



Ocean Boy



Product Catalog



OCEAN BOY Co., Ltd.

4-3-17 Midorigaoka Kitamachi,
Sakai-ku, Sakai-shi, Osaka
590-0806 JAPAN

TEL: 0723-70-7798
FAX: 0723-44-5795
info@got-japan.jp
www.oceanboy.co.jp

株式会社オーシャンボーイ

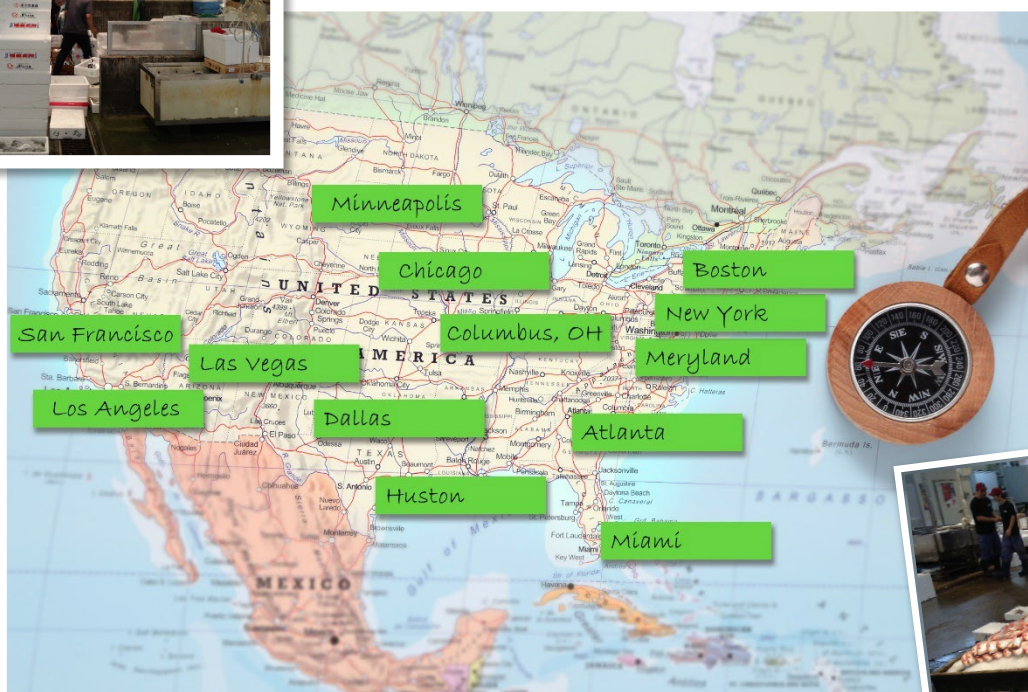
〒590-0806
大阪府堺市堺区
緑ヶ丘北町 4-3-17

Ocean Boy wants to deliver the freshest seafood of Japan from Fukuoka to the world! Fukuoka is located right by one of the world's most wonderful fishing grounds, the Genkai-nada. We receive plenty of wonderful fish every day and use excellent techniques to keep its freshness. One such technique is called "Asajime," which consists of spiking the fish's hindbrain, cutting off its nerves, then draining the blood, allowing them to quickly kill the fish without stressing it. After this, it is chilled in nano-ice, which is able to chill fish faster than conventional ice can, and therefore helps to improve shelf life and quality. The Fukuoka fish market is just 20 minutes away from the airport can ship to the USA quicker than any other fish markets.

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Shiki-Buri Series - Farm raised Yellowtail

Four Seasons, the taste of fish throughout the year.
We promise to deliver the best Buri in season.



Fillet: 4.0 ~ 5.0 lbs



Dress: 8.0 ~ 9.0 lbs

- **Raised in 40-meter fish cage:**
Healthy, stress-free Buri
- **Vaccination:**
To prevent sickness and minimize use of antibiotics
- **Optimum assorted feed:**
Polyphenols + Super Vitamin E = Health, Preservation of color
- **Radiation:**
Examined for radioactive material periodically from feed to final product.
- **HACCP:**
Processed in HACCP, EU Certified Plant.
- **Fully Integrated Production**
From hatchery to final distribution, our fish go through a fully integrated quality control system.



