

Japanese Premier Products News

"Teriyaki Fish" Tsukudani

February 2011 Issue

Japanese traditional flavor
from Japan to
all over the world

TERIYAKI FISH

Japanese people call it
"TSUKUDA-NI"

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TSUKUDANI: IWASHI-KANRONI and CHIRIMEN

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.



Iwashi-Kanroni 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 of Protein, Vitamin D, Vitamin B12, Phosphorus and Selenium. **Chirimen** are baby sardines usually around 1-2 months cooked in soy sauce and sugar. Traditionally eaten with rice, chirimen are known as "Big Calcium", as they are extremely tiny but contain a relatively large amount of calcium. They are often dried or fried and eaten as a snack or seasoning. Both ways of eating sardines, adult or baby, offer antioxidant properties as well as enhance physical energy.

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

Chef Yuhi Fujinaga

[website](#)

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Chef Yuhi Fujinaga is the Executive Chef de Cuisine of Bar Basque in New York City. With his classical French culinary background and his unique culinary travels, Chef Fujinaga features a compelling mix of contemporary and traditional Basque dishes at the restaurant.

Chef Yuhi Fujinaga graduated from the Culinary Institute of the Pacific in Hawaii. Upon graduation Chef Fujinaga kick started his career by working with Iron Chef Hiroyuki Sakai at La Rochelle. He continued to pursue the world of fine-dinning and moved to New York to work under acclaimed chefs such as Christian Delouvrier of Lespinasse and Alain Ducasse of the Essex House.

Chef Fujinaga landed the position of Executive Sous Chef to Chef Ed Brown at The Sea Grill. Fujinaga also spent time traveling and working at Michelin-starred restuarants in Spain. It was during this time that Funjinaga developed a passion and interest for Spanish cuisine.

When he returned to New York he continued to work with Chef Brown until an opportunity arose to work with the Terry Zarikian of China Grill to create a restaurant that showcased the cuisine of Spain. The two traveled together and when they returned to New York they created Bar Basque, which reflects the abundance of fish, fresh produce, and the techniques of the Basque region in Spain.

ON TSUKUDANI:

Chef Fujinaga's first reaction to this Tsukudani product was that he "really enjoyed the flavor profile of it. It is very natural and you can actually taste the fish especially with the sardines it has a very bold flavor." What he noticed the most was the balance and how well the sweet and salty complimented each other. He wanted to keep the flavor intact because it is "a great product." Chef Fujinaga compares this product with other great products such as Kewpie Mayonnaise, "if it tastes good and it is done properly, it is not cheating, and there is nothing wrong with using those products."

Coming from a Japanese background, the product was not aggressive for Chef Fujinaga but he said that "this particular sardine can be a little bit fishy for Americans." But he asserts that "if it is made right and toned down a little I think it is an interesting point where they can enjoy it because of the Teriyaki flavor." Americans have now become avid fish eaters and are more excepting of the real fishy flavor that sardines offer. The sauce that this product is in however, is the perfect vehicle to ease Americans into loving the strong flavor of sardines.

Chef Fujinaga says that he "can definitely see using this product" in his restaurant because his customers are willing to try new and interesting foods. His customers will return to his restaurant because they offer exotic products and new tastes.

RECIPES: IWASHI-KANRONI and CHIRIMEN

Chef Fujinaga had no problem enjoying the Tsukudani, but his challenge was incorporating it into Basque cuisine. "I got into the playful part of it" he says. The way he used it in these dishes was as a "secret ingredient or enhancer." Each dish is made with the sardines not as the star ingredient, but as a flavor that tickles the palate and give depth to the dish.

The Spanish do not have much sweetness in their flavor profile, unlike Japanese

cuisine. But while working in Spain, Chef Fujinaga claimed that most top restaurant have one bottle of soy sauce in their kitchens. "They use just a little bit, just as their salt," he says, "it has become normal for them because they get influences from when they travel and bring it back."

Squid Ink Rice

with Iwashi-Kanroni, chirimen, and calamari

"Tsukudani and rice match perfectly which is why I thought, why not do it in a Basque style" -Chef Fujinaga on this Basque style of creamy rice similar to risotto.

This dish however is much lighter than risotto and incorporates squid ink, which Chef Fujinaga believes is a "powerful thing because it looks great and is a flavor enhancer--it brings out the flavor of the sea." The iwashi supports the sea flavors and brings something extra with a hint of soy flavor that is not overwhelming but interesting. The calamari is added to this dish for textural contrast.



Ingredients:

Serves 4

2 cups Spanish bomba rice
1/4 yellow onion, brunoise
1/2 Txacoli win (any dry white wine can be substituted)
2 tsp squid ink
6pc Iwashi Kanro-ni
1 package Chirimen
1 cup buckwheat greens
3/4 cup fresh calamari, peeled and chopped to the size of rice grain
2 tbsp extra virgin olive oil
Kosher salt to taste

Procedure:

- In a large non reactive stainless steel skillet saute the onions with olive oil, and cook until soft.
- Add Bomba rice to the mixture, and mix well.
- Add the wine to the rice mixture, and stir well, and reduce the wine to the point where the rice absorbed the wine.
- Once the wine is absorbed, then add the stock to the rice, and slowly stir the rice until the rice is cooked to your liking.
- Add the squid ink, calamari and Iwashi kanro-ni to the rice mixture, and mix well.
- Adjust season if necessary, and serve in a bowl.
- Top the rice off with chirimen, and buckwheat greens.

Iwashi-Kanroni Pintxo

with egg salad condiment

"I took the philosophy of sardines and anchovies which are cured and prevalent in Basque cuisine and incorporated the tsukudani sardines" Here, Chef Fujinaga decided to mix the sardines with an egg salad. The only thing he thought the product was missing was fat, and egg was the perfect ingredient to add both flavor and fat.



Ingredients:

Serves 6

1 package Iwashi-Kanroni, chop half fine and split the other half lengthwise
6 eggs, Organic Jidori(Chicken), hard boiled and chopped
1 shallot, peeled brunoise
2 tbsp chives, chopped fine
2 tbsp Piquillo peppers
1 baguette, slice thin
2 tbsp extra virgin olive oil
1 tsp Maldon sea salt
1 tsp Espelette pepper
2 1/2 tbsp Kewpie mayonnaise

Procedure:

- In a non-reactive stainless steel mixing bowl, combine fine chopped iwashi-Kanroni, hard-boiled chopped eggs, shallots, chives, piquillo peppers, and mix well.
- Combine to the mixture all seasonings (olive oil, sea salt, espelette pepper, and mayonnaise) mix well. Check and adjust seasoning if necessary.
- On a piece of toasted crostini bread, place half the Iwashi-Kanroni on top, and top it off with the egg salad condiment, and top it off with another piece of Iwashi-Kanroni like a sandwich.

Come taste Tsukudani for yourself!

Mediterranean inspired Tsukudani dishes will be sampled made by chef Michael Psilakis of Kefi and Fish Tag at the International Restaurant and Food Service Show in New York. Located at the Jacob Javits Center. The sampling will start February 27 to March 1 between 11:00 am and 1:00 pm at the Hiramatsu Seafood Company's booth (#J2086) in the Japanese Pavilion.

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