

Japanese name

Saba

Mackerel used to be a typical fish which goes bad easily. Thanks to the development of freezing technology, it became one of the most popular seafood items across the country. Miso-simmered mackerel and salt-grilled mackerel are the standard dishes. Pickled mackerel and sashimi are also delicious.

Mackerel

Season and Taste

Mackerel can be caught throughout the year, but the best season is from autumn to winter when they get fat. You can enjoy the umami taste which is unique to the blueback fish, and the tender-chewy mouthfeel. The larger size mackerel with clear, bulging eyes, are better quality.

Nutrition and Health

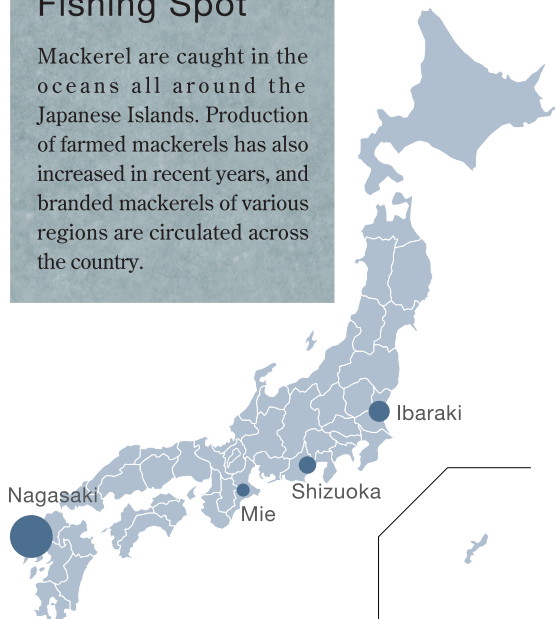
It contains an abundance of EPA which helps clean the blood and prevents the hardening of the arteries and heart infarction, and DHA which helps vitalize the brain. It also contains iron, vitamins A, B1, B2, and taurine, and it is effective for preventing high blood pressure, strokes and heart disease.

From the Japanese dinner table



Fishing Spot

Mackerel are caught in the oceans all around the Japanese Islands. Production of farmed mackerels has also increased in recent years, and branded mackerels of various regions are circulated across the country.



Mackerel Simmered in Miso

This is a typical homemade dish: simmered mackerel in a salty-sweet miso sauce. You can enjoy the unique harmony of mackerel and thick miso sauce.

Ingredients (Serves 4) and Recipe

(i) Take 2 fillets of 1 mackerel (center cut), cut each fillet in half, and make an incision in a cross shape on the skin. Thinly slice a clove of ginger with the skin on it. Prepare the combined seasoning by mixing 1/2 a tablespoon of miso and 1/2 a teaspoon of soy sauce.

(ii) Add 1/4 cup of sake, 2 tablespoons of sugar, 1 1/2 cups of water, and ginger, and heat it over medium heat. Once it cooks, add the mackerel side-by-side with the skin facing up. Place a cooking sheet on top cut into a size slightly smaller than the pan and with an incision of approximately 2 cm in the center, and cook it for 5 minutes. Then dissolve in 1 1/2 tablespoon of miso, reduce the heat slightly, and cook for 5 more minutes. Turn off the heat, add the combined seasoning, and quickly mix.

Japanese name

Gyoran

Tarako (salted pollock roe), ikura (salmon roe), and kazunoko (herring roe) are so-called fish egg salt-preserved products, which were originally developed for long-term preservation. However, it is still enjoyed today although the eggs no longer need to be salted for preservation due to the progress of freezing and storing technology.



雲丹

Fish eggs

Uni (Sea Urchin)

The developed gonad is an edible part, and Short spined sea urchin and Northern sea urchin are the main sea urchins that circulate today. The melting texture is the reason for its popularity.

Ikura (Salmon Roe)

Ikura is salted or seasoned salmon roe, removed from the sack. With a texture that pops, the good taste spreads throughout your mouth. It contains calcium and vitamin D.

Kazunoko (Herring Roe)

Kazunoko is salted or dried herring roe. It is familiar as one of the Foods to eat during the New Year in Japan, and people eat it wishing for the prosperity of their descendants.

Tarako (Pollock Roe)

Tarako is salt seasoned pollock roe. You can enjoy the unique Tarako taste as a topping of rice, or pasta dishes. Mentaiko (spicy seasoned pollock roe), a local specialty of Hakata, is also popular.



いくら



数の子



たしろ

魚卵