Tore-Tore series – Premium farm raised fishes

By fully integrating all the steps of the process from frying, culturing, processing, and shipping, we are able to maintain the best taste throughout the year.

Madai –red sea bream



Size: around 3 ~ 4.0 lbs

Kanpachi - Amberjack



Size: around 5.0 ~ 9.0 lbs

Shima Aji – Striped amberjack



Size: around 3.0 ~ 4.0 lbs

Premium wild caught fish brands

Izumi “Ougon” Aji - wild caught horse mackerel



Size: 0.8 ~ 1.0 lbs

Izumi Aji are nonmigratory yellow horse mackerel that grow up in coastal bays where it attains its golden color and round form. This fish has moderate fat content and very high quality flesh with a delicious sweetness. “Ougon Aji” means Aji that “tastes like gold” in Japanese. They are caught by pole-and-line fishing, one-by-one. The caught fish is kept overnight in a live fish tank to maintain its quality and shipped to the market the next day. The quality of this fish receives the best evaluation from top



sushi restaurants in the Ginza area, Tokyo. Recently at the Tsukiji market, this fish was bought and sold at prices more than 5000 yen/kg.

回遊をせず北薩摩の内海で育った瀬付きの黄アジは丸みを帯びた形となり、色は黄色に光り輝いています。脂のノリと身の締りに絶妙のバランスを持つ肉質はまさに黄金アジの名にふさわしい絶品です。

Tosasimizu Kinme - Alfonsino



Size: around 2.0 lbs

The north-flowing “Kuroshio” ocean current brings a rich ocean harvest to Tosashimizu City in the southeastern part of Kochi, Japan. Fishermen on small boats catch kinmedai one by one with the fly fishing method. The fish are handled very carefully, and in the evening of the same day they are packaged for shipping to cities in the USA.



日本で一番最初に黒潮にぶつかる場所・土佐清水。黒潮によって豊かに育ったキンメを一本づつ毛鉤で釣り上げました。小舟に乗った漁師さんが大切に扱ったキンメを夕競りで買い付け、そのままアメリカに向けて直送します。

Akamutsu “Benihitomi” – Black throat



Size: around 0.5 ~ 1.0 lbs

“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”.



対馬、壱岐の地獄縄という漁法でとれたアカムツを紅腫と呼びます。最高の鮮度と脂ののりでアカムツの王様です。

“Omakase” FishBox – Assorted fresh fish selection

Deluxe – 8 ~ 9 pc



Example

- Katsuo
- Sawara (small)
- Kodai
- Itoyori
- Oumonhata
- Irabucha
- Renkodai
- Saba

Robotaya - 10 ~ 11 pc



Example

- Suzuki
- Isaki
- Aji
- Houbo (small)
- Itoyori
- Mejina
- Tobiuo
- Kamasu
- Renkodai
- Umazura

Jyo / Ikejime - 6 ~ 7 pc



Example

- Madai
- Hagatsuo
- Itoyori
- Kichinu
- Mejina
- Takanohadai

Customized – on your request



Example

- Madai (small)
- Hagatsuo
- Suzuki
- Itoyori
- Inada / Yazu
- Kintokidai
- Hedai
- Ishigakidai

Regular - 6 ~ 7pc or small 10 ~ 13 pc



Example

- Nerigo x 3
- Renkodai x 2
- Isaki small x 2
- Kamasu x 3
- Kaiwari x 3

Small – 5 ~ 6 pc



Example

- Kintokidai
- Fuefuki small
- Renkodai
- Usubahagi
- Aji large

We'll send you the best selection for Sushi/Sashimi quality fish from the daily fish market. The "Omakase" Fish box would be your best choice if you'd like to serve a daily special menu.

Fresh fish from Fukuoka market

Ainame - Fat greenling



Greenling produced on the coast has the best taste. Enjoy the prime taste of highest quality greenling, delivered fresh from Japan.



前浜で獲れた鮮度の良いアイナメの寿司・刺身は絶品です。
日本から届いたばかりの新鮮なアイナメをご賞味ください。

Size: around 2.0 lbs
Sushi / Sashimi / Simmered Fish /
Tempura / Steamed

Aji - Horse mackerel (Wild)



Horse mackerel is a definite must-have "Hikarimono," a popular sushi fish. They are caught by pole-and-line fishing, one-by-one. The Japanese fishermen treat the fish carefully to keep the best quality and freshness.



