

*Japanese traditional flavor
from Japan to
all over the world*

TERIYAKI FISH

*Japanese people call it
"TSUKUDA-NI"*

May 2009 Issue

In This Issue

Nishin

Tailor

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1049 Rockville Pike

TSUKUDANI: Nishin

TSUKUDA-NI means fish cooked in soy and sugar. This cuisine originated as a preservation method, developed by the wisdom of fishermen who understood the nutritional value of fish. The sweet and salty taste of tsukudani goes perfectly with rice, and today is indispensable to the Japanese dinner table. People from overseas find the taste similar to teriyaki and often refer to it as "teriyaki fish."

Since 1924, HIRAMATSU SEAFOOD COMPANY has been making traditional Japanese tsukudani (fish boiled in soy sauce) in Toyohashi City of Aichi Prefecture, a city blessed with an abundance of produce from both land and sea as well as fresh and clear water, and they have been striving each day to ensure that the traditional foods of Toyohashi are kept alive in the modern era.



Nishin is herring. It is a small, oily silver skinned fish with a fishy taste. It is usually grilled with salt and most famously eaten boiled or grilled over

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soba in Kyoto. It is also a popular fish in Scandinavian cuisine.

Nishin is full of Omega-3s, Vitamin D, DHA, and EPA.

Nishin Recipes By Chef Sam Mason

Chef Mason

Sam Mason is executive chef and part owner of Tailor located in Soho in New York city. He has worked in numerous prestigious kitchen including Palladin, Atlas, Park Avenue Cafe, and most famously as the pastry at WD-50. Chef Mason is acclaimed for his innovative and unusual flavor combinations that stretch the imagination of the diner.



Tailor opened in September of 2007 offering a creative and inventive menu of food and drink. The menu is influenced by the seasons, but sticks close to blurring the line between savory and dessert with two main themes of sweet and salty. Dishes like Pork Belly with a miso butterscotch and artichoke offer polar ingredients giving dishes an exciting experience.

Chef Mason created dishes using Nishin Tsukudani. Although he loved all the different types of Tsukudani, he chose to cook with Nishin because of, "its delicious [and] fantastic" taste and appealing form for presentation. He "absolutely loves fish," but initially unfamiliar with nissin, but ended up really liking the flavor and created beautiful dishes that emphasized the fish.

Tsukudani is very unfamiliar for the American palate, but Chef Mason argues that it is a useful ingredient since it has already been prepared. Americans are not familiar with many different types of fish, and he wishes that they would try different varieties of fish. Tsukudani, preserved fish, is not a well-known ingredient for Americans, but once they try the ingredient they will realize its appealing taste.

Chef Mason used ingredients that are not Japanese, but instead a fusion of different cuisines that all emphasize the sweetness and saltiness of the Tsukudani Nishin.

RECIPES



NISHIN WITH BEAN CASSOULET, PEQUILLO FOAM & BRUSSEL SPROUTS

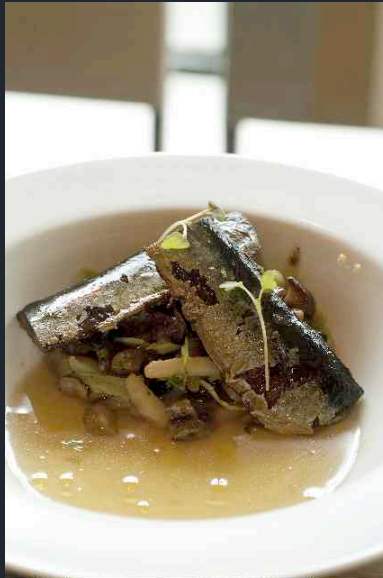
Chef Mason's first dish is a "Spanish interpretation of the sweet fish." He chose to use beans for texture and ingredients that "dance around the fish" for support its flavor rather than rival the unique taste of tsukudani.

INGREDIENTS:

2 yellow onions
1 celery stalk
1 cator
4 roasted red peppers
1 tomato
thyme
parsley
marjoram
1 bay leaf
2qts dry coco beans
1c white wine
2tbs. vinegar
4 ox olive oil
1tbs smoked paprika
2 gal water
100g pequillo puree
300g water
20g olive oil
5g lecithin
brussel sprouts

DIRECTIONS:

1. Chop all ingredients, and saute aggressively until soft.
2. Add white wine and deglaze until reduced to dry. add vinegar, and paprika.
3. Puree until smooth and season with salt and pepper.
4. Add to white beans, olive oil, and water. Cover and simmer till beans are fully cooked.
5. Remove cover and reduce liquid till thick and then cool.
6. To make foam puree pequillo peppers and blend with water, olive oil.
7. Strain and blend with lecithin.
8. Mix with hand blender to foam.
9. Clean brussel sprouts and steam until tender.
10. Place the white bean cassoulet onto the plate and top with two pc of Nishin. Pour foam over the nissin and top with brussel sprouts.



NISHIN WITH PEAR CONSOMME, SUATEED SUNCHOKES & MUSTARD GREENS

The second dish sticks closer with Asian flavors, and incorporates fruits such as pear and plum.

INGREDIENTS:

2 pc Nishin Tsukudani
1 l pear juice
20g green corriander
5g black pepper
4g mace
10g fennel seed
8 egg whites
sugar, lemon, salt to taste
sunchokes
mustard greens
candied plums

DIRECTIONS:

1. Gently heat pear juice with spices.
2. When hot whisk in egg whites and reduce heat to clarify. Season with salt, lemon, and sugar.
3. Clean and chop sunchokes. Season with salt and oil, and roast until tender.
4. Toss sunchokes with mustard greens and chopped candied plums.
5. Place sunchokes and mustard greens on the bottom of a plate, and top with Nishin Tsukudani. Spoon the pear consomme around the dish.

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