

Summer

Bluefin Tuna



As this fish is landed in Sakaminato in the summer, it is low in fat. However, its juicy taste and original smell can be enjoyed as its freshness is maintained during shipping. Purse seine fishing method is used to catch bluefin tuna – a sustainable method surpassing other methods in the tuna industry.

Ridged-eye Flounder



This fish is small but its meat is dense, white and delicious. There are actually two types of this species – honmeta and bakemeta. Honmeta is the superior type as it is sweet and delicious when eaten as sashimi and the catches are low in quantity.

Common Dolphinfish



Freshness is everything for this fish. In Sakaminato, this fish is kept fresh when landed and relished raw (sashimi style). It has a firm texture and a light taste. You can also enjoy eating it simmered in soy sauce or deep fried.

Flying Fish



There are two types of this species: kaku ago (cheilopogon heterurus) and maru ago (cypselurus hiraii or Japanese flying fish). Kaku ago is used for sashimi and maru ago is caught for processing fish cake. They are low in fat and healthy!

Silver ponyfish



This fish is commonly simmered in soy sauce. It has many small bones, but the meat has a distinct umami and sweet flavors. Large fish can be best served as sashimi.

Swordtip Squid



This squid is referred to as "shiroika" (white squid) for its white flesh, though its skin is purple-red.

Meat is dense and soft and chewy in texture. Its known for its sweet, tantalizing and rich umami taste. Eaten best as sashimi! Enjoy also eating it deep fried in tempura batter or simmered in soy sauce.

Japanese Horse Mackerel



This fish is caught using the purse seine fishing method in Sakaminato from early to end of summer when it has a reasonable amount of good fat content.

Its meat is transparently pink in color and with a refreshing smell and a rich flavor. It is well suited to many dishes such as sashimi, tataki (pounded), and salt-grilled. It is also dried, cut into fillet pieces for sushi and used in many processed food products.

Horned Turban



The season for this shell is early (before spawning) to mid-summer. The meat is firm and crunchy and has a strong scent of the sea.

Commonly grilled or eaten raw.

Flower Crab



The meat is firm in texture and pure white in color. Female crabs are favored for their succulent and rich flavored ovaries.

They are just as delicious as large crabs!



Iwagaki Rock Oysters

Iwagaki oysters are larger than the Pacific oyster. Shells are normally 10–15cm. It takes up to 4–5 years to harvest these oysters. Some can be 20cm long and weigh up to 1kg. Iwagaki oysters with shells of 13cm in length or more are branded "Natsuki". The meat is springy and creamy. Squeeze some lemon and enjoy eating it raw.