

APRIL

FUKUOKA FISH MARKET



KATSUO BONITO

Bonito caught off the coast of Japan is in a league of its own, offering a depth of flavor that sets it apart from the usual varieties. In Japan, it reaches its peak season in spring and autumn, making it a highly sought-after choice for discerning customers.



SAYORI HALFBEAK

Known as the "beautiful fish that heralds spring," Sayori (Japanese halfbeak) is a high-quality white fish at its peak from late fall through spring, though it can also be enjoyed in early fall. Its translucent flesh makes it perfect for hosozukuri and itozukuri, while its delicate flavor shines as a hikarimono sushi topping.



HOTARU-IKA FIREFLY SQUID

In Toyama and Hyogo Prefectures, Hotaru Ika (firefly squid) has long been enjoyed as a seasonal spring delicacy. It's best savored as okizuke (a type of seasoned and pickled dish), marinated in vinegared miso, or lightly fried as tempura.





KEGANI HORSEHAIR CRAB

In the Sea of Okhotsk, the peak season for hairy crab runs from March to August, as the floating sea ice recedes. During this time, young crabs are more affordable than hard-shelled ones. While they contain less meat, their flesh offers a more concentrated sweetness, making them a sought-after delicacy.



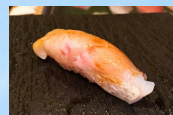
SHIRAUO ICEFISH

Spring is the peak season for Shirauo (icefish), as they return to the rivers to spawn between February and April. Fresh Shirauo is best enjoyed as sashimi with wasabi soy sauce, marinated in vinegared miso, or served as a gunkan-maki roll.



KISU SMELT

The peak season for Kisu (Japanese whiting) typically begins in June, but in the Kyushu region, it starts as early as April. This delicate fish is best enjoyed using the yakishimo method—grilling the skin with a burner before chilling it in ice water—or the konbujime method, where it is lightly salted and wrapped in kelp to enhance its umami.





HOUBOU SEA ROBIN

Houbou (sometimes called Gurnard) is a delicious fish enjoyed year-round. Its firm, white flesh is rich in umami, making it perfect for sashimi, grilling, or simmered dishes.



AKAMUTSU BLACKTHROAT

"Benihitomi" is a brand name for Akamutsu (Blackthroat) caught in the sea around Tsushima and Iki Island using the traditional Jigokunawa fishing method. Known as the "King of Akamutsu", it is renowned for its exceptional quality and flavor.



ANAGO SEA EEL

Anago, raised off the western shores of Tsushima, thrives on abundant, high-quality food. This results in a larger, fattier fish compared to common anago, earning it the title of "golden anago" for its exceptional quality and rich flavor.



KURODAI BLACK BREEM

In Fukuoka, Kurodai is referred to as "Meita" or "Chinu", depending on its size. When it exceeds 11 inches, it is called "Chinu". During its peak season, the flavor of Kurodai is said to rival that of Madai, and in some cases, even surpass it in quality.





HIRAMASA YELLOWTAIL AMBERJACK

Not as fatty as yellowtail but more so than amberjacks, this fish offers a perfect balance of umami. When fresh, it has a delightful crunchy texture, and if left to sit for a day, it develops a rounder flavor, enhancing its richness.



SUZUKI JAPANESE SEAPERCH

In Japan, Suzuki is one of the most popular white fish. It's commonly prepared as "Arai" style sashimi or broiled, but it also shines in French dishes. The flavor is mild yet rich, making it a versatile choice for various culinary styles.



SAWARA SPANISH MACKEREL

The peak season for Sawara (spanish mackerel) is in spring, with the fatty meat before the spawning season being particularly prized in eastern Japan. Fresh, high-quality Sawara is excellent for sashimi, as well as other preparations like saikyo-zuke (miso-marinated) and yuanyaki (grilled).



KASAGO MARBLED ROCKFISH

In Japan, Kasago (Rockfish) is traditionally a spring seasonal word (kigo) in haiku. However, it is now available year-round in the fish market. In Fukuoka, it is known as Arakabu and is a highly popular fish in the region. With its delicate white flesh, Kasago is quite perishable, but we ensure it is shipped very fresh to the U.S. market, maintaining its exceptional quality.





KIBINAGO

SILVER-STRIPE ROUND HERRING

Kibinago is a must-try local delicacy from Kagoshima Prefecture, featured in many traditional dishes. We recommend trying Kagoshima-style sashimi, where it's served with vinegared miso instead of soy sauce. We offer both pre-filleted Kibinago for sashimi and whole fish perfect for tempura.



KIJIHATA

RED SPOTTED GROUPE

This fish, also known as Akou, is considered a high-class delicacy in the fish market, making it a rare treat in everyday homes. It is primarily used in dishes at upscale restaurants. Thinly sliced sashimi, paired with a citrus-based soy sauce and a hint of wasabi, offers an exceptional dining experience.



