

# 魚三昧

豊富な知識と経験のある「魚のプロ」に、魚のうんちくとおいしく食べられるレストランを紹介してもらいます。

We are pleased to present this new section, in which we will showcase various premium seafood in Melbourne's top restaurants.

## 今月のSAKANA ほうぼう Gurnard



ほうぼうは全長20~30cm程で、生息中は茶褐色ですが、水揚げ後は鮮やかな赤色になります。胸に、広げると羽のようなヒレがあり、このヒレで歩き回るように海底を泳いでいます。頭部は硬い骨格で、その周辺に敵から身を守るための複数の硬い棘や突起があります。調理する時は、これらの棘に注意して下さい。

日本では高級魚のひとつとして知られています。オーストラリアでは市場で見掛けることは多いのですが、刺身として食べられることをあまり知られていないため、比較的安価で購入することができます。

ほうぼうの特徴は、なんといっても薄ピンク色がかった透き通った白身。旨みと歯ご

## ほうぼうの薄造り Thinly sliced Gurnard Sashimi

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花びらのように彩られた薄造りは美しく透明感があり、繊細に盛り付けられています。見た目もさることながら、新鮮で旨みがあり、ねぎと紅葉おろし、ポン酢でさっぱりといただきます。夏に合う一品。

One of Melbourne's suburban gems, Jirochyo in Hampton. Here we have thin slices of an absolutely beautiful and absolutely fresh Gurnard. Arranged delicately, like a flower, utilising spring onion and spicy grated radish. The sauce is Ponzu vinegar. A must try this Summer!



たえがあり、薄作りでよく使われています。刺身だけではなく、煮付け、から揚げ、塩焼き、鍋物、すり身など多彩に使うことができます。捨てるところがなく、浮き袋、肝、心臓も煮付けなどで食べることができ、あらはよく出汁が出ます。

新鮮なものを見分け方は、目方があり太っていること。そして一番大事なのは鮮やかな赤色であること。古くなるにつれて徐々に白くなっていきます。

The Red Gurnard is a smallish (20-30cm in length) bottom living fish with a distinctive large bony head. Their skin colour is usually of a beautiful light red colour. Their large pectoral fins are said to look like the wings of birds. One must be careful in handling these fish as their heads contain sharp spikes to protect them from their enemies. It is advised that one is careful for the spikes on the fish's head.

Whilst quite expensive in Japan, in Australia, the fish is usually much cheaper. One of the main reasons for this is that the Gurnard is not a well known fish here and is vastly underrated as a Sashimi fish. The flesh of the Gurnard is characteristically firm and translucently off pink. The meat does tend to be a bit chewy, however when it is thinly sliced for Sashimi, it is quite fabulous. Gurnard is also suitable for multiple methods of cooking not only Sashimi, but also baked, poached, fried or smoked. Furthermore its bones, liver, heart or air bladder can be quite nice in a stew. Not too much to be thrown away if one was inclined.

The main thing to look for when looking for a good Gurnard is that it is large, fat and firm. You'd want one that has a good weight yield of meat versus wastage. Also, keep an eye out for the colour of the skin. Ideally, they should be a beautiful red colour. As the fish decomposes, its skin colour tends to fade accordingly.



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