

# Japanese Premier Products News

December 2011 Issue

## Focused Products:

### **Teriyaki Fish**

*"Japanese people call it  
"Tsukuda-ni"*

**Nishin Uma-ni**  
(Herring)

**Sanma Kabayaki**  
(Mackerel Pike)

**Iwashi Kanro-ni**  
(Sardine)



**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 Tsukuda-ni 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 UMA-NI** 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

## Featured Chef: Shea Gallante



### BIOGRAPHY:

Gallante has been wearing a chef's apron from the early age of 14 where he jump started his career and fascination for Italian cooking at a local pizza shop in Upstate New York. It wasn't long before his hunger for the restaurant world had him enrolling in the Culinary Institute of America, after which he knew his quest would be to one day own his own restaurant in New York City. His first job after the CIA was with Pino Luongo at Coco Opera near Lincoln Center. After two years training under him, Gallante began working with the famed Lidia Bastianich at Felidia and was quickly promoted to sous-chef after demonstrating to her his passion for the type of cooking that earned Felidia three stars. After this, Gallante was recruited by David Bouley, whom he credits as the person who has had the most profound effect on his career to date, to work at his eponymous restaurant Bouley. Gallante spent four years working with Bouley before moving on to Cru, where during his time as executive chef the restaurant received three stars in the New York Times by then reviewer Frank Bruni, a Michelin Star, three stars in New York Magazine by Adam Platt and Gallante was also named one of the Best New Chefs in 2005 by Food & Wine.

Having partnered with Philippe Chow principle Stratis Morfogen, Gallante has now signed on as Executive Chef/Co-Owner of Ciano, a new, seasonal ingredient driven casual and atmospheric Italian restaurant opening this September in the former Beppe space in the Flatiron District. At Ciano,

a common staple in Nordic and Jewish cuisine. It can be pickled or cured. In Japan, Nishin is commonly grilled with salt, or in preserved form, Tsukuda-ni. Nishin Uma-ni is eaten over white rice.

**IWASHI KANRO-NI** 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 KABAYAKI** 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 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 Kabayaki are prepared when the Sanma is raw and most

Gallante aims to demonstrate once again what made critics and diners alike revel in his cooking at Cru; this time offering a seasonal and simple approach to Italian cuisine, allowing fresh quality ingredients to be the star.

With Ciano, Morfogen and Gallante together will merge their individual talents to create an inviting dining destination, simple and delicious enough to frequent daily, with a fun and lively atmosphere.

*Biography provided by: <http://cianonyc.com/about.php>*

#### **ON TSUKUDA-NI:**

"These products are very reminiscent of anchovies or sardines, which are common ingredients in Italian cuisine. But they are still a bit different and unique to Italian cooking so when I tasted them, I tried to assimilate them into Italian dishes that would adapt to Tsukuda-ni."

Chef Gallante ended up making two very traditional Italian dishes: crostini and a play on Venetian pasta. Often chefs fine the sweet and saltiness of the fish the most difficult aspect of fusing Tsukuda-ni into Western dishes, but instead Chef Gallante associates those flavors with balsamic vinegar.

"The mirin and soy is like cooking with a good balsamic -- its acidic, sweet, and a little salty."

With the balsamic notes in Tsukuda-ni Chef Gallante made a fresh salad using the *Sanma Kabayaki (mackerel pike)* over a crust piece of bread for a new take on crostini.

Similarly to balsamic vinegar, Chef Gallante will use soy flavors as a seasoning in his restaurant. He uses it instead of salt, as a background salty flavor, but never as a predominant flavor.

Chef Gallante aims to have delicious quality ingredients on every plate that he serves at Ciano, and to provide every guest with something that they want. And using a product like Tsukuda-ni, while not Italian, provides a high quality and unfamiliar taste that is in-line with the goals of chefs such as Gallante.

"I strive daily for quality. We use ingredients that are fresh, seasonal, and local when we can. Everyone who works here believes in this so we try to show that on the plate."

## **Fettuccine with Sardine, Scallions and Bread Crumbs**

*""This is a play on a traditional Venetian Pasta. There is a lot of garlic and olive and bold flavors."*

fresh. 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 consecutively in 2005, 2006, 2007, and 2008 at the Monde Selection International Food Competition for the quality and flavor of the fish.

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

**TERIYAKI  
FISH**

*Japanese people call it  
"TSUKUDA-NI"*

### **About Producer**

Since 1924, *HIRAMATSU SEAFOODS COMPANY* has been making traditional Japanese Tsukuda-ni, 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 been 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.



