

Canned Seafood

Produced using either seasonal fresh catch or seafood that is frozen immediately after harvest and then processed locally, “Canned Seafood” offers both high nutritional value and high quality standards. It is popular worldwide because not only is it delicious but it is also being reevaluated as a food choice in terms of hygiene and convenience, enabling consumers to enjoy Japanese cuisine simply and easily.



水産缶詰

About Canned Seafood

Characteristics

Because the seafood is cooked and sterilized through high-pressure heating processes utilizing cutting-edge technology, these products do not contain preservatives, which means that they can be consumed with peace of mind. Moreover, since the seafood is already cooked, consumers can enjoy Japanese cuisine simply by opening a can. Another valuable benefit is that the liquid from the can also makes an excellent flavoring broth and can be used in a wide variety of dishes.

Nutrition

The blueback fish (sardines, mackerel, saury, etc.) used in canned seafood products are rich in both DHA (docosahexaenoic acid), which helps to lower neutral fats and cholesterol, and EPA (eicosapentaenoic acid), which is a natural blood cleanser. Canned seafood provides an easy way to ingest these nutrients. And, it is also rich in calcium as the whole fish is processed, bones and all.

Characteristics of Seafood Canned in Miso Sauce

Heads, tails, and innards are removed and the flesh is flavored with Japanese miso (soybean paste). Softened in the boiling process, even the bones are tasty. Seafood canned in miso goes well with rice and we also recommend sautéing the fish with vegetables.

Creamy Mackerel-and-Egg Rice Bowl

This delicious rice bowl dish combines the savory flavor of mackerel simmered in miso sauce with the rich, creamy taste of soft-boiled egg. Topping the dish with Japanese Mitsuba parsley accents the flavor.

Recipe (serves 2)

(1) Place the contents (including the liquid) of 1 can of Canned Mackerel in Miso Sauce in a heat-proof bowl; add 1/2 teaspoon of soy sauce and quickly mix with the mackerel. Loosely cover the bowl with plastic wrap and heat in a microwave oven (600 W) for 1 minute. Separate 3 Mitsuba Japanese parsley stems into stalks and leaves; slice the leaves and mince the stalks.

(2) Place 200 g of cooked rice in a bowl. Lay half of the mackerel on top of the rice and pour over half of the sauce. Top with 1 Soft-boiled eggs and half of the Mitsuba Japanese parsley. Repeat the process to make another bowl.

Canned Seafood Used in This Recipe

Mackerel Canned in Miso Sauce. Using fat full-body mackerel caught in Japanese waters and then cooked in Japanese miso, this canned fish is characterized by deep, rich flavor.



Recipes Using Canned Seafood in Salt Water

Characteristics of Canned Seafood in Salt Water

Cleaned flesh is flavored only with salt, enabling consumers to enjoy the ingredients' natural flavors. Because of the simple seasoning, it has an advantage of sugar free and low calorie. We recommend using canned seafood in salt water with salads or in soups for a light, refreshing taste.



Mackerel Simmered in Grated Radish

The simple flavors of mackerel boiled in water and grated daikon radish are perfectly matched in this refreshing, tasty dish. Another advantage is that the dish uses no cooking oil, making it even healthier!

Recipe (serves 2)

Place the contents (including the juice) of 1 can of Canned Mackerel in Salt Water into a pot and add 2 tablespoons of Sake. Bring to a boil on medium heat. Then, turn the heat down slightly and simmer for 5 minutes. Gently squeeze some of the moisture from 3/4 cup of grated radish, and then add the radish to the mackerel in the pot, bring it to a boil, and then turn off the heat. Arrange in bowls and sprinkle with minced green spring onion shoots.

Canned Seafood Used in This Recipe

Canned Mackerel in Salt Water. Using mackerel caught in Japanese waters and seasoned with only natural salt, this canned fish is an easy way for consumers to enjoy mackerel's delicious natural flavor.



Japanese Scallops and Celery Salad

This salad makes lavish use of flavor-packed scallops simmered in water. The celery's bitter taste accentuates the delicate sweetness of the scallops.

Recipe (serves 2)

(1) Place the contents of 1 can of Japanese Canned Scallops in Water in a bowl, reserving the liquid. Separate 2 sticks of celery (200 g) into stalks and leaves; remove the strings from the stalks, cut diagonally into thin slices and chop the leaves roughly. Sprinkle the celery with 1/4 teaspoon of salt and rub with hands; let stand for 5 minutes and then squeeze to remove the moisture..

(2) Place the celery in the bowl with the scallops and 1 1/2 tablespoons of mayonnaise, 1 tablespoon of scallop liquid, and 1 teaspoon of lemon juice. Mix all of the ingredients together. Sprinkle with pepper to taste.

Canned Seafood Used in This Recipe

Japanese Canned Scallops in Water. Harvested between spring and autumn around Hokkaido and Aomori, the fresh seasonal scallops used in these products have high sugar content and rich umami flavor. They are available in two forms, "Whole" and "Flakes", for use in different types of dishes.