言わずと知れた光物に欠かせない魚です。
漁師さんが一尾づつ丁寧に処理した天然
釣りアジを最高の鮮度に保ったままお届け
します。

Size: around 0.8 lbs
Sushi / Sashimi / Grilled

Aka Yagara - Red cornet fish



This fish has a refined taste that we cannot imagine from its unusual shape. Because this fish does not make a muddy soup stock, it is used as an ingredient for Japanese style clear soup.

非常に上品な白身です。
出汁が濁らないため吸い物種に使われます。



Clear Soup / Sushi / Sashimi

Anago - Conger eel



Size: around 0.6 lbs
Simmered Fish / Grilled / Tempura

Anago is one of the most popular, staple sushi fishes served in authentic Japanese sushi restaurants. Recently, imports from other countries have been increasing, but conger eel from Japan is still the finest quality for sushi.



日本人とは切っても切れない、誰もが知っている定番の魚です。最近では日本以外からの輸入ものが増えていますが、日本国産物の味をぜひお試しください。

Ayu - Sweetfish



Size: around 0.6 lbs
Simmered Fish / Grilled / Tempura

In Japan this fish is recognized as the “Queen of River Fish.” Its popularity comes not only from its delicious taste but from its beautiful body shape as well. The best season for this fish is spring and summer.



川魚の女王の名に恥じないその美しい魚体は、味だけでなく見た目の美しさでも魅了します。春から夏にかけてが旬ですが、秋の子持ち鮎もまた味わいが格別です。

Buri - Yellowtail wild



Size: 18.0 ~ 20.0 lb
Sushi / Sashimi / Grilled / “Buri-Daikon”

In recent years, farm-raised yellowtail has become more popular and commonly seen on the market. However, wild caught yellowtail in the winter season is still a special fish on the market. Please enjoy our Buri and taste the true deliciousness of wild caught yellowtail, which is rich in fat but at the same time, very light and simple.



近年は養殖ものが広く流通していますが、やはり冬の天然鰯は別格です。脂が乗っている割にあっさりとした旬のブリ本来の美味しさをご堪能ください。

Hamo - Pike eel (Pike conger)



Botan-Hamo / Hot-Pot

The best season for pike conger in Japan starts from the beginning of summer and lasts until autumn. Pike conger is a very popular fish during the summer season, especially in Kyoto-Osaka. Its delicious white meat can be enjoyed in a wide variety of dishes all year long.



初夏から秋にかけて忘れる事が出来ないのがこのハモ！特に関西では、これがなくては夏の食卓は語れません。淡白な身は抜群の旨さで季節ごとに色々な料理で味わいを楽しめます。

Houbou - Sea robin



Size: around 1.0 lbs
Sashimi / Simmered Fish / Meuniere

Fall and winter are the best seasons for this fish. The sweet, delicate taste of its white meat makes it a perfect fish for sashimi. The bright skin adds color to the sashimi dish as well as taste.



旬は秋、冬から初春です。甘味がある上品な白身の刺し身は絶品です。皮目が美しいのでこれを活かすと料理に彩りを添えてくれます。

Inada / Yazu – Young Yellowtail



Size: around 4 lbs
Sashimi / Grilled / Fry

Inada is the name of wild-caught young Buri-Yellowtail. The taste of this fish is the natural taste of a yellowtail. Compared to farm-raised Buri, this fish has a less oily taste. Please enjoy it as sashimi, sushi and more.



天然ものブリ本来の美味しさが味わえます。養殖物と違ったさっぱりとした味わいで、これがブリ？っていうぐらい絶品です。刺身に焼き物に、存分に味わって下さい。

Isaki - Japanese Gruntfish



Size: 0.6lbs up
Sashimi / Grilled / Fry / Meuniere

The delicious taste of its white meat become more prominent when Isaki is roasted with the skin still on.

皮目を残し一寸炙ってみると白身の旨さが更に引き立ちます。



Ishidai - Striped beakfish



Size: 1.0 lbs and up
Sashimi / Grilled with salt / Boiled

Ishidai is a standard high-end fish in the Japanese seafood market. Its firm white meat is superb, and its flesh right next to the skin is very delicious as well. Please use Ishidai in your luxurious seafood dinners and enjoy!



