

Japanese Premier Products News

"Teriyaki Fish" Tsukudani

July 2010 issue

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all over the world

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FISH**

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"TSUKUDA-NI"

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TSUKUDANI: AYU KANRONI

TSUKUDANI 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 this food as "teriyaki fish."

Since 1924, HIRAMATSU SEAFOOD COMPANY has been making traditional Japanese Tsukudani, fish boiled in soy sauce, in Toyohashi City in Aichi Prefecture. Toyohashi is blessed with an abundance of produce from both land and sea, and they have striven each day to ensure that the traditional foods of Toyohashi are kept alive in the modern era.



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

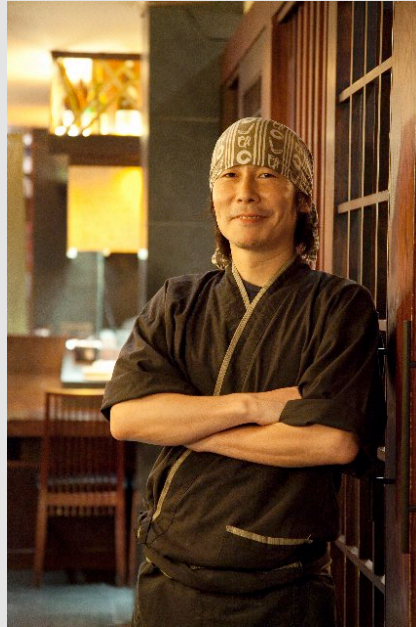
AYU KANRONI is made from sweet fish and then boiled in soy sauce and sugar and finished with a special sauce. Ayu has been given the name of "sweet fish" because of its sweet flesh and fruit-like aromas, which is enhanced by the addition of soy sauce and other Japanese seasonings.

HIRAMATSU'S AYU are raised in local aquaculture ponds and are delivered alive to Hiramatsu's processing plants when they are in season. The ayu are never frozen in order to produce a product with the best quality. The seasonings are each selected with care and authentically brewed soy sauce.

[Ayu Recipes at Aburiya KinnoSuke](#)

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Executive Chef: Jiro Iida

Robata translates to "around the fireplace" in Japanese and is a traditional and rustic way of grilling. It has yet to be recognized in the U.S. The process is simple and involves a grilling pit with sand, and pile of charcoal. Meats, fish, and vegetables are skewered onto a stick and pointed at the charcoal, and finished off with salt.

Aburiya KinnoSuke located in Midtown specializes in *robata* grilling. Jiro Iida is the executive chef and master of *robata*. Chef Iida is a fan of Tsukudani because it is "already well prepared and seasoned so it can be used right away." Tsukudani is still unfamiliar to many Americans, but its taste is sweet and salty and mimics popular Japanese dishes such as *teriyaki* and eel dishes. Once Tsukudani is recognized, Chef Iida believes Americans will "really like the taste."

Chef Iida says ayu is now well known in his restaurant but has a similar taste to popular fishes such as trout. What he really loves about the Ayu Tsukudani is that it can be eaten from "head to toe, so you can enjoy the taste of the entire fish." In the past Americans could not stomach eating a fish head, but have now become more accustomed to and even enjoy eating an entire fish and find it to be very Japanese. This particular Ayu though, does not have to be eaten in its entirety, but can be filleted or flaked.

Chef Iida came up with these two recipes, but insists that "the possibilities are endless!"

These mouthwatering dishes will soon be served at Abuyira KinnoSuke. Please try them!

Steamed Ayu Kanroni Over Rice

wrapped with Magnolia Leaves



Ingredients

-Ayu (Sweet Fish), 1pc, sliced into 3 pieces

-Rice, 90g

-6 Grain Rice, 60g

(Mix of: Black Rice/Purple Barley/Rye Berries/Hulls Barley/MG Red Rice/Short Grain Brown Rice)

-Dashi Broth 200ml (180ml/Light Color "Usukuchi" Soysauce; 1 Tbsp./Mirin; Kombu Kelp, Bonito Flakes)

-Magnolia Leaves ("Hoba"), 1 Pc.

-Burdock ("Gobo"), 5 inch

FishSauce

-Sake, 540ml, flambé

-Mirin, 90ml, flambé

-Sugar, 120g

-Soysauce, 180ml

-Kombu Kelp, 1/5 Pc.

-Sliced Ginger, 5-8 slices

Method

1. Wash Rice and drain in a colander. Prepare the stock.
2. Put Rice into the rice cooker, and place sliced Ayu on the top.
3. Pour Dashi broth over rice. Cook rice according to rice cooker instructions.
4. Prepare burdocks. Cut them into 1 inch long, crosswise, and place them into small pan. Pour enough water to cover the burdocks and 1 tbsp of vinegar, and heat until boiling.
5. Take out burdocks, and put them into another small pan with fish sauce. Cover and cook over

high heat for 3-4 minutes.

6. When the rice is ready, use a plastic wrap to form them into small balls like making a rice balls. After shaping the rice into a ball, place burdock and Ayu on top of the rice and wrap in magnolia leaf.
7. Place the magnolia leaf wrapped rice ball into steamer. Steam for 5-7 min.

Broiled Ayu Kanroni in Yanagawa Style

Ayu boiled in Dashi Broth with Egg and Burdock



Ingredients

- Ayu (Sweet Fish), 1Pc.
- Japanese Scallion ("Tokyo Negi"), half stick/sliced
- Burdock ("Gobo"), 1/3 stick/slivered
- Egg, 2pc./beaten
- Dashi Broth 75ml/White "Shiro" Soysauce; 12.5ml/Mirin; 12.5ml
- Chive. 1inch/3-4 pc.

Method

1. Peel burdock and soak in water to remove the coarse taste. Slice scallion and also soak them in water.
2. Prepare Dashi broth
3. Remove burdocks and scallions from water, place them into a ceramic pot. Put burdocks first, then place scallion on top.
4. Take out Ayu from the package and place into pan over the burdock and scallions.
5. Put Dashi broth in a pan over high heat until it comes to a boil. When boiling immediately reduce heat so burdock does not become overcooked.

6. With heat at medium, slowly and evenly pour in lightly beaten egg.

7. Cover and increase heat to high.

8. Garnish with chives and serve.

AYU KANRONI IS MADE EXCLUSIVELY BY [HIRAMATSU SEAFOODS COMPANY](#)

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