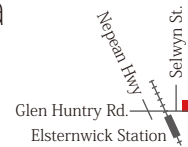


海の恵み

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.



■ 鯖のカツ ミディアムレア ゴルゴンゾーラソース Crumbled Tuna Cutlet with Gorgonzola Sauce

■ Bistro Goemon ビストロ五右衛門 281 Glenhuntrly Rd. Elsternwick

店の名に“ビストロ”が付く通り、和食をベースに手軽に食べられるうまいものを創作し続ける店“ビストロ五右衛門”。昨年12月にElsternwickにオープンし、他店にはない作り上げられた料理は見た目も味も十分楽しめる料理ばかりです。

今回の料理は、贅沢にも刺身用の鯖を使用。鯖の切り身を海苔で巻き、パン粉で軽く揚げることで風味とさくさく感を味わえます。ゴルゴンゾーラチーズをベースにしたソースはマイルドに仕上げられていて、淡白な鯖をさっぱりといただくことができます。お酒が進んでしまいそうな一品です。

この料理の特徴は、刺身よりも厚く切られた鯖の中程がレアなこと。これには魚の品質が重要で、なかでも“スジ”の入り方がポイントになります。シェフの切る際の技量と、長年の経験に基づいた鯖選びをする当社の両方の力量が試されています。

Bistro Goemon in Elsternwick has opened in December last year to much acclaim. Their menu boasts a new style of Japanese based cuisine with many original ideas. One could consider this neo-fusion Japanese. Indeed, Goemon has become quite popular for its exceptional offerings which are visually delightful, and even more delicious.

On this occasion, we would like to introduce their scrumptious Crumbled Tuna Cutlet. Goemon only uses the highest grade Sashimi tuna which is portioned generously, then coated in Japanese seaweed and bread crumb. It is then lightly deep fried then garnished beautifully. The sauce is the simple but complex cream sauce based on Gorgonzola cheese. The crunchy exterior of the cutlet with the tender tuna inside, pair perfectly with the Gorgonzola sauce.

As well as the prodigious influence of the owner/chef Mr. Sato's skill and formidable creative prowess, there is a great emphasis here on the quality of the tuna as it is cooked quite rare. Bad colour, lack of freshness, too much tendon, there are many things to be avoided. Fortunately Oceania Seafoods only supplies the highest grade of Sashimi tuna in Melbourne (if we do say so ourselves).



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