

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

TERIYAKI FISH

*Japanese people call it
"TSUKUDA-NI"*

SEPTEMBER ISSUE

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TSUKUDANI**

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TSUKUDA-NI: IWASHI KANRO-NI

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.



IWASHI KANRO-NI

Iwashi Kanro-ni are sardines boiled in sweetened soy sauce. Iwashi are very healthy as they are a good source of Niacin and Calcium, and a very good source

www.nymtc.com

Hiramatsu Seafoods Company

www.bisyoku.com

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of Protein, Vitamin D, Vitamin B12, Phosphorus and Selenium.

HIRAMATSU SEASFOOD COMPANY uses the freshest Iwashi and the best ingredients to produce the most flavorful and healthy product possible. In 1994 Iwashi Kanro-ni received the Osaka Governor's Award at the 43rd Seafood Product Exhibition. Even more recently, in 2008 Iwashi Kanro-ni received a Grand Gold Medle at the Monde Selection international food competition, which was established in 1961 in Brussels.

Recipes By Chef Josh DeChellis of La Fonda Del Sol

Josh DeChellis

Josh DeChellis was born in Columbia but raised in Clinton, New Jersey. At the age of 14 he worked in a local restaurant and went on to enter the Culinary Institute of America in 1992.

After graduation, DeChellis began his career as chef de partie at the Frenchtown Inn in Frenchtown, New Jersey. He then landed a sous chef position at Wolfgang Puck's famous Postrio in San Francisco. After 3 years, Dechellis moved to France where he worked famed Michelin 3-star restaurants L'Arpège and Lucas Carton.

DeChellis returned to New York and worked in Rocco DiSpirito's Union Pacific. In 2003 DeChellis was ready to start his own kitchen and after six weeks eating and cooking in Kyoto and Tokyo's Shibuya-Ku neighborhood, cooking with regional ingredients and perfecting the nuances of traditional Japanese technique he opened Sumile. In 2007 DeChellis moved on to open BarFry an American Tempura bar.

DeChellis is now at La Fonda del Sol, which opened in January 2009, where he can express a lifelong love of Spain with a menu that reflects the culture of the country's food. From a comprehensive eating trip through Spain, he has crafted a menu that encompasses both casual tapas and formal dining choices, all featuring authentic Spanish ingredients.

On Tsukudani:

Chef DeChellis has tried Tuskudani several time when he visits Japan. He finds the "strong flavor" as "almosting [having] too much umami" but is extrordinarily wonderful. He appreciates the "lingering flavor, something that you can enjoy for a while."

When asked what he thinks of Iwashi Kanro-ni, DeChellis replies "sugoi!" the Japanese word for 'great'. The taste is like being back in Japan, "source of almost all of his grastronomic influence." DeChellis loves "respect of all the ingredients and that what they preserve" and the overall Japanese culture. Japanese cuisine



embodies flavors that his palate simply just enjoys, and there "nothing about it [he] doesn't love!"

DeChellis believes it will be a long road before Americans can appreciate the unique taste. He understands that it must be "put with a vehicle the Americans would recognize" since it is a flavor that is not conventionally present in Western cooking. But DeChellis thinks that it would be welcomed by the American palate because Tsukudani is "sweet, and Americans have a big sweet tooth."

Iwashi Kanro-ni Salad

with pluots, almond puree, and wasabi

Chef DeChellis uses the "dark deep rich flavor" of the Tsukudani and "shows it off" by pairing it with completely opposite ingredients that are "super bright and summery."

This is a perfect refreshing summer salad which captures pluots, a cross between an apricot and a plum, at the height of their season. Chef DeChellis uses both the sweet flesh and the sour, tannic skin separately in this dish.

Green almonds, or fresh almonds are used in this dish. Unlike dried almonds, they taste more earthy and "green" in the fresh form.



INGREDIENTS

Serves four

4 Iwashi Kanro-ni, bone out and head removed
2 pluots
4T almond puree
4tsp tasted marcona almonds
8 sprigs purslane
4 tops epic mache
1 tsp green coriander seed
Fresh frozen wasabi to taste

DIRECTIONS

1. Remove skin from Pluot and cut into long strips. Discard the seed and muddle the flesh in a mortar with some wasabi, let sit for 5 minutes and strain.
2. Cut a piece of Iwashi Kanro-ni into two fillets and cut each fillet in half lengthwise.

3. Spread almond puree on 4 plates and arrange the filets, pluot skins, purlane and mache together on each plate. Sprinkle almonds and coriander seed judiciously on each plate. Sauce each plate with pluot/wasabi jus and then drizzle with olive oil. Lightly season each dish with salt.

Pork belly a la Plancha

with Iwashi Kanro-ni glaze

Chef Dechellie uses both Japanese and Spanish ingredients and perfectly balances textures in a sort of "surf and turf use of the Tsukudani" in a dish similar to a Donburi. He uses Iwashi-Kanro-ni flavor primarily in a glaze.

Padron peppers are used for their meatiness which stands up perfectly with the pork belly. The yellow chives give lightness of spring and summer dishes. DeChellis calls this dish "dynamite" as "two rich concentrated flavor just live together."



INGREDIENTS

12 Whole Iwashi Iwashi Kanro-ni, chopped
16 oz water (2 oz deglazing bag of tsukudani)
8 oz pork belly skin on cooked in duck fat until tender
4 sprigs mitsuba
4 slices abalone mushroom cooked a la plancha
4T toasted pumpkin seeds
4 thin slices of daikon
4 padron peppers, blistered in olive oil
1tsp yuzu juice in glaze of Tsukudani
2 raw shishitos sliced paper thin for garnish of dish mixed with mitsuba ties
12 oz washed and steamed calasparra rice

DIRECTIONS

1. Slowly simmer Iwashi Kanro-ni for 5 minutes in water and deglazed bag water, strain and return to a pot and reduce til thickened.

2. Crisp the pork belly on the plancha and cut into 8 slices. Place over the rice in 4 bowls. Arrange the mushroom, daikon, mitsuba, and pumpkin seeds around pork belly. Drizzle the pork and rice bowl with the tsukudani glaze and chow down.

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