

Japanese Premier Products News

-June 2011 Issue-

Focused Products

"Teriyaki Fish"

Tsukudani

Nishin Uma-ni
Iwashi Kanro-ni
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."

NISHIN is herring, a small oily silver-skinned fish. *Nishin* is full of Omega-3, Vitamin D, DHA, and EPA. Herring is abundant with cancer-reducing effects and is a common staple in Nordic and Jewish

Featuring Chef: Jehangir Mehta

BIOGRAPHY:

Mumbai native, Chef Jehangir Mehta, expressed a passion for the culinary arts at a young age. He attended the Institute of Hotel Management, Catering, Technology and Applied Nutrition in Mumbai for food and cuisine, before moving to the United States and further studying at the renowned Culinary Institute of America, Hyde Park, NY.



After completing his education, in 1996 Mehta landed his first job at L'Absinthe in New York. Soon after, he worked under James Chew as a pastry chef at Typhoon Brewery. In 1997 Mehta worked at Jean-Georges, and was chosen by Jean-Georges Vongerichten to open his new restaurant, Mercer Kitchen. Hungry for a change, Mehta moved onto Rocco di Spirito in Union Pacific in 1999. After finding his niche and building his reputation as an innovative and skilled chef over the next few years, Mehta started his own event management business in 2003, as well as a camp for children, Candy Camp.

In 2007 Mehta opened Graffiti, his own restaurant in New York, which focuses on inspirational and global cuisine. The restaurant allows people to taste the passion and creativity of this highly respected chef. Mehta on Graffiti:

"I use my background of India and spices as a base then mix in my past knowledge in terms of pastry and the restaurants I worked in, as well as simply using what I like. My personal expression is what Graffiti really is. It is

cuisine. It can be pickled or cured. In Japan, *nishin* is commonly grilled with salt, or in preserved form, Tsukudani, *nishin* is eaten over white rice.

IWASHI 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.

SANMA is Japanese traditional method of preserving Sanma, also known as mackerel pike or Pacific saury. After the *Sanma* is flattened and filleted it is seasoned in a sweet soy sauce, a mixture of soy sauce, sugar, and a glutinous corn starch syrup called mizuame. It is then boiled and baked to produce a tasty delight that has an exquisite flavor and delicate texture. *Sanma*, 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 digest, absorbed and then used by the human body. *Sanma* also contains unsaturated fatty acids, EPA and

a very small space with only four tables, so it is as intimate as a living room."

In 2010, Mehta opened his second restaurant Mehtaphor in New York's Tribeca. The restaurant has several dining rooms with a surprising and inventive menu, that seeks to redefine global cuisine. We can truly feel Mehta's cultural background, philosophy and talent from each plates.

Mehta has been featured in *Vogue* and *The New Yorker* as well as appearing on Martha! and the Food Network. In 2009, he battled against Iron Chef Morimoto, and was runner up in the 'Next Iron Chef' contest.

ON TSUKUDANI:

"I love Japanese food, just yesterday I was eating soba and tempura with my daughters." - Chef Mehta

Mehta loves the culture in Japanese food, "because there is always a story to tell; a reasoning why this food was made and why people eat it." Dried fish is a commonly eaten food in India, so preserved fish was not unusual to Chef Mehta.

When he was confronted with Tsukudani he "did not want to take away any flavor, because people work so hard to put it in." Instead he chose to leave the fish as is, and marry them with other flavors.

"It is nice when you are mixing things to keep them traditional and see how they will mix alongside peashooter. Of course, there must be a common thread. By traditional, I am preserving the ingredient instead of changing the identity. When mixing flavors, it is like bringing in a therapist so the ingredients can see eye-to-eye versus changing the ingredient itself."

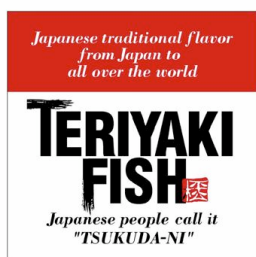
With his Indian and pastry background, Chef Mehta, looks at food very differently. He enjoys "mingling spices with aspects of pastry." In the recipe below, he uses raspberries and puff pastry to add an element of dessert into a savory dish.

Herring Gratineé & Sardine Fennel Salad

Chef Mehta uses both Nishin Uma-ni (Herring) and Iwashi

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 Kabayki 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.



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Kanro-ni (Sardine) in different combinations on the same plate. Here, fennel adds a sweetness to reduce some of the saltiness of the sardine.



Ingredients:

- 1 tbs reblochon, creamy French cheese
- 1½ tbs sliced Iwashi kanro-ni (Sardine), Nishin Uma-ni (Herring)
- 1 tbs gratinéé
- 1 fennel
- 2 tbs of Panko, Japanese toasted breadcrumbs
- Chili pickled ginger
- 1 tbs extra virgin olive oil
- ½ sprig thyme
- ½ tsp black pepper
- Juice of ½ lemon

Procedure:

- Heat oven to 350° F.
- Place reblochon and herring in a small ramekin.
- Cook in oven for about 10 min.
- Sprinkle Panko on top.
- Slice fennel and marinate in extra virgin olive oil, thyme, black pepper, and lemon juice.
- Slice sardine and place on top of fennel salad.

Tamarind Pike Seaweed Tart

Chef Mehta shows his pastry background by incorporating a pastry tart into this dish. Korean chili powder is added, which is smokier and sweeter than other chili powders.

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

HIRAMATSU SEAFOODS COMPANY uses freshest seafoods and the best ingredients to produce the most flavorful and healthy product possible. Hiramatsu's products received many awards.

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Ingredients:

- 1 tsp tamarind paste
- 3 tbs seaweed salad
- Sanma Kabayaki (Pike)
- 2" round puff pastry
- 1 cup rice noodles

Procedure:

- Heat oven to 350° F.
- Bake puff pastry for 12-15 minutes until light golden brown.
- Cool to room temperature.
- Slather tamarind paste on puff pastry.
- Place seaweed salad and Korean chili powder on top.
- Add sliced pike.
- Deep fry rice noodles in hot oil and place on top.

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