

# JULY

## FUKUOKA FISH MARKET



### AJI “GON AJI” HORSE MACKEREL

“Gonaji” are caught by the Nagasaki City Shin Mie Fishing Cooperative. They are given this name from the “Go” in Gotonada where maaji (horse mackerel) live, and because their bellies have a golden (o-gonshoku) glow. The golden maaji from Gotonada have firm bodies and have a rich fat content. You should definitely give them a try. They weigh at least 250g.



### MEICHIADAI GRAY LARGE-EYE BREEM

Meichidai is not a widely known fish in the seafood market, but it is one of the best fish during the summer season. Many white meat fishes, such as Madai, have less fat content in the summer, and this lowers its quality of taste. However, for Meichidai, summer is when it has the most fat and tastes the best. Meichidai is a rare fish on the market, but when it is available, we use the “Asajime” method the same morning and ship it.



### ISHIDAI ROCK PORGY

Thinly sliced striped sea bream is translucent with a firm texture, an ever-delicate sweetness, and an “Umami” flavor. It has a much richer flavor than Japanese sea bass and flathead, the most notorious of summer fish. Ways to enjoy this fish include: “Arai” style slices, simmered fish, steaming, salt-grilling, meuniere, and “Ushiojiru” salt broth. Also good is to remove the skin, boil and make thin slices with a garnish of julienned ginger and scallions with lemon juice, or wrapping them on bamboo skewer and grilling until crisp, seared with soy sauce or salt and lemon juice.





## SUZUKI JAPANESE SEABASS

They are a light white fish which is ideal prepared as arai (a washing technique used to shed extra fat), grilled with salt, or in the French meuniere style.



## KAWAHAGI FILEFISH

Kawahagi and umazurahagi (horse-faced filefish, or "membo" in the local dialect) are available. The name "kawahagi" comes from "cooking with the skin." Umazurahagi catches have been increasing in recent years, and this fish is used to produce dried fish. This fish can be enjoyed as sashimi or simmered in a soy broth. It can also be cooked in a clay pot. Kawahagi's liver is also prized as a rich-tasting delicacy.



## MAGACHI FLATHEAD

This is a high-quality fish that is typically available in the summer months. Magochi is sliced thinly as "tessanami" sashimi and is esteemed for having a fine flavor rivals blowfish (fugu). Magochi is perfect for tempura and hotpot.







## MAHATA GROUPEr

Many types of grouper can be enjoyed in Kyushu. Sevenband grouper (Mahata) is the most recommended for this season. Although it is a fish that is not well-distributed among other markets, it is often found in the markets of Fukuoka. The firm texture of the fish is delectable enjoyed as thin-slices.



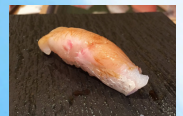
## ISAKI JAPANESE GRUNT FISH

The best season for Isaki comes around early summer, which is when Isaki ride the Tsushima current through the offshore area of Iki Island and arrive at the Chikuzen Sea to lay eggs. Isaki travel in flocks, and these flocks are often seen in places like artificial reefs. It is a white meat fish with a unique flavor and the perfect amount of fat, which can be enjoyed especially with the large-sized Isakis.



## KISU SMELT / WHITING

Kisu, which migrate toward towards the shore to lay their eggs, are allowed be caught beginning in May, and from that time you can see lots of fresh fish of this species in stores. Kisu prefers the clean sands at the bottom of the ocean. The beautiful waters around Shiga Island abound with high-quality kisu. To maintain the freshness of this fish, fisherman learn the technique of releasing the hook from the fish without touching it.





## HIRAMASA

### YELLOWTAIL AMBERJACK

This fish doesn't have as much fat as Buri, but has more fat and "umami" content compared to Kanpachi.



## YAZU / INADA

### YOUNG YELLOWTAIL

Yazu is a "Shusseu" name of young yellowtail in Fukuoka area market. It has less fatty meat compare to Buri. It has elegant sweetness and satisfying texture.



## ANAGO

### SEA EEL

Anago that is raised on the western offshore of Tsushima with abundant, high quality food, has a larger body than the common anago with better fat content as well. It really is the golden anago like its name says.







## HAMO PIKE CONGER

Many rivers flow into the Shiranui Sea of Amakusa where pike eel, growing in a location with ample food thanks to the freshwater, are called golden pike eel and have excellent marbling. Fished by long-line, pike eel here is known for quality far-exceeding the rest of the nation.



## TOBIOUO FLYING FISH

Tobiouo is in season. The market price of this fish is reasonable all year long. Tobiouo sashimi is very delicious. Other recommended cooking methods for this fish is to eat it as dried fish or as “Namerou” (a type of “tataki”).



## SAZAE TURBO CORNUTUS

Although turban shells have horns, those caught in the calm- waters of the inland sea have smaller one or have none at all, while those from the open seas have larger horns. In Fukuoka Prefecture, research is being conducted on mass- producing farm-raised spat in order to increase resources. Although shell-grilling is the most common way of enjoying turban shells, they can also be enjoyed as sashimi or marinated in vinegar.