Serves 6

1 cup extra-virgin olive oil, divided  
1 cup scallions, sliced thin on a bias  
4 ounces Iwashi Kanro-ni (sardine), chopped  
3 tablespoons minced garlic  
1/4 teaspoon lightly packed orange zest  
2 ounces Pancetta, chopped  
1/4 teaspoon red pepper flakes  
1/2 teaspoon salt, divided  
1 teaspoon Calabria pepper, divided  
1/2 cup toasted bread crumbs  
1 pound Fettuccine

### **Directions:**

1. Fill a large saucepot with water and bring it to a boil. Season it with 1 teaspoon of salt per quart of water.
2. Heat half of the olive oil in a large pan over medium-low heat. Add the scallions and half of the salt and pepper. Cook until the scallions are soft but still bright green. Add the Iwashi Kanro-ni (sardine), garlic, orange zest, calabria pepper, pancetta, red pepper flakes, and remaining salt and pepper. Heat until the garlic sizzles, then add the

Hiramatsu's products received many awards.

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

**HIRAMATSU SEAFOODS COMPANY**

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

## Ciano

45 East 22nd Street  
New York, NY 10010  
(212) 982-8422

[Website](#)

## Where to purchase Teriyaki Fish

### In Stores:

#### MITSUWA

595 River Road  
Edgewater, NJ  
Tel)201-941-9113

<http://www.mitsuwa.com/english/>

#### KOTOBUKI

1815 Massachusetts Ave Porter  
Exchange Blvd. Cambridge, MA  
Tel)617492-5330

#### YAGURA

24 East 41st  
New York, NY  
Tel)212-598-3040

#### MARUICHI

remaining olive oil and remove from the heat.

3. Cook the pasta until al dente in the boiling salt water, about 3 minutes. Drain in a colander set into the serving bowl. Add the pasta and the Iwashi Kanro-ni (sardine) mixture. Toss to combine. Sprinkle with the breadcrumbs and toss again. Serve immediately.

## Crostini with Mackerel Pike, Avocado & Shaved Vegetables

*"This is a tasty appetizer that is easy to put together."*



Serves 6

1 head of frisee  
1 small red onion, sliced  
Honey, to taste  
2 tablespoons sherry vinegar  
1/2 cup extra virgin olive oil  
1 garlic clove, halved  
1 tarragon sprig, finely chopped  
1 loaf of Fougasse or Ciabatta, sliced in 1/2-inch slices  
1 avocado  
Lemon juice  
1 carrot, sliced thin on a mandoline  
1 celery stalk, sliced thin on a mandoline  
1 radish, sliced thin on a mandoline  
1 flat leaf parsley, julienned  
6 Sanma Kabayaki (mackerel pike), sliced into bite-sized pieces  
Salt and pepper, to taste

1049 Rockville Pike Rockville, MD  
Tel)301-545-0101

**SUNRISE MART**  
8 Stuyvesant St 2Fl  
New York, NY  
Tel)212-598-3040

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**Photos by  
Atsushi Tomioka**  
[www.tomistudio.com](http://www.tomistudio.com)

### **Dressing:**

3 ounces Crème Fraiche  
2 tablespoons grated horseradish  
1 teaspoon lemon juice  
1 teaspoon olive oil

### **Directions:**

1. Combine all ingredients for the dressing. Set aside.
2. Pick and clean the frisee, using only the yellow parts. Wash twice and reserve in ice water.
3. Take sliced red onion and toss with honey and 1 tablespoon of sherry vinegar. Set aside.
4. Mince 1/2 of the garlic clove. Mix with the tarragon and 3 tablespoons of olive oil and season with salt and pepper. Set aside.
5. On a hot grill or stove top grill pan; grill the bread making nice grill marks on each side and lightly toast the bread.
6. Thinly slice the avocado and season with lemon juice and 1 tablespoon olive oil.
7. Drain and completely dry the frisee. Toss with the red onion, carrot, celery, radish and julienne of the parsley. Season with a few drops of olive oil.
8. Rub the bread slices with the other half of the garlic clove. Lay the slices of avocado on top of each slice of bread. Arrange the Sanma Kabayaki (mackerel pike) on top of the avocado. Top that with the frisee-vegetable salad and drizzle with the horseradish dressing and remaining olive oil. Season with salt and black pepper to taste and serve.

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