

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

TERIYAKI FISH

*Japanese people call it
"TSUKUDA-NI"*

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TSUKUDA-NI: AYU

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.

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AYU is a Japanese fish sometimes referred to as sweetfish. Ayu are in the salmon family and can be found in rivers flowing from Hokkaido down to Kyushu. They are small and grow to just under 8 inches.

Ayu is a classic summer food in Japan and considered one of the tastiest of freshwater fish. The Ayu population however, has been decreasing as suitable habitats for ayu are being turned into dams.

AYU RECIPES BY CHEF ANITA LO

ANITA LO

Anita Lo is a second-generation Chinese-American born in Michigan. She is chef/owner of New York restaurants Annisa, and Bar Q (now closed), and consulting chef for Rickshaw Dumpling Bar.

Chef Lo is a Columbia Graduate with a degree in French. After graduating she worked as the garde-manger of the year-old Bouley restaurant. A year later Lo



traveled to earn her degree in cooking at the prestigious École Ritz-Escoffier. She graduated at the top of her class and interned in Paris under chefs Michel Rostang and Guy Savoy.

Chef Lo then returned to France and worked the line at *Chanterelle*, before becoming chef of *Can* in Soho. She then worked at *Maxim's* and *Mirezi* until finally opening *Anissa* with Jennifer Scism after a year-long eating adventure through Southeast Asia and Mediterranean Europe.

It was Chef Lo's first time working with Ayu but loved the "delicious" flavor the fish had to offer. She was impressed by how "easy to use" the fish was and how the entire fish could be used.

Ayu is not available in America, and is only sparsely available at Japanese specialty markets during the summer. Ayu is preserved in mirin, soy sauce, and sugar, and the Tsukudani can be readily accessible all year round. Chef Lo "not all Americans are going to love this flavor" but in larger cities it would be well received. The dishes she created with Ayu she said "could be served" at her restaurant Annisa.

Broiled Sweetfish with Roasted Sunchokes and Garlic Scapes

Chef Lo sees many vegetables going well with Ayu yet, sunchokes "marry the flavors" of the sweet, salty and earthiness of the Ayu. Sunchokes or Jerusalem Artichokes, are a species of sunflower native to North America.



INGREDIENTS:

- 2 pc. Sweetfish, filleted
- 3/4 cup sunchokes, cut into small pieces
- 1.5 Tbsp. olive oil
- salt and pepper
- 1 tsp. chives, chopped

Scape tempura:

- 6 pc. Micro garlic scapes
- .75 c. flour
- .2 Tbsp. cornstarch
- 1 tsp. baking powder
- salt and pepper
- iced soda water

Scape oil:

- 1/4 cup garlic scapes, chopped blanched and shocked
- 1/4 cup oil
- salt and pepper

Soy glaze

- 1 T. sugar
- 2 T. soy
- 2 T. cornsyrup
- slice ginger

Garnish:

- chive flowers
- yuzu powder

METHOD:

1. Heat a small saute pan on high. Add the olive oil and swirl, then add the sunchokes, salt and pepper and toss. Place in a 500 oven and roast, turning once or twice until golden brown and cooked through. Chop finely and toss mix with the chopped chives. Taste and adjust seasonings.
2. Bring all soy glaze ingredients to a boil. Remove ginger and set aside. Place blanched garlic scapes and oil in a blender and blend until smooth. Strain through a fine china cap and season to taste with salt and pepper.
3. Mix the flour, cornstarch, baking powder, salt and pepper together, and just before using thin with the

iced soda water to make a thin batter. Dredge the micro garlic scapes and deep fry at 350° until lightly golden and crispy, and drain on a clean paper towel.

3. Reheat sweetfish filets under the broiler.

4. To serve, place a mound of the roasted sunchoke mixture (reheated if necessary) to one side of a plate. Top with the sweetfish, then with the tempura scapes and a few chive flowers. Decorate plate with a few drops of the scape oil, a line of the soy glaze, and a pinch of the yuzu powder.

Shredded Sweetfish on Chilled Chawan Mushi with Uni

This dish is more "straight forward" and easy to prepare. It "highlights the flavor of the fish" and the sweetness and creaminess of the uni "offsets" the more dry texture of the preserved Ayu. The "crunch of fish skin" gives a new texture to the dish.



INGREDIENTS:

- 2 sweetfish, filleted and shredded, skin reserved
- 1 cup dashi
- 1 egg
- soy, mirin and salt to taste
- 2 pc. West coast uni
- pinch scallion green julienne

METHOD:

1. Mix the dashi and egg together and season to taste with the soy, mirin and salt. Place in 4 oz. cups, cover and steam until just set, about 15 minutes. Chill.

2. Shred the sweetfish meat. Deep fry the skin until crispy and drain on a clean paper towel.
3. To serve, place the shredded sweetfish on top of a chawan mushi, then garnish with a tongue of uni, a pinch of scallion and a piece of sweetfish skin.

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