

Recipes Using Canned Broiled Fish

Characteristics of Canned Broiled Fish

After the fish is broiled, unglazed, it is dipped in a rich sweet-and-salty sauce comprised of soy sauce, Mirin (sweet Sake seasoning), sugar, and Sake. It is then broiled again. With its strong flavoring, this fish is recommended as a topping for rice bowls, noodles and even pizza.



Saury Sushi Rolls

This dish perfectly combines the roasting aroma and sweetness of broiled saury and the tartness of sushi rice. The refreshing flavor stimulates the appetite, making it a perfect lunchbox choice.

Recipe (serves 2)

- (1) Blend 3 tablespoons of vinegar, 1 1/2 tablespoons of sugar, and 3/4 teaspoon of salt to make sushi vinegar. Strain the liquid from 1 can of Canned Broiled Saury. Cut half a cucumber vertically into quarters.
- (2) Beat 1 egg and add 2 teaspoons of sugar, a pinch of salt, a drop of soy sauce, and 1 tablespoon of dashi broth. Blend all of the ingredients. Cook as a Japanese style rolled omelet and cut the omelet into 6 x 1 cm wide strips (approx. 7 cm long).
- (3) Boil 1 1/2 cups (180 ml) of rice, place the freshly boiled rice in a large bowl and sprinkle with the sushi vinegar. Mix the vinegar into the rice using a cutting motion while cooling the mixture with a fan to make the sushi rice.
- (4) Place a sheet of dried nori seaweed landscape on a sheet of plastic wrap. Spread half of the rice over the top, leaving 3 cm on the far side of the seaweed sheet. Place half of the saury in a line along the near side of the seaweed sheet. Place the 2 cucumber sticks and 3 omelet strips on top of the saury. Lift the plastic wrap on the near side and roll the sushi to the far side, holding the roll firmly from above to mold it into shape. Repeat the process to make another sushi roll. Carefully cut off the ends of the rolls and then slice each roll into 8 pieces.

Canned Seafood Used in This Recipe

Canned Broiled Saury. After being dipped in a "Special Flavoring Sauce" combining taste, luster, and aroma, the fish is broiled using far-infrared roasting techniques. Canned Broiled Saury is the most popular canned broiled fish amongst consumers in Japan.



Crunchy Sardine and Radish Sandwiches

The sweet and salty flavor combination of sugar and soy sauce gives the broiled sardine a pleasant taste. With its tempting appearance, this dish is also recommended when you have guests. Enjoy the texture of the soft sardine and crunchy daikon radish.

Recipe (serves 2)

- (1) Peel 2 cm (approx. 100 g) of daikon radish and slice into 12 slices 1-2 mm thick. Cut the mid-ribs from 3 green Shiso Perilla leaves and slice the leaves vertically in half. Drain the liquid from 1 can of Canned Broiled Sardines and cut each sardine into 6 pieces..
- (2) On one slice of radish, place a sliced Shiso Perilla leaf and pieces of sardine in that order, then top with another slice of radish to make a sandwich. Repeat the process with the remaining ingredients. Place the sandwiches on a plate and sprinkle with cayenne pepper to serve.

Canned Seafood Used in This Recipe

Canned Broiled Sardines. Using far-infrared roasting techniques, sardines are broiled until they are aromatic on the surface and plump and juicy on the inside, and then flavored with a soy sauce and sugar sauce. The sweetness of the sugar and saltiness of the soy sauce create a deliciously balanced flavor.



Recipes Using Canned Seafood in Tomato Sauce

Characteristics of Canned Seafood in Tomato Sauce

Cleaned fish is flavored with tomato sauce. We recommend adding beans or potatoes, or using in pasta sauces or even paella.



Sardine and Tomato Pasta

The sardine-and-tomato sauce is used as is for a delicious pasta sauce. The savory flavor of the sardines and acidity of the tomatoes combine to produce a refreshingly harmonized pasta dish. Especially recommended during hot weather.

Recipe (serves 2)

- (1) In a heat-proof bowl, mash the contents of 1 can of Sardines Canned in Tomato Sauce and then heat in a microwave oven (600 W) for 1 minute. Remove the stems from 10 mini tomatoes and cut the tomatoes vertically into quarters. Roughly tear up 8 basil leaves.
- (2) Boil 1.5 liters of water in a pot and add 1 tablespoon of salt. Boil 160 g of spaghetti for the specified time and drain when cooked.
- (3) In a bowl, place the spaghetti, sardines, mini tomatoes, and basil and mix together. Season with 2 tablespoons of olive oil, salt, and coarsely ground pepper.

Canned Seafood Used in This Recipe

Canned Sardines in Tomato Sauce. Cooked in a simple tomato sauce containing only tomatoes and salt, sardines' delicious umami flavor is accented by the tomato's acidity, creating a mouthwatering tastiness.



Recipes Using Canned Seafood with Other Flavorings

Characteristics of Canned Seafood with Other Flavorings

Shellfish, squid, yellowtail, and other seafood items are flavored with sweet soy sauce and other seasonings. We recommend enjoying these products cooked with rice, or stewed with radish or other vegetables.

Ark Shell Rice Balls

This dish takes a delicious twist on "rice balls"—standard Japanese fare—by adding the sweet and salty flavor of canned ark shell cooked with sugar and soy sauce. Wrapping the rice balls in aromatic green Shiso Perilla leaves instead of seaweed enables you to savor both the flavor and the aroma.

Recipe (serves 2)

Place 400 g of freshly cooked rice in a bowl. Add 1/5 teaspoon of salt and the contents of 1 can of Canned Ark Shell flavored with sugar and soy sauce (including the liquid), then quickly blend all of the ingredients with a rice spatula. Add 1 piece of ginger, finely chopped into strips, and 1 teaspoon of roasted white sesame seeds and mix in roughly. Divide the rice mixture into 6 portions and shape each portion into a rice ball. Cut the mid-ribs from 6 green Shiso Perilla leaves and wrap a leaf around each rice ball.

Canned Seafood Used in This Recipe

Canned Ark Shell flavored with sugar and soy sauce. Ark shell clams harvested around Ariake, Kyushu, are flavored with sweet soy sauce, enhancing clams' delicious natural umami flavor.

