

Japanese name

Sanma

Pacific saury is caught in abundance when moving south from offshore of east Hokkaido to offshore of Choshi in the early autumn. The Pacific saury here has fat, and the guts are also a delicacy when the fish is fresh. Salt-grilling is best, but sashimi, soy sauce simmered, "tatsuta" deep fry, and canned Pacific saury are also popular.



秋
刀
魚

Pacific Saury

Season and Taste

The best season for Pacific saury is from the summer to fall. The season is so important that frozen saury caught in-season is higher valued than fresh saury caught out of season. Fresh Pacific saury has taut skin, shines, and stands up straight in your hands when you hold it. Pacific saury with small heads tend to have enough fat.

Nutrition and Health

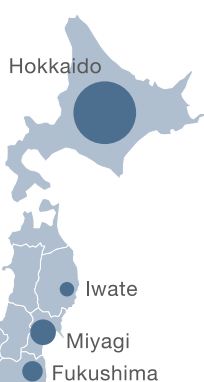
Pacific saury is rich in DHA and EPA, which is related to the communication of the brain and nerves. These nutrients prevent blood clots, and considered to be good for preventing Alzheimer's disease. Pacific saury also contains an abundance of vitamin D, and is an indispensable food for growing children.

From the Japanese dinner table



Fishing Spot

Pacific saury can be caught in various parts of Japan. It moves north from spring to summer in the northern Pacific Ocean, then moves south during the summer. On the Sea of Japan side, Pacific saury also circulates north-south in the same way.



Tatsuta-fried Pacific Saury

This is a typical homemade dish, crispy-fried Pacific saury. Since it is well-seasoned, it can be a good appetizer for drinks.

Ingredients (Serves 4) and Recipe

- (i) Cut off the heads of 2 Pacific sauries and cut them into three rods. Gut and wash the pieces, and wipe off the moisture. Add 1 cup of water and 2 teaspoons of salt to a bowl, and mix well until the salt dissolves. Add the fish and leave it out for 30 minutes.
- (ii) Wipe off the moisture of the fish well, and thinly sprinkle it with starch. Heat the frying oil to medium temperature (170 ° C), to the point where fine bubbles flow off of wooden cooking chopsticks inserted into the oil. Add the fish, flip it over while cooking, and deep fry until it is crisp for 5 minutes.

Japanese name

Sawara

Large Spanish Mackerel grow to more than 1 meter in length. It is a fish that has been used widely in ceremonial occasions in Japan. The meat texture is soft, and Saikyoyaki (grilled Spanish mackerel marinated in Saikyo miso) is a standard dish in Japan.



Spanish Mackerel

Season and Taste

The best season is from fall to spring, and it tastes particularly good in the spring time. Fish meat is generally considered to taste better near the head, but the tail end tastes better for Spanish Mackerel. When it is fresh, its meat color is white with clarity; however, it becomes clouded quickly, and therefore the freshness is important.

Nutrition and Health

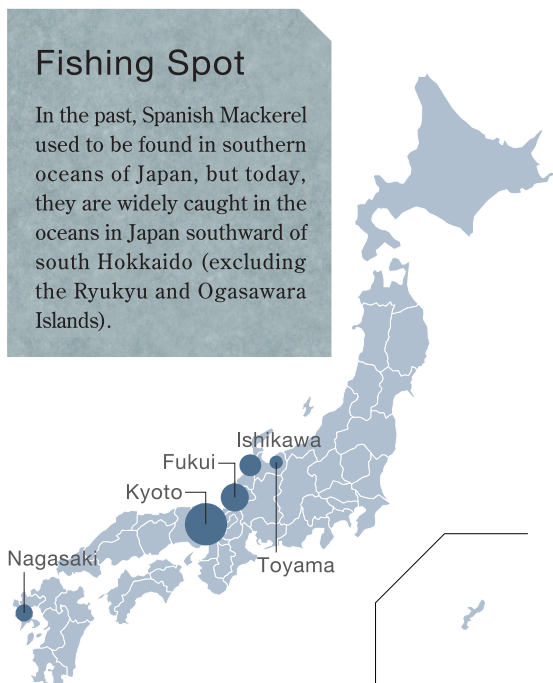
Spanish Mackerel contains an abundance of DHA and EPA, which are attracting attention for preventing lifestyle diseases. It is also rich in potassium, which helps in lowering blood pressure. It also contains iron, vitamin D and vitamin B12, which helps in the active organization of cell division.

From the Japanese dinner table



Fishing Spot

In the past, Spanish Mackerel used to be found in southern oceans of Japan, but today, they are widely caught in the oceans in Japan southward of south Hokkaido (excluding the Ryukyu and Ogasawara Islands).



Spanish Mackerel Yuanyaki

Yuanyaki is a Japanese grill cuisine where the fish is grilled after dipping it into a soy sauce-based sauce with yuzu (citrus) flavor. Spanish Mackerel Yuanyaki is a standard breakfast menu in Japan.

Ingredients (Serves 4) and Recipe

- (i) Cut out 4 thin slices of yuzu with its skin, peel the skin of the rest, and cut the skin into fine strips. Add 3 tablespoons of soy sauce, sake and mirin to a bowl and mix well. Then add the 4 sliced pieces of Spanish Mackerel and the thinly sliced yuzu to the bowl. Leave it in the refrigerator for 1 hour to 1 day.
- (ii) Preheat the fish grill at high heat for 1 minute. Drain the moisture from the fish, cook it at a low to medium heat for 6 minutes, flip it over, and cook it for 5 more minutes. Serve it on a dish with the thinly sliced yuzu skin.