定番の高級魚です。引き締まった身質は絶品です。また、皮目も抜群に旨い！
高級魚イシダイを使って豪華な料理をお楽しみください。

Ishigakidai - Rock porgy



Size: 1.0 lb and up
Sashimi / Grilled with salt / Boiled

In general, the best season for this fish is summer, but the winter season is also good, because even though the fish are smaller in size, they have rich fat content. On the market, this fish is treated as a high-end seafood ingredient. Sashimi is the recommended dish for this fish. When Ishigakidai is grilled or boiled, it gives off a strong smell of the sea. This sea smell has people divided between those who like the fish and those who dislike it. And there are actually many who love its distinct smell.



一般的には夏が旬とされていますが、冬には小振りのもので脂がのっています。市場では高級魚として扱われています。刺身がもっともお勧めです。塩焼きなどにして熱を通すと独特の磯臭さを感じることから、好き嫌いが分かれていますがその磯臭さがた

まらない人も多いようです。

Itoyori - Threadfin Bream



Size: around 1.0lbs
Sashimi / Grilled with salt / Steamed

This vibrant pink fish not only has a delicious taste, but adds color to any dish it is used in. In the Kansai area, it has been loved and eaten as a celebratory fish. Itoyori sashimi with its firm skin is superb. It is good not only in Japanese dishes, but in Western cuisine such as butter sauteed fish or Meuniere style.



華やかなピンク色の刺身は美味しさだけでなく料理に彩りも添えます。関西では祝い魚としても食されてきました。霜皮造りの刺身は絶品です。日本食だけでなくバター焼きやムニエルなどの西洋料理にも使われます。

Iwashi – Japanese Sardine



Size: around 0.3 lbs
Sashimi / Grilled / Fry / Simmered Fish

Iwashi is a very familiar fish for the Japanese people. You will be surprised by the deliciousness of fresh sardines from the Japanese fish market. Iwashi sashimi is especially tasty.



非常に身近な魚です。鮮度の良いマイワシを食べるとこんなに美味しいものだったんだと改めてビックリします。特に刺身にすると驚くほどおいしい魚です。

Kamasu - Japanese Barracuda



Size: around 1.0 lbs
Grilled / Sashimi / Marinated / Dried Fish

Kamasu is not widely-known here in the US, but it's a very popular fish in Japanese Izakaya restaurants. It is good grilled with salt and even more delicious as dried fish. It is a year-round fish, but its best season is autumn.

アメリカではなじみの無いようですが、日本の居酒屋ではおなじみの魚です。焼き物でも美味しいですが、干物にすると更にその美味しさが引き出されます。通年美味しい魚ですが、特に秋に美味しが増します。



Kanpachi – Amberjack wild



Size: 2.0 ~5.0 lbs
Sushi / Sashimi / Salt-grilled / Fry /
Meuniere

The fresh meat of Kanpachi (amberjack) has less fat content compared to the other fishes in the yellowtail family (Buri, Hiramasa).

Wild Kanpachi has a higher value on the fish market than Buri and Hiramasa because the volume of wild Kanpachi is smaller compared to the amount caught of the other two. It is delicious as sushi, sashimi, shabu-shabu, or teriyaki.



ブリ御三家といわれるのはブリ、ヒラマサそしてカンパチ。カンパチは其中最も脂が少ない分、身が引き締まった品の良い美味しさがあります。

天然ものはブリやヒラマサより漁獲量が少ないということもあり市場では高級魚として扱われます。寿司、刺

身その他しゃぶしゃぶや照り焼きにもお使いください。

Kasago - Marbled rockfish



Size: around 0.3 lbs
Simmered Fish / Sashimi / Karaage /
Roasted with salt

Kasago has a wide color variation, ranging anywhere from red to black. Simmered, fried, and in various other dishes, it has been loved by the Japanese people for ages.

