NOVEMBER
FUKUOKA FISH MARKET

#1 Recommendation



AKAMUTSU - Blackthroat

“Benihitomi” is a brand name of akamutsu, a fish caught in the oceans of the Tsushima and Iki Island area by the “Jigokunawa” fishing method.

“Benihitomi” is called the “King of Akamutsu”.







#2 Recommendation



ANAGO - Conger Eel

This fish is one of the basic sushi ingredients for the authentic Japanese sushi restaurant. Recently, imports from other countries have been increasing, but conger eel from Japan is still the finest quality for sushi.















INA SABA - Mackerel (Wild)

Ina-Saba is a brand of Japanese mackerel that is caught in the rich sea of the Tsushima area. Only selected pieces are picked for Ina-Saba brand, according to the following strict standards: 1) Caught by pole-and-line 2) No scratches on the body 3) More than 6 hours cooling time immediately after harvest 4) Size









YAZU / INADA - Young Yellowtail

Yazu is a “Shusseuo” name of young yellowtail in Fukuoka area market. It has less fatty meat compare to Buri. It has elegant sweetness and satisfying texture.









KANPACHI - Amberjack

The fresh meat of kanpachi has less fat content compared to other yellowtail family fishes (Buri, Hiramasa). Wild kanpachi has a higher value in the fish market than other yellowtail family fishes because the catch quota of wild kanpachi (amberjack) is smaller than that of wild buri and hiramasa.









HIRAMASA - Yellowtail Amberjack

The shape of this fish is similar to Buri-Yellowtail but the grading of the taste in the Japan seafood market is higher than Buri. The taste of wild caught Hiramasa is one level higher.







SAWARA - Japanese Spanish Mackerel

Although known as a mainstay Spring fish, 'cold' Japanese Spanish Mackerel caught in the fall and winter are delicious due to their marbling.Very delicious as sashimi and absolutely exquisite when grilled. Vast styles of preparations such as Yuan Yaki with the hint of pumelo flavoring, Saikyo Zuke using sweet Kyoto miso, meuniere, and frying are popular, although of course, especially fresh catches can be enjoyed as sushi or sashimi.





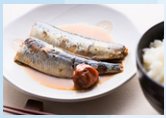


KOHADA - Gizzard Shad

The best season for kohada in Fukuoka is fall to winter. Kohada is a very important ingredient in Edomae style sushi. It's not too much to say that a sushi chef's skill can be measured by the taste of his kohada nigiri sushi.







IWASHI - Japanese Sardine

Iwashi is known as a perishable fish, but we'll send carefully picked, best quality fresh fish. Before breeding season, fall to winter, is the best season for enjoying delicious iwashi.







SAYORI - Halfbeak

Sayori season is recognized as winter to spring but the autumn taste is good, too. It is amazing for both hosozukuri and itozukuri. Of course, it is essential as sushi for hikarimono.









KIBINAGO - Silver Strip Round Herring

The season for kibinago is considered to be spring to summer because of the large quantity caught during this period. However, for best taste, there are three times in year: 1) February: Tasty fat content for salted grill. 2) May: Served as tempura with its shirako and roe. 3) November and December: Delicious for sashimi.









SUMA - Black Skipjack

In western Japan, this fish is served as sashimi, salted grill, simmered and fried fish. Its taste is good year-round but especially delicious from fall to spring.









HAGATSUO - Striped Bonito

Fall is the season for good striped bonito. The fragrance and taste when grilling the skin are rich, and especially delicious when braised. The red meat, comparable to a cross between Japanese Spanish mackerel and bonito without the metallic aftertaste, combined with the umami, provides a flavor unique to itself. The markets of Fukuoka offer fresh shipping to the U.S. by capitalizing on their proximity to the fisheries.









TACHIUO - Beltfish

The spawning season for beltfish is between June and October when the catches are at their peaks. The best time for enjoying them is also said to be during this time. Nevertheless, it is also said that the period when they are growing and storing fat in preparation for winter is also a time when their flavor becomes even more impressive.









KAMASU - Japanese Barracuda

It is fall, and the season is here when we can find Japanese barracuda that is well-marbled. The season for barracuda is known to be between fall and early winter when the marbling is at its best, as well as around the spring when they prey on food and build their strength in preparation for the spawning season. Barracuda during this season can be best enjoyed as grilled or sashimi. Don't miss this chance to try them if you haven't yet.









