

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

# TERIYAKI FISH



*Japanese people call it  
"TSUKUDA-NI"*

**March Issue 2010**

**New Bite!"Tsukuda-ni Sandwiches"**

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**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.

[www.nymts.com](http://www.nymts.com)

Hiramatsu Seafoods  
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**IWASHI KANRO-NI** is sardines boiled in sweetened soy sauce. Iwashi are extremely nutritious as they are a good source of niacin and calcium, and a good source of protein, vitamin D, vitamin B12, phosphorus and selenium.

Hiramatsu Seafood 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.

**SANMA KABAYAKI** is a Japanese traditional method of preserving Sanma, or Pacific Saury. After the Sanma is flattened and filleted the saury is seasoned with a sweet soy sauce (a mixture of soy sauce, sugar, and a glutinous corn starch syrup called mizuame) and then boiled and baked to produce a tasty delight that has an exquisite flavor and delicate texture. Sanma, or the Pacific Saury (it is also known as mackerel pike) is a common fish in many East Asian cuisine and most prominently represents Autumn cuisine in Japan.

The flesh of Sanma is rich in protein which can be easily digested, absorbed and then used by the human body. Sanma also contains unsaturated fatty acids, EPA and DHA. These are the "good fats" which aid the body in preventing cancer, blood diseases, reduce the risk of high blood pressure and promote brain activity.

Hiramatsu's Sanma are prepared when the fish is freshest and raw. It is then seasoned with products that are selected with

care and with authentically brewed soy sauce. Hiramatsu's Sanma Kabayki recieved Gold Medal awards in consecutively in 2005, 2006, 2007, and 2008 at the Monde Selection International Food Competition for the quality and flavor of the fish.

## ANGELO SOSA

Angelo Sosa is a Connecticut born Dominican Italian. At an early age Sosa developed a passion for food, and entered the Culinary Institute of America at age 18. After graduating with High Honors, he served as Sous Chef in Connecticut for Christian Bertrand. In 1999 Sosa worked with Jean George Vongerichten at Jean George for five years. Sosa opened up renowned restaurant Spice Market as Executive Sous Chef with Jean George.



Sosa's passion for Asian flavors began to emerge, and in Spring 2005, Sosa was Executive Chef at Yumcha, a modern Chinese restaurant located in the West Village of New York City. Sosa then consulted restaurateur Stephen Starr in the creation of Buddakan, as well as Morimoto.

In the summer of 2009, Sosa opened up Xie Xie a fast-casual Asian-inspired sandwich shop in Midtown, with his right-hand-man Ricardo Camacho. The restaurant focuses on subtle Asian ingredients in familiar sandwiches.

## INTERNATIONAL RESTAURANT AND FOODSERVICE SHOW OF NEW YORK 2010

At this years International Restaurant and Foodservice Show,

Angelo Sosa alongside Ricardo Camacho, created two sandwiches using Tsukudani. Sosa approached the product by taking a classic Western dish such as a slider inspired by Japanese and other Asian ingredients.

In creating the recipes for the event, Sosa and Camacho used ingredients to highlight the Tsukudani's flavor instead of masking it. In developing the dishes Sosa was extremely inspired by the flavor of Tsukudani, "our style is Asian, and the flavor of this product is right up our alley so wanted to play off sweet, sour, and salty--really the basis of Asian cooking."

During their two hour demonstration, more than 100 people ate the Tsukudani sliders, over the 3 days. People trying the foods for the first time were amazed at how delicious the dish was, and the line to try Sosa and Camacho's creation was constant. One woman said she had never tasted anything like it before, but it was "amazing." Another man after his first bite said he "just died and went to heaven" and that the product is a "clean slate that you can do anything with, even put them out at a party with crackers and people would go nuts." The positive responses assured Sosa that American's would welcome Tsukudani into their mouths. Sosa said it could be used a "condiments to another process" such as in pastas, eggs, or any sandwich.

