

Japanese name

# Hotate

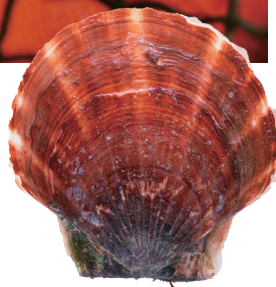
With the establishment of cultivation technology, the production amount has increased. The “scallop” is a standard food in Japanese homes. The thick adductor muscle is a delicacy, and the scallop can also be enjoyed in raw. It is delicious regardless of cooking methods.



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## ● Fishing and ● Farming Spot

Wild Scallops are harvested in Okhotsk Sea of Hokkaido north coast, and in this area, young scallops are released into the sea and grown on the seabed for four or five years. Large-sized wild scallops are produced using this method, and it is attracting attention over the world. Cultivated scallops are famed in Mutsu bay of Aomori prefecture and East cost of Tohoku area.



## Scallop

### Season and Taste

When the meat gets thick, adds flavor, and increases in protein in March, this is the best season to enjoy scallops. Scallops that are alive and whose shells are closed, or close when you touch them are the tastiest. In addition, they have excellent taste since artificial diet does not need to be given, and their fishing grounds are close to the coast so that they are extremely fresh.

### Nutrition and Health

In addition to strengthening liver functions, scallops contain an abundance of taurine, which leads to the prevention of heart disease and the hardening of the arteries. In addition to maintaining the health of the sense of taste and smell, scallops also contain an abundance of zinc, which increases metabolism and provides beauty benefits such as preventing hair from falling out and rough skin.

## | Trivia!! |

### They are also Delicious Frozen

With the progress of rapid freezing technology, they only show minor deterioration when storing them in a freezer. Compared to fresh scallops or unless one knows that they are refreshed scallops, the difference in the taste is hard to notice. Refreshing is also easy, so it's so convenient to have frozen scallops in your freezer.



## From the Japanese dinner table



### Scallops with Butter Soy Sauce

The fragrant butter soy sauce brings out the sweetness of the scallops. They have an elastic texture and an abundance of juicy flavor. They also make great snacks that pair well with sake or wine.

#### Ingredients (Serves 4) and Recipe

(i) Sprinkle a little bit of salt and pepper to 12 scallop adductor muscles, and thinly spread starch all around. Add a teaspoon of soy sauce and mirin to a bowl to prepare the combined seasoning.

(ii) Heat 1/2 a tablespoon of salad oil on the frying pan, and add the scallop in side-by-side. Once it is browned, add butter, flip it over, and cook both sides. Add the combined seasoning, and mix well.

### Scallop and Chingensai (Chinese White Cabbage) Cooked with Salt

You can enjoy the delicate taste where the thick soup and ingredients mix well together. The flavor of the scallop melts to make the dish with a rich flavor even with simple seasoning.

#### Ingredients (Serves 4) and Recipe

(i) Cut 8 pieces of adductor muscle of scallop in half thickness. Take 2 heads of chingensai, and cut and separate the leaves and stems. Cut the leaves into 1/2, and cut the stems into 8 pieces each vertically. Dissolve two teaspoons of starch to with the same amount of water to make slurry.

(ii) Add 2 cups of soup stock, 1 1/2 table spoons of light soy sauce and mirin, and 1/3 teaspoon of salt to the pan, and heat over medium heat. Add stems of the chingensai and cook for 1 more minute. Then, add scallops and the leaves of chingensai and cook for 2 minutes. Finally, add slurry in a circular motion one more time after briefly stirring it, and let it cook one more time.

