

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.

今月のSAKANA ギンマトウダイ KING DORY



King Dory(ギンマトウダイ)は、大体のものが体長40~55cm、重さ1.5~4kg。オーストラリア、ニュージーランド近海の海底500~600mに生息し、Blue Grenadier(ホキ)と共に底網漁で漁獲されています。

日本食以外では、体の側面の真ん中に的のような斑点のあるJohn Dory(マトウダイ)を使うことが多いですが、日本食では、甘みがあり、身がしっかりとしているKing Doryが使われることが多いです。

その体形は独特です。左右に平たく、楕円形。口は斜め上向きに付いていて、餌をとる時に前方に突き出します。別名Lookdown Doryと言うだけあって、下を見ているかの

King Doryの握り マレー川産岩塩とレモン添え King Dory Sushi with Murray river salt and lemon

Kuni's Restaurant 56 Little Bourke St. Melbourne T: 03 9663 7243

老舗日本食レストラン。素材の味を追求した究極の寿司。ビクトリア州マレー川の味にとげのない天然ピンク岩塩とレモンでいただく。職人の技を極めた、シンプルで洗練された美しいKing Doryを堪能できる贅沢な一品。

Kuni's, one of the oldest Japanese Restaurants in town. Using only the finest, freshest seafood, with a time honoured traditional approach...can almost be regarded as an institution. Highly skilled sushi chefs use natural pink salt from the Murray and fresh lemon to allow one to fully appreciate the flavours of this fish whilst enhancing them at the same time. One must have this experience of the delicious flavours of King Dory spreading through one's mouth.



ような大きく透き通った目をしてしています。鮮度の見極めに関しても大事なポイントになります。

甘みがあり、味がしっかりとしているので刺身、煮物、焼き物などに使える万能魚です。3枚にさばくのが難しく、また刺身の冊取りにも注意が必要です。新鮮で良いものは、正面から見たとき肩が張っているもの、触って固いものは身も厚く、脂がのっている証拠です。春先の産卵前のものは脂がのっており、また産卵期の魚卵もおいしく食べられます。

The average size of King Dory measures 40-55cm and weighs 1.5-4kg. They can mainly be found in deep water 500-600m around Australia or the New Zealand coast and are usually caught by trawler along with Blue Grenadier.

In Australia, John Dory, which looks similar but is characterised by a large spot on the side of the body, is far more prevalent in restaurants. However it is King Dory that is prized in Japanese cuisine due to its rich full-bodied taste.

As you can see, the King Dory's body is flat and disc-shaped. The fish have a large elastic mouth which sticks out in order to feed. The fish is also known as "Lookdown Dory". The large round clear eyes are quite prominent and the clarity of them is one of the key factors in selecting for freshness.

King Dory has a rich, luxurious, beautiful taste. It's also quite versatile in that it can be used for Sashimi/Sushi, grilled, stewed etc. However due to its unique body shape, it may be harder to fillet and prepare for Sashimi than more conventionally shaped fish.

One of the main indicators of quality is that the fish is fat. This can be best observed by looking at the fish from the front. Another is that the flesh is quite firm. Firm meat usually denotes that the flesh is rich in oily flavours. The quality of King Dory usually peaks before spawning (usually just before the beginning of Spring). The eggs of this fish make quite a nice delicacy too.



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