

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.

Shime Saba しめさば

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素材と季節の洗練された味を大事にするオーナーシェフ影山氏が作る絶品のしめ鯖。鯖の持ち味を出す為、軽くしめて、梨と梅肉ソースで、食感の違い、味のコントラストを表現。見ても食べても美しい芸術的な一品。

The renowned Chef and owner of South Yarra's Akatombo, Akira Kageyama, always diligently focuses on the quality of the fish and seasonal tastes. Here he prepares an exquisite "Shime Saba" by using marinated vinegar to fully draw out the flavour of the fish, mixing sliced pear and Ume (Japanese plum) sauce to present the mouth with a beautiful contrast of texture and taste. Japanese artistic cuisine at its finest.



今月のSAKANA 鯖 Mackerel



日本人にお馴染みの魚、サバ。大きく分けて、マサバ、ゴマサバ、大西洋サバの三種類が生息しています。メルボルン近郊で水揚げされるのは、殆どがゴマサバで、秋から冬にかけてが旬です。

マサバは最も脂がのっており、日本では1尾5,000円を超えることがあります。大西洋サバは、最も多く食べられていて、ノルウェー、オランダなどから加工された状態で冷凍輸入されています。バス海峡の冷たく荒れた海に住むゴマサバは、非常に脂がのり身がしまっているのが特徴で、通年味が落ちることがありません。

サバは足が早い魚なので、購入後、すぐに内臓を抜き、調理をすることをお勧めしま

す。身に弾力がなくぶよぶよしたものは古いです。太って丸々としたものを選ぶと脂がのっており、おいしいのですが、触って見ないと良し悪しが分からず、選ぶのが難しい魚でもあります。

栄養価が高く、血中コレステロール値を下げる効果があり、ビタミンやミネラルも多く含まれています。しめ鯖や、押し寿司、塩焼き、味噌煮、から揚げなどたくさんの用途で使うことのできる万能魚です。

For the Japanese, such is the predominance of this smallish round fish, Mackerel is almost ingrained in their lives. Basically, there are three broad different types; "Japanese Mackerel", "Atlantic Mackerel" and "Southern Mackerel". Southern Mackerel can be caught off the coasts of Melbourne, and is in season from autumn to winter.

The Japanese Mackerel species, characterised by high fat content is highly sought after in Japan and sometimes can fetch up to \$50 per fish. Atlantic Mackerel also enjoys great demand in Japanese markets and is imported from Norway or the Netherlands in a frozen form. Southern Mackerel is known for its consistent quality year round although it contains less fat than its Japanese counterpart. However, here in Melbourne, the mackerel can grow very fatty and firm comparatively due to the rough and cold water of the Bass Coast.

Mackerel is known for its perishability. It is recommended to take out the guts soon after purchase. The key freshness/quality characteristics are a plump and sinewy body. However, it may be difficult to ascertain this quality without physically handling the fish.

Mackerel has a high nutritional value due to its ability to cut down on cholesterol with the plentiful array of vitamins and minerals it contains. This fish can be used in wide variety of ways; to Cook, Shimesaba (Marinated by vinegar), Sushi, Grilled, Stewed with Miso or Deep fried.



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