MAKOGAREI

MARBLED FLOUNDER

In Japan, the best season for flounder is winter, while the peak season for Makogarei (Marbled Flounder) is from spring to early summer. This versatile fish is well-suited for a variety of cooking methods, making it a favorite in many dishes.



GENCHAN AJI

HORSE MACKEREL

"GENCHAN AJI" is the brand name for horse mackerel that is shaped by the rough waves of the Genkai Sea. This premium fish, measuring over 26 cm, is caught using pole-and-line fishing. To maintain its freshness, it is shipped without being touched by human hands. Known for its firm flesh, GENCHAN AJI is a true gem, offering exceptional texture and flavor thanks to the challenging conditions of the Genkai Sea.





MADAI SEA BREEM

Red sea bream has been cherished in Japan for generations. It's best enjoyed as shimokawa-zukuri or with its skin lightly torched or blanched to highlight the rich fat beneath. While farm-raised varieties have grown in popularity, wild red sea bream is said to be in a league of its own.



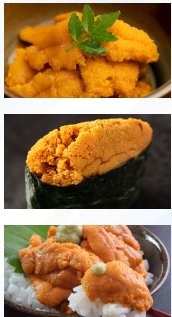
RENKODAI YELLOWBACK SEABREAM

In the Japanese fish market, this fish may have a lower name value compared to Madai (sea-bream), but its taste is just as exceptional. Roasting it with some skin left on enhances its rich, delicious flavor, making it a highly enjoyable dish.



KINMEDAI ALFONSINO

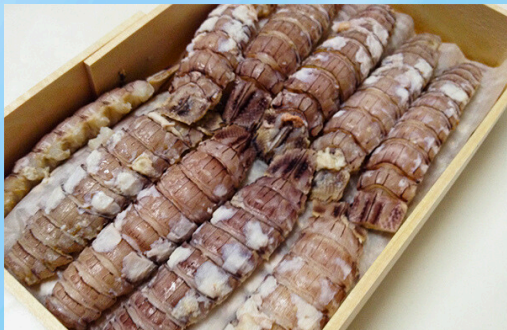
Each Alfonsino that has matured in the rich waters of the north-flowing Kuroshio ocean current is caught by hand. Fishermen in small boats carefully catch Kinmedai and Alfonsino one by one using fly fishing gear. The fish are handled with great care, and by the evening of the same day, they are packed and shipped directly to the U.S. from Tosashimizu City in the southeastern part of Kochi, Japan. This careful handling ensures exceptional freshness and quality for cities across the USA.



UNI (HOKKAIDO) SEA URCHIN (HOKKADIO)

Ezobafun-UNI is a premium sea urchin harvested in the pristine waters of the Hokkaido area. Known for its beautiful orange color and rich, sweet flavor, this UNI is considered rare in the seafood market due to the limited quantity that can be harvested from the ocean. It stands as a top-ranked UNI for its unparalleled sweetness and depth of taste, making it incomparable to other sea urchins.





SHAKO MANTIS CRAB

Found in the silt flats of inner bays like Hakata Bay, these crabs are known abroad as Mantis Crabs due to their front legs, which resemble those of a praying mantis. The female crabs, which carry eggs called katsubushi during the laying season between spring and summer, are especially prized for their flavor and are adored by customers. In addition to being enjoyed as sushi or tempura, they can also be prepared as a delicious boiled dish, offering a unique taste experience.



KO-IKA CUTTLEFISH

Ko-Ika, also known as Sumi-Ika in the Kantō region, is a highly popular and essential seafood, especially for Edomae-style sushi and tempura. Due to its popularity, the market price for Ko-Ika can be quite expensive, reaching up to \$200/kg at the start of its peak season. The baby squids, known as Shin-Ika, enter their best season and are shipped to the market around July, while Ko-Ika reaches its peak from late autumn to early spring, offering the finest quality during these months.



AORI-IKA BIGFIN REEF SQUID

Aoriika, often referred to as the king of squids, is renowned for its sashimi, which is considered the finest in the squid family. Its flesh is rich in sweetness, incredibly soft, yet boasts a firm texture that provides a satisfying bite. A highly popular and essential ingredient in Edomae-style sushi and tempura, Aoriika is prized for its exceptional flavor and versatility in Japanese cuisine.



YARI-IKA SPEAR SQUID

Large quantities of this squid are caught during its breeding season, which spans winter to spring. This period is also when the squid is at its best, offering exceptional flavor. In Japan, different types of squid are enjoyed at various times of the year: Kensaki-Ika is favored in the summer, Yari-Ika is best in winter, and Kiomochi-Yari-Ika (squid with eggs inside) is especially popular from winter to spring for its rich taste and unique texture.

