

Japanese Premier Products News

"Teriyaki Fish" Tsukudani

September 2010 issue

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from Japan to
all over the world

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FISH**

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"TSUKUDA-NI"

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TSUKUDANI: SANMA KABAYAKI

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 strived each day to ensure that the traditional foods of Toyohashi are kept alive in the modern era.



SANMA KABAYAKI is a Japanese traditional method of preserving Sanma, or mackerel pike. After the Sanma is flattened and filleted the mackerel is seasoned in 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 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 Sanma is freshest and raw. It is then seasoned with products that are selected with care and with authentically brewed soy sauce. Hiramatsu's Sanma Kabayaki received 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.

Chef Christopher Lee

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BIO

taken from <http://www.chefchristopherlee.com/chef-lee/>

Aureole Executive Chef Christopher Lee began his career at age 14 in his hometown on Long Island, "I always had that sort of sixth sense about food," Lee says. "I always knew that I wanted to be a Chef. In high school, I used to ditch classes just to watch cooking shows on TV."

After graduating from the California Culinary Academy in San Francisco, Lee honed his talents in some of the country's most prestigious restaurants, including New York City's Restaurant Daniel and Jean Georges, and San Francisco's Fifth Floor.

As Sous Chef at New York's Oceana, where he worked under Cornelius Gallagher, Lee was integral in redefining the restaurant's approach to the elegant dining experience. Awarded three stars by the New York Times, the New York Post proclaimed Oceana to be "The city's best seafood restaurant."

Selected by Gotham Bar and Grill's Alfred Portale to be the chef de cuisine at Stephen Starr's remake of the legendary Striped Bass in Philadelphia, Lee quickly rose to the position of Executive Chef, putting his personal style on all culinary aspects of the restaurant. Under his direction, Striped Bass received widespread critical acclaim, including a highly coveted Four Bells review from the Philadelphia Inquirer, "Best New American Restaurant 2004" in Travel + Leisure, and Gourmet selected it as one of the country's top restaurants in 2006.

In 2005, Lee was named the James Beard Foundations' "Rising Star Chef of the Year," and in 2006 was among Food and Wine's "Top Ten Best New Chefs." Returning to New York as Executive Chef of Gilt, Lee is credited for earning the restaurant two Michelin stars. In December 2008, Lee was selected by Charlie Palmer to take command of Aureole's kitchen, just in time for the restaurant's spring landmark move to the Bank of America Tower at One Bryant Park.

Since the grand opening, Chef Lee has brought unparalleled success to Aureole including a 29 food rating in Zagat, the highest in NYC for 2009. Additionally, Chef Lee was a contestant on the premiere season of Bravo's Top Chef Masters and is currently the consulting chef for Orange County Choppers Roadhouse, a full service restaurant, bar, microbrewery, and entertainment experience based on the extraordinarily popular Orange County Choppers brand.

ON TSUKUDANI:

Chef Lee has always had an "Asian flair" because he is half Chinese. He has also worked with Asian products and just expands on them to make them more progressive America, which to Lee means he can do anything. Progressive American cuisine has no rules, and can incorporate any cuisine onto on menu. Over the past few years he has become a fan of Japese gastropubs, sushi bars, and omikases, because of the

discipline and art form behind the food. He uses basic Japanese ingredients such as dashi, bonito, yuzu, and kombu, but is foremost influenced by Japanese cooking techniques and the concept of combining sweet, sour, and spicy.

Although Chef Lee is familiar with Japanese products, he has never used Tsukudani before, which he claims has a "robust flavor." The curing process extracts all the moisture from the mackerel which "triples the flavor profile" of the product. Chef Lee says "the product is what it is, and you cannot hide from it." He chose only to warm the fish because it is "cure great, has great flavor, and if you do anything more to it you will lose the structure [of the product]" said Chef Lee on how he prepared the fish.

While creating two dishes with this product, Chef Lee considered two options: to either "enhance the product or create a supporting cast." The dishes are meant to "showcase" the product and because of the robust flavor of the Tsukudani, Chef Lee wanted to match the fish with strong flavors so that they could "fight on the plate." A light flavor to accompany this Tsukudani would not have stood up to the unique and powerful flavor of the Tsukudani.

RECIPES: Pike Mackerel

Although these are very refined recipes, Chef Lee urges that this product can be "thrown on a sandwich, or a little toast" as well as mixed into some fried rice, and easily made at home.

Chef Lee firmly believes in creating dishes that try to excite the diner and make the palate jump, and these dishes do exactly that.

Pike Mackerel with Soy Beans, Lotus Root, Yamamomo Berries, Aji Amarillo Mustard Dressing

"These is a lot of flavor here" says Chef Lee about this appetizer. There is an interesting contrast between the warm fish and the cold garnish. He wanted to add color as well as make the fish look natural in the way he plated the dish. The incorporation of fruit into this dish is an influence Chef Lee picked up from working in California--and has developed into a style that mixes the East and the West.



