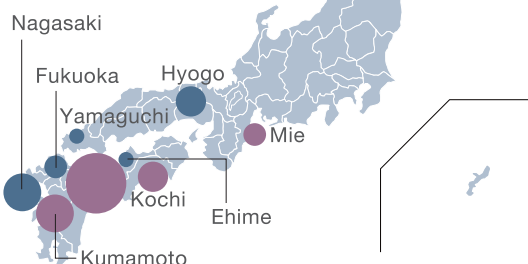
The red sea bream is rich in inosinic acid, which increases metabolism, glutamic acid, which helps with the regeneration of cells, and taurine, which is good for liver function. One of its features is that it does not decrease in quality even if the fish slightly loses its freshness. The gelatinous substance of eye ball contains an abundance of DHA and vitamin B1.

From the Japanese dinner table



- Fishing and Farming Spot

Red seabreams are caught all around Japan excluding Southern Islands and mostly caught in Japan Sea side. Cultivated Red seabreams are farmed in south west area of Japan.



## Red Sea Bream Rice

Flavoring it with salt and soy sauce, this is a rice dish that you can enjoy the essence of the red sea bream. It's a typical dish for celebratory occasions.

### Ingredients (Serves 4) and Recipe

- (i) Take 450 g of rice, wash it, and soak in plenty of water for 30 minutes. Then scoop it in a basket, and drain it well. Sprinkle 1 teaspoon of salt to the 3 sliced pieces of red sea bream on both sides, and leave it alone for 30 minutes. Then wash it quickly and wipe off the moisture.
- (ii) Preheat the fish grill for 1 minute at high heat. Cook the red sea bream for 4 minutes until the skin starts to burn slightly. Then turn it over and cook it for 3 more minutes.
- (iii) In the “Donabe” (earthen pot), add 2 1/2 cups of soup stock, 2 teaspoons of soy sauce, 3 tablespoons of sake, and 1 teaspoon of salt, and quickly mix. Place the red sea bream on top, close the lid, and heat it at high heat. Heat the pot for about 10 minutes until steam starts to come out vigorously from the holes in the lid, then turn the heat to low heat, and cook it for 10 minutes. Turn off the heat, and steam it for 10 minutes, and sprinkle it with the desired amount of Japanese pepper tree leaf buds.