九州北部ではアラカブと呼ばれ親しまれている魚です。体色変異の大きい魚で、赤いものから黒いものまで色々な色のものがあります。煮付や唐揚として日本人に昔から親しまれてきた魚です。



Katsuo - Bonito/Skipjack



Size: 4.0 ~10.0 lbs
Sashimi / Salt-grilled / Fry / Meuniere

Skipjack produced in the sea near the coast of Japan is completely different from your usual skipjack. Its excellent taste will definitely satisfy your customers. In Japan, spring and autumn are the best seasons for this fish.

近海ものの新鮮なカツオはいつものカツオとは別物とってください。抜群の舌触りがお客様の心を満足させます。春と秋が季節で春には「のぼり鰹」、秋には「戻り鰹」として知られています。



Kawahagi - File fish



Size: around 1.0 lbs
Sashimi / Hot-Pot

Kawahagi sashimi with “Kimo-Shoyu” is very delicious. “Kimo-Shoyu” is soy sauce mixed with simmered fish liver.

肝を茹でてしょうゆに溶かし込んだ肝醤油を刺身に使うのも絶品です。



Kasugodai - Crimson sea bream



Size: around 0.3 lbs
Sushi / Sashimi / Marinated

Known as “Kasugo,” this fish is best eaten in late spring to summer. It’s a popular fish for “Edomae” style sushi.

「春日子」と呼ばれ、江戸前寿司では春から夏にかけて欠かせないネタのひとつです。真鯛、チダイ、レンコの一年生のものを「カスゴ」と総称しています。一般的には関東ではチダイが多く、レンコは西日本で多く使われるようです。



Kidai / Renkodai - Yellowback seabream



Size: 0.8.0 ~1.0 lbs
Sashimi / Salt-grilled / Fry / Meuniere

In the Japanese fish market, when compared to Madai (sea-bream), the Yellowback seabream has a lower name value but its taste is just as good. Roasting it with some of its skin left on, enhances the delicious taste.



知名度ではマダイに劣りますが、味は一級品。刺身に焼き物に絶品の味わいです。また、皮目の旨さも抜群です。ぜひとも皮目も旨く使って調理してお召しあがりください。

Chidai - Crimson sea bream



Size: around 1.0 lb
Salt-grilled / Sashimi / Sushi / Marinated

In the Japanese fish market, Crimson sea bream is known by the name of “Chidai.”

The best season for this fish is spring to autumn.

Customers will like “Kawa-Shimo-Tsukuri” (a style of sashimi where hot water is poured over the skin-side of the fish).

市場ではチダイという名前でも知られています。春になると途端に味がよくなってく



る魚です。皮目に湯をかけて皮霜造りにしても喜ばれます。少し大きめのサイズのものには焼き物などにしても美味しくいただけます。

Kinki – Kichiji rockfish



Size: 0.7 lbs
Simmered Fish / Steamed / Sashimi

These fish are caught by pole-and-line fishing, one-by-one, around the Pacific Ocean side of Hokkaido and Tohoku (northern part of Japan). The Japanese fishermen handle the fish carefully to maintain the best quality and freshness, and therefore Kinki is treated as a high-grade fish on the market. Fresh Kinki is recommended as sashimi. Simmered Kinki is also highly recommended for enjoying the taste of its finest fatty white meat.



北海道や東北の太平洋側で獲れる魚です。釣りもので状態の良いものは高級魚として扱われます。新鮮なキンキは刺身がお勧めです。上品な甘みの脂が乗った白身は刺身以外に煮付けもお勧めです。

Kohada - Gizzard shad



Size: 0.1 lbs ~0.3 lbs
Sashimi / Salt-grilled / Fry / Meuniere

Kohada is a typical “Hikarimono” fish of Edo-sushi style restaurants. It is a must-have sushi fish!

光ものといえばコハダ！

江戸前寿司の光ものを代表するなくてはならない寿司ネタです。



Kintokidai – Red big eye snapper



Size: 2.0 ~ 3.0 lb
Sashimi / Sushi / Salt-grilled

Kintokidai is not widely known due to its small distribution quantity in the seafood market.

However, it's extremely good for sushi, sashimi and even salted grilled fish. Its beautiful white, fatty meat and rich "umami" flavor makes it great not only as sushi but as simmered fish or in a hot-pot.

Fall to spring is its best season.