Yields: 4 portions
Portion: 3 ounces Pike Mackerel

Ingredients:

12 oz Pike Mackerel
1 cup Soy Beans, out of the pod
1 jar Yamamomo Berries - AKA as Bay Berries and found in most Chinatowns
1pc Lotus Root
1 head Frisee, cut off the green and remove from the stem(reserving yellow pieces only) Wash in cold water, dry.
8 oz Aji Amarillo Mustard Dressing
3 oz Sake
2 oz Sweet Soy Bean Paste
1 tb Dijon Mustard
1 tb Aji Amarillo
1 oz Water
1 oz Lime Juice
1 oz Rice Wine Vinegar
1 tea Sugar
TT salt
1 cup Micro Watercress - found at most farmers markets, but not necessary.

Procedure:

Pike Mackerel: Remove from package and place on a baking sheet. When ready to serve lightly warm in 350 degree convection oven, just enough to take the chill off.

Soy Beans: Fill a medium size pot half way with water and place over high heat. When it begins to boil add salt until the water is well seasoned. Blanch the soy beans for 1 ½ minutes and shock in an ice bath. Reserve until serving.

Yamamomo Berries: Remove the pits from the berries and place them in a blender. When the puree is smooth, pass through a fine strainer and reserve until serving.

Lotus Root - Place 2 inch of oil in a medium size pot and heat until 375 degrees. Meanwhile, peel the lotus root and slice very thin slices with a Japanese Mandolin. When the oil is hot, toss the thin slices with a little corn starch and drop in the fryer. Remove once they are golden brown. Season with salt, cool, and place in an airtight container.

Aji Amarillo Mustard Dressing: Place the sake, soy bean paste, mustard, water, aji amarillo, and sugar in a small pot and cook for 5 minutes. Then remove from the stove and add the lime juice, rice wine vinegar, and season with salt to taste. Cool and reserve until later.

Plating: Put the soy beans in a small bowl and toss with salt, pepper, and extra virgin olive oil. On 4 medium plates, spoon some soy beans in the middle of the plate and then place warmed Pike Mackerel on the soy beans. Garnish the plate with the yamamomo berry puree, the aji amarillo dressing, frisee, lotus root chips, and micro watercress.

Pike Mackerel with Sticky Rice, Poached Quail Egg, Hon Shimeji Mushrooms, Burdock Root, Soy Dashi Broth

"This is a rustic soup with garnishes that make it hearty" says Chef Lee on this dish. There are three main flavors here: the mackerel which shines through, the dashi, and the rice as the pillar to make the soup hearty. Rice wine has been added to the sticky rice to add some acid which helps balance the dish. This dish was influence by other cuisines that incorporate rice into their soups, but done in a Japanese style.



Yields: 4 Portions

Portion Size: 4 ounces Pike Mackerel

Ingredients:

1 Pike Mackerel
½ Cup Japanese Sushi Rice
¾ Cup water
1 Tb Rice Wine Vinegar
12 Quail Eggs
need ½ cup white distilled vinegar
1 pack Hon Shimeji, white or brown
1 pc Burdock Root
12 oz Soy Dashi Broth
1 4-inch pc Kombu
1 cup Bonito Flakes
3 cups Water
1 golf ball piece size of ginger, peeled and sliced thin
2 oz Soy Sauce
Micro Red Shiso - Found at most Specialty Markets or use Green Shiso

Procedure:

Pike Mackerel: Remove from package and place on a baking sheet. To serve, place in a 350 degree oven until slightly warm.

Sticky Rice: Rinse the rice well 3 times with luke warm water. Then submerge the rice with water and let soak for 30 minutes. Strain and place in a pot with the ¾ cups water. Bring to a boil and the lower heat to a simmer. Cook until 95% of the water is evaporated, and then cover for 15 minutes. After 15 minutes add the vinegar and toss with a wooden spoon. Reserve in pot, covered until serving.

Hon Shimeji Mushrooms: Remove the bottom ½ of the stem and rinse well. Reserve until serving.

Burdock Root: Peel the root and slice into 1 inch cylinder pieces and soak in water for 10 minutes. Then braise the root until tender with chicken stock. This might take an hour or so. Once tender, cool and reserve until serving.

Quail Eggs: Bring a medium size pot with 8 cups of water to 190 degrees and add ½ cup white distilled vinegar. Crack one egg at the time into the pot while swirling the water in the pot, forming a vortex. The eggs should take about 1 to 2 minutes to set. Once set, remove from the pot and store in water until serving.

Soy Dashi Broth: Put the kombu, water, and ginger in a pot and bring to a simmer. Once the broth begins to simmer, remove and put the bonito and soy sauce into the

broth. Allow the broth to steep for 20 minutes and then strain through a fine strainer. Cool and reserve until serving.

Plating: Bring the soy dashi broth to a boil with the hon shimeji mushrooms and burdock root. In 4 bowls, spoon some sticky rice in the middle and lay the warmed Pike Mackerel over the rice. Then ladle the broth into each bowl, dividing equally the garnish into each bowl. Garnish each bowl with 3 poached quail eggs and micro shiso.

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