

# 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 Calamari - アオリイカ



オーストラリアでは、主にアオリイカ、スルメイカ (Squid)、そしてコウイカ (Cuttlefish) が獲れます。オーストラリアのスルメイカの正しい名称は Gould's Squid。お店では Arrow Squid とも呼ばれています。身が厚く、少しにおいがあり、刺身には合いませんが、旨味が強く安価なので焼き物や煮物に適しています。コウイカは甘みが強く、天ぷらや刺身で食べられますが、サイズが小さく、メルボルンではあまり獲れないので、見かける事は少ないようです。

さて、アオリイカは、サイズ、品質、供給の良さから最も高価であり、刺身や寿司で食べるのが一般的。日本より安価なので、新鮮なものを手軽にいただけます。

## カラマリサラダ Warm Calamari Salad on Rockets

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最高品質のアオリイカをさっと揚げ、特製ポン酢をかけただけのシンプルなお品。刺身の切り方を用い、両面に切れ目を入れ、柔らかくなるように仕立てる細かな職人の技が、素材の味を最高に引き出している。

We are most pleased to present; one of Melbourne's premier Japanese restaurants, the famous Ocha! Here they serve an absolutely stunning Calamari salad; Utilising the highest grade of Calamari, expertly cooked and flavoured with their special homemade Ponzu sauce. One of the keys to the success of this dish is the cutting of the Calamari like Sashimi, thus drawing out a reservoir of flavour.



ビクトリア州とタスマニア州との間で獲れるものは身も厚く、透き通っており、甘みがあります。刺身としては最高のものです。

新鮮さの見極めは、もちろん生きていればベスト。一部がエメラルド色に光っていること、身が厚いこと、乾燥していないことがポイント。アンモニア臭が強いものは要注意です。

Not to be confused with Calamari, Squid and Cuttlefish is also caught in Australian waters. Squid, also called Gould's Squid or Arrow Squid is a generally smaller squid with a significantly different body structure. The meat of the Squid, whilst thick, is not as tender as Calamari, and the taste suffers noticeably in comparison. However the cost of Squid is dramatically cheaper than Calamari. Furthermore, it cannot be used for Sashimi. Cuttlefish on the other hand is closer to Calamari in terms of tenderness and taste and can be used for Sashimi. However due to its size (It's often smaller than Squid) and frequent unavailability, it's not commonly used in Melbourne.

Thus Calamari is highly regarded due to its size, quality, availability and versatility. It is worth noting that while it's expensive, it's still more affordable than in Japan.

Also, Victorian and Tasmanian caught Calamari are considered the cream of the crop due to the quality of their meat, translucent and sweet.

The best key to freshness/quality is that the Calamari still alive. Other factors are; the brilliant emerald colours in the eyes, thick flesh, and an absence of dryness. Also important is the lack of any strong smell.



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