



# SEPTEMBER

## TOYOSU FISH MARKET

### #1 Recommendation



📍 Hokkaido

#### **SANMA - Pacific Saury**

Sanma season has arrived!

At this time of year, the flesh is tender and delicate, with a rich layer of fat that brings out a deep, savory flavor.

Highly recommended for sashimi or salt-grilling.



### #2 Recommendation



📍 Hokkaido

#### **SUJIKO - Fresh Salmon Roe**

The autumn salmon season is now getting into full swing, and fresh salmon roe is

becoming more available. Its beautiful, jewel-like red color makes it especially appealing. The eggs are still slightly smaller at this time of year, but the membrane is tender and the roe has a rich, flavorful finish.

Highly recommended for making home-made ikura.





## AMADAI - Tilefish

We are receiving excellent-quality Amadai with thick, well-developed bodies. The flesh is soft and fluffy, with a delicate umami and natural sweetness. Highly recommended for grilling, steaming, or frying.



## IWASHI - Sardine

Plump, well-fed sardines are now coming in! At this time of year, they have excellent fat content, especially beneath the skin, giving them a rich sweetness. Their soft, almost melt-in-your-mouth texture is another highlight. Highly recommended for sashimi, sushi, or grilling.



## KANPACHI - Wild Greater Amberjack

We are receiving thick, firm, and beautifully developed wild Kanpachi. It has a good balance of fat and firm texture, with an elegant yet pronounced umami flavor. Highly recommended for sushi and sashimi.



## SHIMA AJI - Wild Striped Jack

Plump, high-quality wild Shima Aji are now available. The flesh is firm and clean-tasting, with refined umami and a pleasant amount of fat. Highly recommended for sushi, sashimi, or lightly seared preparations.



Chiba, Miyagi



## KATSUO - Bonito

The season for Modori Katsuo, autumn returning bonito, is approaching! The flesh has a pleasantly springy texture and is beginning to develop a richer fat content, giving it a deeper flavor than bonito from spring and early summer. Highly recommended for sashimi or tataki.



Kagoshima, Nagasaki



## ISHIGAKI DAI - Spotted Knifejaw

We are receiving thick, powerful Ishigaki Dai in excellent condition. The flesh is firm and has a refined sweetness and umami that develops as you chew. It is also particularly suitable for aging, which brings out deeper umami and a richer, slightly creamy texture. Highly recommended for sashimi, sushi, or aged preparations.

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



Ehime



## ITOYORI - Golden Threadfin Bream

Plump, beautiful Itoyori are now coming in. In addition to their attractive color, they have a light, fluffy texture and a clean, delicate flavor with very little fishiness. Highly recommended for sashimi, grilling, or steaming.