MADAI - Red Seabream

Japanese people simply love this fish. It has a long history of being served on celebration days in Japan. This fish has a tasty fatty part under the skin. "Shimokawa-tsukuri" is the best sashimi style to make use of the tasty fatty parts. Roasting with some skin on also enhances the delicious taste. Recently, farm-raised sea bream has become more popular but wild caught sea bream is still a top-ranking fish in the Japan seafood market.









ISHIGAKIDAI - Rock Porgy

Ishigakidai is a year-round fish. However, there are several theories about season for best taste. Many chefs say that the best season for ishigakidai is summer. However, there is the opposite opinion that, if you consider the breeding season in spring to summer, the taste must be best in fall and winter.









ISHIDAI - Striped Beakfish

From fall to winter, they have rich fat content. Even though the fish are smaller in size, it is very delicious for sashimi. In the Japan seafood market, this is a standard high-end fish. The firm white meat is a fine quality seafood ingredient. Please enjoy Ishidai as a deluxe seafood dish.









HIRAME - Fluke (Wild)

In the cold winter season of November to February, this fish has a good firm texture and is full of tasty fat. In recent years, there is a large amount of farm-raised hirame in the fish market, but wild hirame in this season has an incomparable taste.









MAHATA - Grouper

In Kyushu area, various grouper sub-species are harvested. However, Ma-Hata is one of recommended fish in this season. This fish isn't familiar in the fish market of outside of Kyushu area. However, it's one of very popular fish in Fukuoka market. Chewy and juicy flesh is good for "Usuzukuri" style sashimi dish.









KUE - Longtooth Grouper

There is only a small amount available in the seafood market, so this is a very prized fish in Japan. This fish is tasty year-round. It's very good for nabe Japanese hot-pot style in the cold winter season.









MEDAI - Blue Nose

Japanese butterfish is caught all-year-long with differing seasons depending on the localities. The pre-spawning season, around October, is considered to be the best season for those residing around Fukuoka and the San'in Region as the fish has ample marbling. While fresh and fatty Japanese butterfish is good for sashimi, carpaccio and kobujime (tying with kombu kelp for flavor) are also very tasty. Japanese butterfish is a fish that can be enjoyed in many ways to include grilling and Saikyo-zuke (pickling with sweet Kyoto-style miso).









AMADAI - Japanese Tilefish

In the season from fall to early spring, amadai are particularly rich in fat and delicious sweetness.









HOUBOU - Sea Robin

Houbou is a tasty fish year-round, but especially from November to February, when meat has a rich fat content and is extremely delicious. The white meat has a rich umami taste. It's good for simmered fish, grilled and sashimi.









KAWAHAGI - Filefish

The taste of file fish is good year-round, but especially in Autumn, the best season for this fish. Sashimi with "Kimo- Shoyu" is supremely delicious. "Kimo-Shoyu" is mixed soy sauce with boiled liver of the fish.









KINMEDAI - Alfonsino

We will check the quality and quantity of the catch and price trends of Kochi, Izu, and Chiba, and send the best ones to our customers.









UMAZURAHAGI - Black Scraper

The meat's flavor is considered best from the end of summer to fall. However, there is another opinion that winter is the best season because the liver becomes larger and is very tasty from late autumn to spring.









USUBAHAGI - Leatherjacket

The season for catching these fish is fall and winter. There is more quantity available in the fish market during this season. The taste is delicious in this season and it is a more cost-effective fish compared to kawahagi and umazurahagi because its larger size.









KASAGO - Marbled Rockfish

In Japan, the haiku seasonal word (kigo), of kasago is spring. However, in the present day, it is available year-round in the fish market. The taste is best from the end of November to February. In Fukuoka, it's called arakabu and is a very popular fish in this area. It has refined white flesh and is quite perishable. However, we ship it very fresh to the U.S. market, maintaining its good quality.









AWABI - Abalone

In Chikuzen-sea, there are three sub-spices but most harvested one is Kuro-Awabi. (Saga, Nagasaki and Fukuoka: 300g up large size)









YARI IKA - Spear Squid

Large quantities of this squid are caught during their breeding season of winter to spring. The best tasting season is also winter to spring. In Japan, if you like to eat squid, kensaki-ika is good for summer, yari-ika is good for winter, and kiomochi-yari-ika (with eggs inside) is very popular from winter to spring.









AKA NAMAKO - Red Sea Cucumber

The namako harvested in November are called furuko (elder one - two years old). Furuko is larger and darker colored because it's mature. You can feel the powerful aroma of the sea and chewy texture.