市場への流通量が少ないため知名度は低い魚ですが、寿司や刺身はもちろん塩焼きなどにも合う魚です。美しい白身は脂が乗り濃厚な旨味があり、煮つけや鍋物にもとても合います。秋から春が美味しい季節です。

KUE / ARA – Longtooth grouper



Size: 3.0 ~ 4.0 lb
Sashimi / Sushi / Salt-grilled / Hot-Pot

Because of its rarity on the market, Kue is treated as a high-end fish in Japan. This fish is tasty all year long, but Kue is especially suited for nabe (Japanese style hot-pot) in the cold winter season.



市場に流通する量は少なく、天然物は超高級魚として扱われます。

ほぼ通年味が落ちず美味しい魚ですが、ご存知の通り寒い時期は鍋にすると大変美味しい魚です。

Kuro Mutsu - Gnomefish



Size: 1.0 ~ 3.5 lbs
Sashimi / Hot-Pot / Poêlé / Meunière

Despite its ugly face, it has a refined taste, and due to its delicious taste, Kuro Mutsu is considered one of the high-end fishes in the Japanese market. This fish has a tender white meat, which is delicious grilled, simmered, as sashimi, and in many other ways.



見かけとは違い、非常に美味しい魚で、市場では高級魚として扱われます。柔らかい身質の白身魚で、刺身に煮付けに焼き物にと、色々利用できます。

Kurodai - Black porgy



Size: around 2.0 ~ 3.0 lbs
Sushi / Sashimi / Grilled and other

This fish has a mild but rich taste. It's fit for all kinds of cooking methods, and is an all-rounder. Kurodai's popularity lies in its reasonable pricing, as well as in its versatility.

くせの無い白身はどんな調理方にも合い、まさに白身魚のオールラウンドプレーヤーです。



大変使い易いうえに値段もお手軽な魚ですので重宝されることと思います。

Magochi - Flathead



Size: 0.8 ~ 1.5 lbs
Sashimi / Simmered Fish / Soup / Tempura

Magochi eaten as "Arai" style sashimi is superb. It's extremely delicious! (Arai-Style: Sashimi on ice)



この魚の活けのマグチの洗いは最高！
見かけからはわからない美味しさです。

Makogarei - Marbled sole (Flounder)



Size: 0.5lbs~1.0 lbs
Sashimi / Simmered Fish / Grilled / Fry

In Japan, the best season for flounder is winter, but the best season of Makogarei-Marbled Sole is from spring to the beginning of summer. It's an all-rounded fish suited for any cooking methods.

カレイといえば冬が旬と言われますが、マコガレイは春から初夏が旬の魚です。
どんな料理にもイケル優等生な魚。味わい深い白身は、絶品です。ぜひご堪能ください。



Masunosuke - Wild King salmon



Size: 7.0 ~ 10.0 lbs
"Rui-be"/ Salt-grilled

"Masu-no-suke" is considered to be the best salmon in Hokkaido. The soft texture and the rich fat that melts in your mouth provides a taste unique only to the Wild King Salmon.

When preparing the Wild King Salmon for sushi/sashimi, it should be frozen at a certain temperature before serving. Farm-raised salmon is a mainstream product in the market, but we would like to introduce you to the rich taste of a wild salmon.



北海道産の鮭といえばマスノスケ。口の中で溶け出すような脂の食感は天然キングサーモンならではです。寿司で使われる場合一定の期間一定の温度で凍らせてからお使いください。

Madai - Sea bream (wild)



Size: 2.5 ~ 6.5 lbs
Sushi / Sashimi / Salt-grilled

Japanese people simply love this fish. It has a long history of being served on special occasions in Japan. This fish has a delicious fatty part under the skin. "Shimokawa-tsukuri" is the best sashimi style to make use of the tasty fatty parts. Roasting the fat along with the skin is also a recommended method of eating sea bream. Recently, farm-raised sea bream has become more popular in the market, but it does not come close when compared to the taste of a wild caught sea bream.



最近、養殖物が増えて天然ものを味わう機会も少なくなっています。

しかし、味の違いは歴然。天然ものの刺身は絶品です。一度ご賞味ください。

Medai - Bluenose



Size: around 9.0 lbs
Sashimi / Konbu-Jime / Carpaccio

This fresh and fatty fish is extremely good for sashimi. Medai is suitable for "Konbu-Jime" and carpaccio, but this fish is versatile in other types of dishes as well.



