

# 海の恵み

## Blessings from the sea

The Uniting  
Church Australia

High St.

豊富な知識と経験のある魚のプロが、新鮮でおいしく食べられるレストランを紹介。  
We are pleased to present this new section, in which we showcase various premium seafood in Melbourne's top restaurants.

■ 鮪の酢味噌和え Maguro Sumisoae

■ Otsumami 257 High St. Northcote T: 03-9489-6132

カフェや雑貨屋が多い街Northcote。その一角に、地元で伝統的そしてモダンな日本食を提供し続ける店、Otsumamiがあります。シェアのできる料理が多く、ローカルにリピーターが多いのがうなずけます。お座敷もあり、どこか日本のおしゃれな店に来た感じがします。

写真の料理、鮪の酢味噌和えは、贅沢にぶつ切りされた鮪と旬の熟したアボカドを特製の酢味噌で和え、香り付けにすりゴマがトッピングされています。鮪の赤身の旨みとアボカドの鮪に似たコクが合わさり、口の中でとろけます。ラッキーであれば滅多にお目にかかることのないトロも入っており、3つの違う味と彩色を楽しむことができます。

今回の鮪はメバチ鮪。色鮮やかな赤身が多く、皮目から内臓にかけての白っぽいトロは格別です。鮪の見極めは非常に難しいのですが、輪切りにした尾の肉から、長年の経験を元に、鮮度、脂ののりなどを推測し選び抜いています。

Otsumami is a community centric, traditional and modern Japanese restaurant located on High Street Northcote, which is distinguished by its many charming cafes and variety interior shops. As the name Otsumami, which in Japanese translates to tapas, suggests, they excel at creating dishes based on sharing, with drinks. With a devoted local following (and abroad), this venue is also very stylish without sacrificing comfort.

On this occasion are very pleased to introduce one of their popular dishes; Maguro Sumisoae, which is chopped pieces of luxurious top grade tuna and seasonal avocado marinated in their special miso and vinegar, served with fragrant milled sesame seeds. The tuna and matured seasonal avocado each serve to distil a similar, yet different gorgeous taste in your mouth, further compounded by the special sauce.

If you are lucky, you may be able to enjoy what is referred to as the '3 colour tastes', tuna, avocado and Toro (Tuna belly). This time, they've used Big Eye tuna, which has a mild flavour with a high fat content with moist, firm flesh with beautifully contrasting red and pinkish flesh.



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