

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.

カジキの煮付け Delicately Poached Broad Bill Tuna in a Tasty Thin Bodied Japanese Stew

Wabi Sabi Garden

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モダンで革新的でありながらも、伝統を大事にする一品。オセアニアシーフーズの新鮮なカジキを大胆に煮込む。しょうがをのせて魚の味を更に引き出し、一緒に煮込んだ野菜と豆腐は、魚の味がよく染み込んでいる。ご飯やお酒と共にいただきたい。

Whilst famous for their modern, innovative style, here is a respectful and authentic rendition of a traditional Japanese dish. Fresh, top of the line Swordfish from Oceania Seafoods is poached masterfully, and topped with ginger, extracting further depths of flavour from the succulent fish. Vegetables and tofu are found to be perfect companions here. Recommended with rice and or sake for a truly satisfying meal.



今月のSAKANA カジキ Swordfish



カジキはオーストラリアでも、身の色の美しさやジューシーさで人気を博しています。日本では赤身のマカジキが有名ですが、オーストラリアでは白身のメカジキが中心に流通しています。英名のSwordfishのとおり、自己防衛や捕食の為に尖った特徴的な長い吻(ふん)を持ち、体長は最大6m、体重800kgを越すこともあります。別名はBroad Bill、そして学名はグラディウス(古代ローマで剣という意味)です。世界中の温帯、熱帯域に生息し、気性が荒く船や鯨に体当たりすることもあります。カジキマグロと呼ばれることもありますが、マグロの仲間ではありません(マグロはサバ科)。

日本では、「カジキは3日間続けて食べられる」と言われる程の、万能食材。新鮮な物

は刺身に、更に煮付け、揚げ物、ステーキにとなんでも使える数少ない重宝な魚です。また他の野菜や豆腐と煮込むことで、カジキの味が染み込み、おいしくなります。

新鮮な切り身は透明感があり、艶が出て輝いているものは、脂がのっている証拠です。また血合いが入っている場合は赤い物が良く、茶色っぽい物は鮮度が落ち始めています。

Swordfish is quite a popular fish in Australia due to its juicy flesh and creamy colour. In Japan, Marlin, a red fleshed relative, is perhaps more popular/available.

As the name may suggest, the fish has a distinctive long and sharp almost sword-like protrusion from its head for self-defence or predation. Swordfish can grow up to 6 metres long and over 800 kg in weight!

Its scientific name of Xiphiasgladius once again refers to its sword like beak (Gladius is Latin for sword). It is also widely known as Broadbill. Swordfish can be found in most tropical/warm areas of the world. It is at times also referred to as Broadbill Tuna, which is misleading as it is definitely not a tuna species. Swordfish are known to fishermen to be slightly aggressive, as they randomly attack ships and whales.

An extremely versatile fish, in Japan they say it can be eaten for three days. This is because it can first be used for Sashimi, then, before or after it loses its freshness, it can be stewed or fried or made into steak or cooked in many other permutations. The point is that whilst this may be true for other fish, Swordfish is nice in all its forms.

A key freshness indicator that is the colour of the slice has to be pellucid and glossy. The glossy sheen on the flesh indicates a good level of fat content, which, we all know is the good stuff. Moreover a thin red strip of meat, which is the bloodline, must be red. This is because as the fish loses its freshness, the bloodline will turn brown.



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