

Bluefin tuna



FARMED FISHES OF **KOCHI** JAPAN :
How to cut farmed fishes

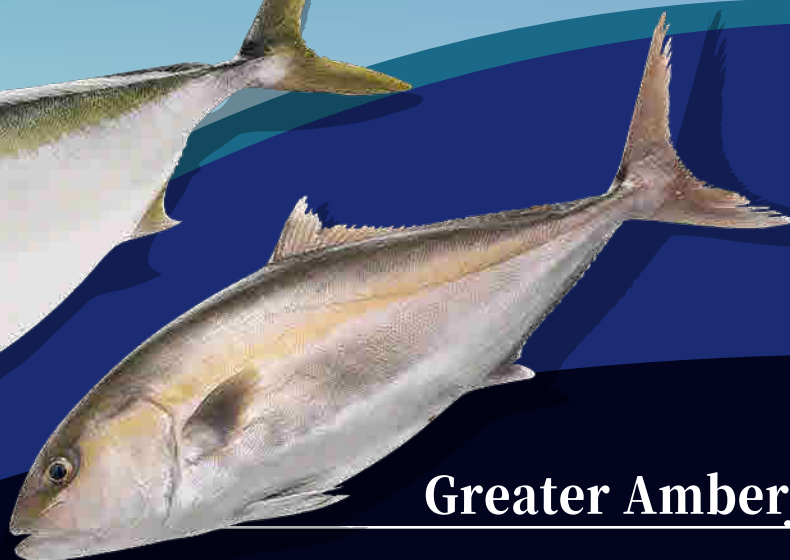


Red sea bream

Yellowtail



Greater Amberjack



Bluefin tuna

黒鮪 Kuromaguro



Bluefin tuna is farmed at Sukumo Bay. This is an ideal spot for farming the specie because the sea temperature is warm throughout the year and the tide flow is pacific.

Bluefin tuna grown here is not only delicious, but also rich in nutrition like DHA and EPA.

**Choose the right kind of cutting method based on the fat content.
This will help bring out the savory taste of the tuna to the utmost.**



Akami

Akami is the leaner meat from the sides of tuna. This part is little in fat but high in muscle, so the texture is firm, but low in calories. Thus, it is an excellent part to enjoy the chewable nature of the fish and not forget to mention, the great original flavor of bluefin tuna itself.



Cut the meat into bite sized rectangular blocks. While cutting, aim to align the size of the cubes and keep the angles of the cubes acute.

Kaku-zukuri



Chūtoro

Chūtoro is the part near the back and belly of bluefin tuna. This can be also distinguished as the part other than akami, ōtoro, and chiai. Chūtoro has a moderate fattiness. Thus, it is a great part to enjoy the perfect balanced flavor of lean akami with the sweet melting taste of fatty ōtoro.



Place the knife on the fish. Pull the knife in a straight line from its base to the tip in one go. Align the slices to the right side of the knife.

Hira-zukuri



Ōtoro

Ōtoro is taken from the belly of tuna; the fattiest part of tuna. Therefore, it generates a soft and sweet taste of tuna fat. Ōtoro melts inside mouth as if it evaporates while you indulge in.



Place the knife on the fish slightly tilted. Pull the knife backwards. Align the meat to the left side of the knife. Since ōtoro contains high level of fat, make the surface of a slice slightly wide. This will help the fats to melt faster in mouth.

Hegi-zukuri

Tip : Defrost the frozen fish in the refrigerator until right before the usage to prevent loss of fluids and loss of color when served.

Yellowtail is well known to Japanese people as "Shusse Uo (出世魚)".
 (*"Shusse (出世)" means the carrier advancement in society and "Uo (魚)" means the fish.)
 The name of the fish changes according to the body size, as the fish matures. Yellowtail is rarely caught other than Japan. The fish is high in fat. Under the warm and pacific sea off Kōchi Prefecture the fish matures with less stress

勘八 Kanpachi Greater Amberjack

In Kochi Prefecture, Greater Amberjack is called Neiri. The fish is very chewable, making it a perfect fish for sashimi. Warm and pacific sea off Kochi Prefecture is a perfect environment for farming Greater Amberjack. "Kiwamikanpachi(極美勘八)" which literally means "the utmost delicious Greater Amberjack" in Japanese is the brand name for Greater Amberjack farmed in Kochi Prefecture in a special way fed with carefully managed bates.

How to prepare Yellowtail and Greater Amberjack.



Remove the scale using metal scrubbing brush. Be sure to scrub off all the scale thoroughly. Pay close attention when scaling areas like fins, where scale parts are easily left out.



Chop off the tail and dispose. Slice aside Kama. Try to cut the head as small as possible by sliding the knife slightly tilted. Chop off the joints and detach the head. -> head



Cut the fish in 3 slices. Lay the fish with the belly facing you. Slit the belly from the anal fin to the caudal fin. Glide the knife from the belly and slide along the backbone.



