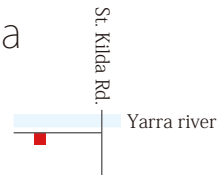


# 海の恵み

## Blessings from the sea

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.



■ Salmon Papillote

■ Miyako Japanese Cuisine Upper Level Southgate Arts & Leisure Precinct Southbank

Miyako Japanese Cuisineでは、昨年よりフレンチジャパニーズの野村氏を総料理長に迎え、サウスバンクに相応しい料理と景色が楽しめます。今回の料理は、刺身グレードのサーモンをライムで香り付けし、酒、バターと共に紙に包んでオープンローストでミディアムレアになるまで仕上げた、贅沢な一品。通常、日本食では魚の中まで火を通しますが、フレンチの技法で外は香ばしく、中は溶けるほどジューシーになるように仕上げられています。

タスマニア産のサーモンは、他産とは違い生でも焼いても身割れしにくく、きれいなオレンジ色の身をしています。またタスマニアでは、徹底された品種改良、清潔で低密度な生簀、そして汚染のない冷たい水質環境で大切に育てられています。タスマニア産のサーモンが、世界的に最高級と言われる理由は、使いやすく、味にくどさがないのに、澄んだ甘みある濃い旨みを持っているからです。

Miyako, located in Southbank, has recently welcomed Kaz Nomura, a renowned French Japanese chef. Since last year, as head chef, he has elevated Miyako's offerings to an even higher standard. An example of this can be seen with this featured dish, Salmon Papillote. The freshest, highest quality Sashimi-grade Tasmanian salmon is grilled and roasted with lime, Sake and butter. It has an amazing aroma, and is an exquisite experience. In standard Japanese cuisine, it is common to cook salmon "well done". However, Chef Nomura prepares it medium rare. With his expertise, the salmon becomes crispy on the outside and full of juice and flavour on the inside.

Chef Nomura explains that Tasmanian salmon is actually much higher in quality in comparison to other salmon available. One of the reasons for this is that the flesh remains quite firm whether it is served raw or cooked. Then there is the beautiful deep orange colour. Greatly attributable to this quality is perhaps the process in which the salmon is farmed. Tasmanian salmon farms selectively breed their fish as well as ensuring low density in fish populations (overcrowding damages fish). The Tasmanian waters in which these fish are grown are also clean and cold, ideal conditions.



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