脂ののって鮮度のよいものは刺身に向いていますが、昆布締めやカルパッチョにしても大変美味しい魚です。焼き物や西京漬けなどにもむいており幅広い料理方法がお試しいただけるお魚です。

Meichidai - Gray Large-eye bream



Size: around 1.0 ~ 1.5 lbs
Sushi / Sashimi

Meichidai is not a widely known fish in the seafood market, but it is one of the best fish during the summer season. Many white meat fishes, such as Madai, have less fat content in the summer, and this lowers its quality of taste. However, for Meichidai, summer is when it has the most fat and tastes the best. Meichidai is a rare fish on the market, but when it is available, we use the "Asajime" method the same morning and ship it.



知名度が低いため知る人ぞ知る隠れた夏のお魚です。真鯛など脂が落ちる夏に脂がのり、そのころが食べごろといわれます。大型でも40センチまで大体700グラムが福岡から出る一般的なサイズです。貴重な魚のためなかなか手に入りませんが、入荷がある時は活魚を朝締めで出荷します。

Mejina - Largescale blackfish



Size: around 1.0 lbs
Sashimi / Grilled / Poêlé / Meunière

This fish is familiar to sports anglers in Japan. It's well known by another local market name: "Gure." They live among rocks and have a distinct smell of the ocean. Some people hate this strong sea smell, but many people love it.



釣の対象魚として有名で、メジナって呼び方よりもグレという呼び方で知られる魚です。磯魚特有の磯臭さを指摘される方もいらっしゃいますが、逆にそれがこの上なく好きだという方も多くいらっしゃいます。

Saba - Mackerel



Size: 1.5 ~ 2.5 lbs
Shime-Saba / Sashimi / Salt-grilled

Saba has always been a part of the lives of people in Japan as a common fish. Though in recent years, it has become a high-end fish, with its own brand. We only choose the highest quality Mackerels to be shipped to the U.S market. Please enjoy the tastiest Saba from Japan.



昔から日本人になじみの深い魚ですが、最近はブランドも出来て高級魚ようになってきました。鮮度が最高の状態で日本からお届けする新鮮な鯖をご賞味ください。

Sawara - Spanish mackerel



Size: around 2.0 lb ~ 5.0 lb
Sushi / Misozuke / Grilled

In the western part of Japan, Sawara is an extremely valuable fish in the market. Sawara as a Sashimi is a delicacy, but it is excellent as a grilled fish as well. Please taste this wonderful fresh fish.



関西などでは、最上の部類に入る高級魚です。刺身も抜群に美味ですが、焼き物にしても抜群の味わいが出ます。

Sayori - Half beak



Sashimi / Sushi

It is a known fact that the best season to eat Sayori is from winter to spring, but Sayori in the autumn season is just as delicious. Sayori is suited for hosozukuri and itozukuri because of its clarity, but it also shines as a hikarimono sushi.

「春を告げる美しい魚」といわれ、秋冬から春にかけて旬になる白身の高級魚ですが、この時期秋にも美味しく召し上がれます。細造りや糸造りが美しい半透明の身に似合います。もちろんひかりものの寿司種としてもお使いください。



Suzuki - Japanese Sea perch



Size: around 4.5 lbs
Sashimi / Grilled / Meuniere

In Japan, Suzuki (sea perch) is one of the most popular white fishes. Mainly, it is eaten as "Arai" style sashimi or as grilled fish, but this fish is good for French dishes too. Suzuki has a fresh taste which leaves no question to why it is so popular in Japan.



白身魚の代表格です。洗いにして食べられたり、焼き物に良く使われますが、フレンチでも良く使われる素材でもあります。クセのない味わいは、納得の美味しさです。

Tachiuo - Beltfish



Sashimi / Grilled with Salt / Meuniere

This fish will taste good with any cooking method, but it is especially delicious when it is grilled with salt. Meuniere is also a great choice because Tachiuo goes well with butter.

For fresh, good quality beltfish, "Gingawa-tsukuri" style sashimi is recommended.

