

Sakaiminato, the Kingdom of Seafood - Fish of the Four Seasons

Spring



The Coho (Silver) Salmon

The coho salmon are harvested from April to May each year. These fish grow in the rough waters of the Sea of Japan that make their meat more dense with a reasonably firm texture and a pleasant flavor. Suitable also for raw sashimi dishes.



Isaki (Grunt)

This fish is most delicious when caught during the rainy season. With a high fat content, the meat is tender in texture. Savored in sashimi style and most popularly eaten grilled.



Japanese Seabream

This fish has long been eaten at celebrations. All the bream caught in Sakaiminato are wild. Enjoy eating it raw (sashimi style), steamed with rice or in any way.



Pointhead Flounder

The face of this fish is said to resemble that of a monkey.

It has a distinctive flavor but becomes remarkably delicious when dried.



Blackfin Flounder

The flesh of this slender fish is delicate. It may look unpleasant in appearance due to its slimy coat, but it is very tasty when slime is removed and flesh is dried.



Japanese Ivory Shells

Previously the number of ivory shells was decreased. However, the numbers have recovered through efforts of releasing young shells and setting up breeding equipment.

The meat is springy and sweet with a distinctive flavor. The shells are commonly boiled in salty water and are also delicious when simmered in soy sauce.



Japanese Halfbeak

This fish is known for its long lower jaws. Its body is thin and graceful and is often compared to beautiful women. The texture of the meat is very firm and transparently white in color. It is known for its light, refined flavor and distinctive smell. Large and fresh fish are relished as sashimi and regarded as top grade sushi dish.



Cuttlefish

The cuttlefish release large amounts of ink. They are known to have a unique internal shell (cuttlebone). The meat of large cuttlefish is dense and sweet.



Shirasu (Whitebait)

Young (fry) sardines are caught mostly in Miho Bay. Although the catches are small, they are regarded more superior to that of other regions as other kinds of fish are not mixed in the whitebait.



Japanese Anchovy

This fish has longer upper jaws with a drooping mouth. Japanese anchovies are caught before spawning in spring when they are large and fatty.

Although they are not often shipped fresh (as they easily become stale), they are delicious when eaten raw. They are often deep fried in tempura batter or simmered with pickled plums (umeboshi) or ginger in soy sauce.