Cut into the top of the fish along the backbone. Start the knife from caudal peduncle. Place the knife on the top of the backbone and glide all the way up to the end of the head, slicing the fish in two. Flip the fish over. Repeat on the opposite side.



Hold the knife with its blade facing upward instead of downward. Slice off the rib bones from the upper fillet as thin as possible. -> rib bones



Cut vertically between the part with the backbone and the part without the backbone near caudal peduncle. -> tail meat



Slice horizontally along the backbone. -> back meat



Separate backbone from the belly meat. -> backbone.



Remove Kama. Cut the gills. Chop Kama into eatable size. -> Kama

【 -> Head 】

Example recipes for Yellowtail and Greater Amberjack.



*Harabo (meat around the ribcage of fish)



Belly meat/Back meat <sashimi; Sliced fresh raw fish >

Depending on the firmness of the fish, select the right kind of preparation method.

If rigor mortis had not set in, but the fish has firm texture, Hegi-zukuri is recommended. However, if the fish is tender, Daimyo-zukuri is recommended.



First, skin the fish. Place the fish on the cutting board, skin side down. Hold the knife as close to the tail as possible and slide the knife between the flesh and the skin. Pull the skin while sliding the knife towards the head. Pushing forward lightly, until the skin is removed.



Lay the fish on a cutting board with the part where skin was attached facing up. Pull the knife backward. Make a thick slice. This will prevent the fish meat from cracking.



Place the knife on the fish slightly tilted. Pull the knife backwards in a straight line. This will cut the muscle fibers in the fish meat, making it easier to eat.

Daimyo-zukuri

Hegi-zukuri

Tip: The fish are watery. When preparing, be careful to prevent body crack.

Belly meat/Back meat/Kama/Rib bone/Backbone

<Buri Daikon> (Simmered Yellowtail/Greater Amberjack with Japanese white Radish)



Process called 'Shimofuri(霜降り)' not only cleans away odors and left behind scales but also prevent the meat from falling apart while cooking. Dip the fish meat into boiled water. Then, sink in ice water. Rinse left behind slime after removing the skin, along with left behind scales, and blood stain from chiai as neatly as possible by using hands. This will remove unpleasant odor from the dish. *refer to page 6 (How to prepare Red sea bream) for detail on shimofuri.

**Tip: Scales not only has unpleasant odor but is unsanitary.
Remove the scales as neatly as possible.**

Harabo <Salt-grilled Harabo>



Harabo is the fattiest part of the fish. Sprinkling salt over the fish for seasoning. Liquid type of seasoning such as soy sauce will not be absorbed well into the fish.

Head <Kabutoyaki>

(Kabutoyaki is a dish with the fish head cooked in whole.)



Back meat/Tail <Teriyaki>

(Yellowtail/Greater Amberjack cooked and coated with Teriyaki Sauce.)



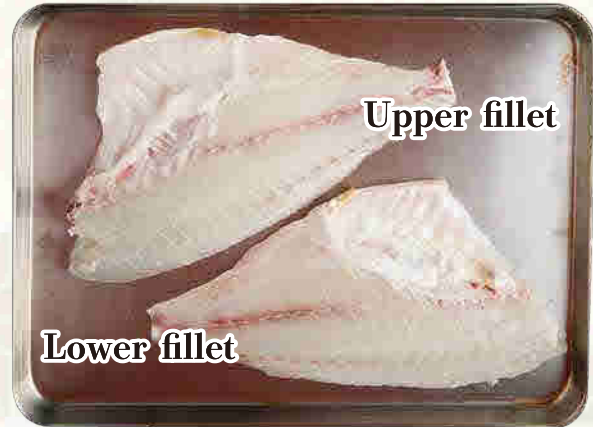
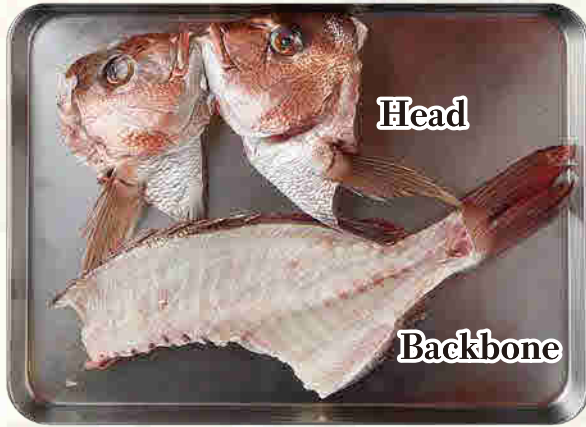
Be careful not to overcook. The meat will become too firm. Also, watch out not to overheat the teriyaki sauce.