## **Kabayaki- Glazed Sanma Slider**

*Miso mayonnaise, cucumber kimchee*



*Sosa says that "as chefs, when we are really inspired by ingredients we can make amazing dishes such as the sliders we made today." The delicate umami flavor of the Sanma is paired with ingredients to make this dish explode with different tastes, but still keep the Sanma the star of the dish.*

#### Sanma:

4 fillets Kabayaki cured Sanma, Deboned  
8 oz Kabayaki No Tare  
1 oz Unsalted Butter

#### Miso Mayonnaise:

2 oz White Miso  
12 oz Mayonnaise  
1 oz Lemon Juice  
1 oz Sriracha

#### Cucumber Kimchee:

1 lb European Cucumber, seeded and sliced on thin bias  
1 tsp Salt, Kosher  
2 tsp Sugar

#### Sambal Olek:

3 ea Garlic, Cloves- thin slice  
1tsp Ginger, young, very thin julienne  
1tsp Soy Sauce, Lite  
1tsp Sugar  
1 tsp Fish Sauce, Three Crab

#### Garnish:

Cilantro, leaves  
Scallions, whites only cut on thin bias  
Brioche slider bun, cut in half-toasted

### *Directions:*

1. To a skillet, add the Kabayaki along with Sanma filets and slowly warm fish on medium low heat. Then add the butter and allow to dissolve while gently moving pan back and forth.
2. In a bowl, mix all of the mayonnaise ingredients together with a whisk until smooth
3. On a sheet tray with a rack, arrange cucumber slices and sprinkle the salt and sugar over the cucumbers allow to sit for 15 minutes
4. In a mixing bowl, combine the second group of kimchee ingredients along with cucumbers from step 3 and allow to sit for at least 20 minutes before serving

### *To Serve :*

1. Apply Miso Mayo to both halves of toasted buns
2. Place some cucumber kimchee on bottom half of bun
3. Cut warmed glazed Sanma Filet in half and place on top of kimchee
4. Top the filet with cilantro leaves and scallion
5. Set top bun in place and enjoy!

## **Cured Iwashi Kanro-ni Sandwich**

*Avocado Mayonnaise, Ponzu Marinated Shallots, Finger Chili Pickles*



*Camacho says that this sandwich was meant to be "reminiscent of a classic sardine sandwich you eat growing up." The iwashi is in olive oil to round out the slightly metallic and oceanic flavor of the fish itself. The dill counteracts the spiciness of the chilies and to add brightness, while the avocado mayonnaise gives viscosity.*

## Cured Iwashi (Sardine) Kanro-ni, Deboned 2 Filets

### Avocado Mayonnaise:

12 oz Mayonnaise  
1 ea Avocado, Hass, chopped  
1 oz Lemon Juice  
White Pepper to taste

### Ponzu Shallots:

6ea Shallots. Thinly Sliced  
6 oz Soy Sauce, Lite  
2 oz Yuzu Juice  
1/2 tsp Salt  
2 tsp Sugar

### Finger Chili Pickles:

2 ea Large Bowl with ice water  
3 oz Red Finger Chili, sliced thin-bias  
3 oz Green Finger Chili, sliced thin-bias  
14 oz Rice Vinegar  
5 oz Sugar

### Garnish:

Dill, Picked frawns  
1 ea Brioche slider bun

### *Directions:*

1. Add Chilies to ice water and allow to sit for 10 minutes. After 10 minutes remove chillies and add to second bowl of ice water. Allow chilies to sit for another 10 minutes before removing
2. In a bowl combine vinegar and sugar mix until sugar dissolves. Add chilies and pickle for at least 30 minutes
3. In a blender puree Mayonnaise ingredients until smooth
4. In a bowl combine ponzu ingredients mix well, add shallots and allow to marinate for 20 minutes
5. In a bowl combine vinegar and sugar mix until sugar dissolves. Add chilies and pickle for at least 30 minutes

### *To Serve:*

1. Apply avocado mayo to both halves of toasted bun along with dill frawns
2. Place ponzu shallots on bottom half
3. Place filets on top of shallots, and pickled chilies on top
4. Set top bun in place and enjoy!

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