どんな料理にしても美味しい魚ですが、塩焼きが特にこのまれます。ムニエルにてもバターと愛称が大変よい魚なので美味しく召し上がられます。新鮮なものは皮の旨味を活かして「銀皮造り」のお刺身もいかがでしょうか。



Tobiuo - Flyingfish



Size: around 1.0 lb
Fry / Dried Fish / Sashimi / Grilled / Sauté

The market price of this fish is reasonable all year long. Tobiuo sashimi is very delicious. Other recommended cooking methods for this fish is to eat it as dried fish or as "Namerou" (a type of "tataki")



手頃な価格で買える魚です。刺身にしても十分に美味しく、その他干物などにも良く使われます。なめろうなどにしても美味しさを味わえます。

Tako - Octopus



Size: around 2.5 lbs
Boiled-Tako / Sashimi / Tempura / Fry

Recently, the number of octopus from Japanese inshore fisheries has been decreasing and imports from other countries have been increasing. However, there is a clear difference in the taste - Japanese octopus is the finest and the quality matches its price.



最近、輸入物が増えて日本近海物は数が非常に少なくなっていますが、味の違いは歴然。日本近海物はやっぱり旨い。値段だけの事はあります。

Umazurahagi - Black scraper



Size: around 1.0lbs
Sashimi / Hot-pot

This fish is good all year round. To eat this Umazurahagi as sashimi with “Kimo-Shoyu” is considered the best method to eat this fish. “Kimo-Shoyu” is mixed soy sauce with simmered fish liver.



通年を通して美味しい魚です。肝をゆでてしょうゆに溶かし込んだ肝醤油を刺身に使うと絶品です。

Usubahagi - Unicorn leatherjacket



Size: around 1.2 lbs
Sashimi / Hot-Pot / Simmered fish

This is a large fish in the “Kawahagi” family. Big ones are over 20 inches in length, and the market price is reasonable for its large size. The simplicity of the Usubahagi makes it suitable to cook it with oil. It’s a great fish to use in European style dishes.



大きさが50～60cmほどにもなる大型のカワハギです。

大きさのワリに比較的価格も安く手頃な魚です。淡白な白身は油との相性も良く、洋食素材としても利用できます。

Sazae - Turban shell



Size: around 2.0 lbs ~ 5.0 lbs
Sashimi / Grilled / Tsuboyaki

It’s one of the most popular sea snails in the Japanese seafood market. The best season for this snail is from spring to summer.

Tsuboyaki (grilled) or sashimi are the best cooking styles for this snail.



春と夏が旬の日本ではメジャーな巻貝です。

独自の磯の香りは懐かしさを覚えるような香りが特徴です。

つぼ焼きや刺身でお召しあがり下さい。

Awabi - Abalone



Sushi / Sashimi

In the Chikuzen-sea, there are three subspecies for Awabi, but the Awabi most harvested out of those three is the Kuro-Awabi. (Saga, Nagasaki and Fukuoka: large size of 300g and up)



アワビの仲間は筑前海に3種類いますが、最も獲れているのはクロアワビです。500g以上の大型は高値で取引されます。佐賀、長崎、福岡 300グラムアップの大型です。

Yari-Ika - Spear squid



Size: around 0.5~ 1.3 lbs
Sushi / Sashimi / Simmered / Tempura

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.

繁殖のため接岸してくる冬から春にかけて多く漁獲されます。ヤリイカの旬は冬から春にかけてとなり、「夏のケンサキイカ、冬のヤリイカ」と言われています。この冬から春に獲れる子持ちのヤリイカが大きく最も人気があります。



Ko-Ika - Golden cuttlefish



Size: around 0.5~ 1.3 lbs
Sushi / Sashimi / Simmered / Tempura

A type of squid called Ko-Ika, also called "Sumi-Ika" in the Kantō region, is a very popular and crucial seafood used for Edomae-style sushi and tempura. The baby squids, called Shin-Ika, reach their best season and get shipped into the market from around July. Later, Ko-Ika will have its best season from late Autumn to early Spring.

関東ではスミイカの名前で呼ばれ、江戸前の寿司や天ぷらに欠かせない食材です。晩秋から初春にかけて旬を迎えます。歯ごたえの良さが魅力の新イカに対して、たおやかな歯触りとねっとりとした甘みと旨みが親イカの魅力です。刺身はもちろん、天ぷらにしても非常に美味です。