Red sea bream

Madai 真鯛

Red sea bream is special fish commonly eaten in Japan during auspicious occasions. In Kochi, you can find finest red sea bream brands like "Naoshichi-Madai", "Kaizen-Tai", and "Otome-tai", which the fish is farmed in a special way fed with carefully managed bates.

How to prepare Red sea bream.



【 Upper fillet/ Lower fillet 】



Hold the knife with its blade facing upward. Remove the rib bones.



Separate back meat from belly meat.



Remove the backbone from belly meat.

【 Backbone 】



Remove the caudal fin. Insert knife between joints and cut.

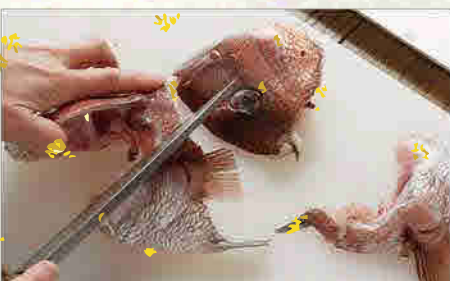
【 Head 】



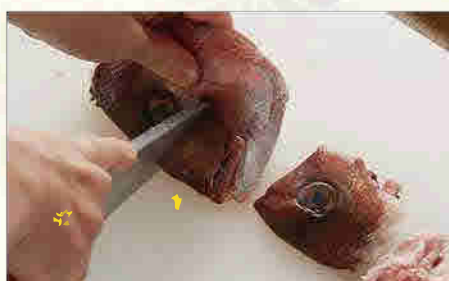
Horizontally cut open the head into two from the upper part of the mouth.



Cut off the lower jaw from the head after cut opening the head into two halves.



Remove pectoral fins. Separate Kama.
-> Kama



Place knife between the eyes and nose.
Throw away the parts other than meat.



Example recipes for Red sea bream.



Upper fillet<Matsukawa-zukuri>

Place three horizontal lines of cutting on the skin. Pour boiling water over the fish. Then, quickly cool in ice water. Serve as sashimi. The shimofuri process will add tenderness to the skin, remove unpleasant odor and capture the delicious taste of the in both skin and the meat.

Rib bone/Backbone/Kama/Head <Aradaki: simmered fish head and bones>

Prepare gobo (burdock root) by shimofuri to remove any unpleasant odor. Cut into a bite size and put in a pot with red sea bream parts. Simmer the ingredients to lock up the flavor in a short time. Mix with condensed extract from the fish after simmering.



How to shimofuri



Sink in boiled water for 3~5mins.



Dip in ice water. Remove the scale left out.



Pat dry the fish and place in a pot.



Wash chiai thoroughly. Pat dry the water. Sprinkle salt over the meat. Place the meat on the sheeted baking pan. Bake for 5 minutes at 250 degrees in an oven.












Put kombu and cooked backbone in a pot. Pour water over the ingredients. Cook over low heat until the water boils. After boiling, let it simmer for about 15 minutes.



Backbone <Suimono; clear soup>

Pour the filtered fish soup over cooked white green onion and tofu. Garnish with the yuzu peel.

Main processed form of the fishes when exported.

Bluefin tuna	Yellowtail	Red sea bream	Greater Amberjack
Saku Akami 	Fillet 	Fillet 	Fillet 
Saku Chūtoro 	Whole round fish 	Whole round fish 	Whole round fish 
Saku Ōtoro 			

Supervision



Chisako Hori

Dietitian, Diet Adviser, Cook, Member of Japanese Society of Anti-Aging Medicine, Executive Director of Kikunoi Co.,Ltd and Kochi sightseeing special envoy

After working as a faculty member at Kyoto Culinary Art College, Chisako Hori established Business Development Department at Kikunoi Co., Ltd.

Soon after Chisako founded Cause Holly Corp. limited., where she provides menu ideas for food companies, restaurants and local governments aiming regional revitalization along with lectures on everyday eating habits.

In 2008, Chisako opens her restaurant: Rire, a restaurant specializing Anti-aging menus. Five years later, with the purpose to bring up dietitians who can cook at the same time, Chisako founds Meal Instructor Association.

Chisako continues her excellent passage as an advisor for food conglomerates and restaurants until today.

She has written three books; [Side dishes for Children], [Anti-aging cooking] [Mediterranean-Japanese cooking; Cooking method to prevent Alzheimer' s disease].

Comment

Fish farmed in Kochi Prefecture is rich in fat. Especially, you can find one of the finest Kuromaguro (Bluefin tuna) in Kochi Prefecture.

The fish here go through strict quarantine, so when cooking with fishes from here, there is no need to worry about bacterial infections nor parasite contaminations. When preparing a fish, I recommend you keep the kitchen dry. Wipe off any moist on the knife and cutting board before using them.

INFORMATION

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(Published March 2018)