NOVEMBER

TOYOSU FISH MARKET

#1 Recommendation



BURI - Japanese Yellowtail (Wild)







Beautiful, thick-bodied wild Buri from Hokkaido is now arriving! As autumn progresses, the fish are developing better fat content. The clean, mild flesh is extremely versatile, and allowing the fish to rest for a short period can further develop its rich umami.

Recommended for **sashimi, sushi, grilling, and shabu-shabu.**

#2 Recommendation



KAMASU - Japanese Barracuda







Plump, well-fleshed Kamasu are becoming increasingly available! The soft white flesh has excellent natural umami, while cooking brings out an especially pleasant aroma and deeper flavor. The flavorful skin also makes it excellent when lightly seared.

Recommended for **grilling, searing, sashimi, and sushi.**







SAMEKAREI - Roughscale Sole

Thick, high-quality Samekarei from Hokkaido is now available! The fine-textured white flesh has excellent fat content and a delicate, melt-in-your-mouth texture. Its rich fat is balanced by a clean and elegant umami.
Recommended for **sashimi, sushi, searing, and grilling.**







KINKI - Broadbanded Thornyhead

Beautiful bright-red Kinki from Hokkaido is now available! Its tender white flesh is naturally rich in fat, which melts through the meat when cooked and creates an exceptionally rich, sweet flavor. This is an excellent fish to feature as we move into the winter season.
Recommended for **grilling, simmering, sashimi, and searing**.







MASABA - Chub Mackerel

Masaba is getting better and better! We are seeing increasingly plump fish with thick, well-developed back meat. The fat content is improving, bringing out the rich umami and natural sweetness that make seasonal Masaba so appealing.
Recommended for **grilling, sashimi, and shime-saba.**







SUMA - Kawakawa

Suma is in excellent condition right now! The fish are firm and beautifully fleshed, with a soft, moist texture and rich umami complemented by refined fat. It offers a distinctly different flavor and texture from traditional Katsuo and is well worth featuring this season. Recommended for **sashimi, searing, tataki, and sushi.**





TSUMUBURI - Rainbow Runner

Thick-bodied Tsumuburi from Kagoshima and Nagasaki is now arriving! As autumn progresses, the fish develop increasingly good fat content. The beautiful flesh shows fine streaks of white fat, giving it a clean flavor with noticeable sweetness. The more you chew, the more its rich umami and sweetness develop. Recommended for **sashimi, sushi, searing, grilling, and shabu-shabu.**







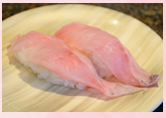


SAWARA - Japanese Spanish Mackerel

Beautiful Sawara with firm flesh and a clean white appearance is now available! During the cooler season, fish from selected regions develop excellent fat content, creating a refined richness and naturally sweet flavor. Lightly searing the skin adds aroma and brings out even more of the fish's natural umami. Recommended for **sashimi, seared preparations, sushi, grilling, and Saikyo-yaki.**









KUROMUTSU - Japanese Bluefish

Thick, high-quality Kuromutsu is now arriving! Its delicate white flesh is characterized by rich, flavorful fat with a refined sweetness. The skin is also full of umami, and lightly cooking or searing it allows the fat to melt and creates an even deeper flavor. Recommended for **sashimi, searing, sushi, grilling, and simmering.**









HIRAME - Japanese Fluke

Thick, firm-fleshed Hirame from Hokkaido is now available! As we move from autumn into winter, the flesh becomes fuller and offers an elegant combination of clean white-meat umami and balanced fat. Its refined flavor makes it extremely versatile, while the engawa offers an especially rich and fatty bite. Recommended for **sashimi, sushi, usuzukuri, and kombu-jime.**

***Note:** Availability (origin/size/volume) may vary depending on market conditions.*