

M i y a z a k i

Autumn
fish

Chub mackerel, Pacific mackerel, Blue mackerel



Chub mackerel, Pacific mackerel, Blue mackerel [*Scomber japonicus*]

Like sardines, there are two types of mackerel that form large schools. These are the blue mackerel and chub mackerel, both of which are caught in Miyazaki in purse seines and fixed nets. The word for mackerel in Japanese is saba, which means small tooth. The fact that mackerel can be found all along the coast of Japan suggests that they were already a source of food during the Jomon period (approx. 14,000 –300 BCE), but the inland areas are famous for their salted mackerel and pickled mackerel, indicating that they have been eaten not only in coastal areas but also in mountainous areas since ancient times.

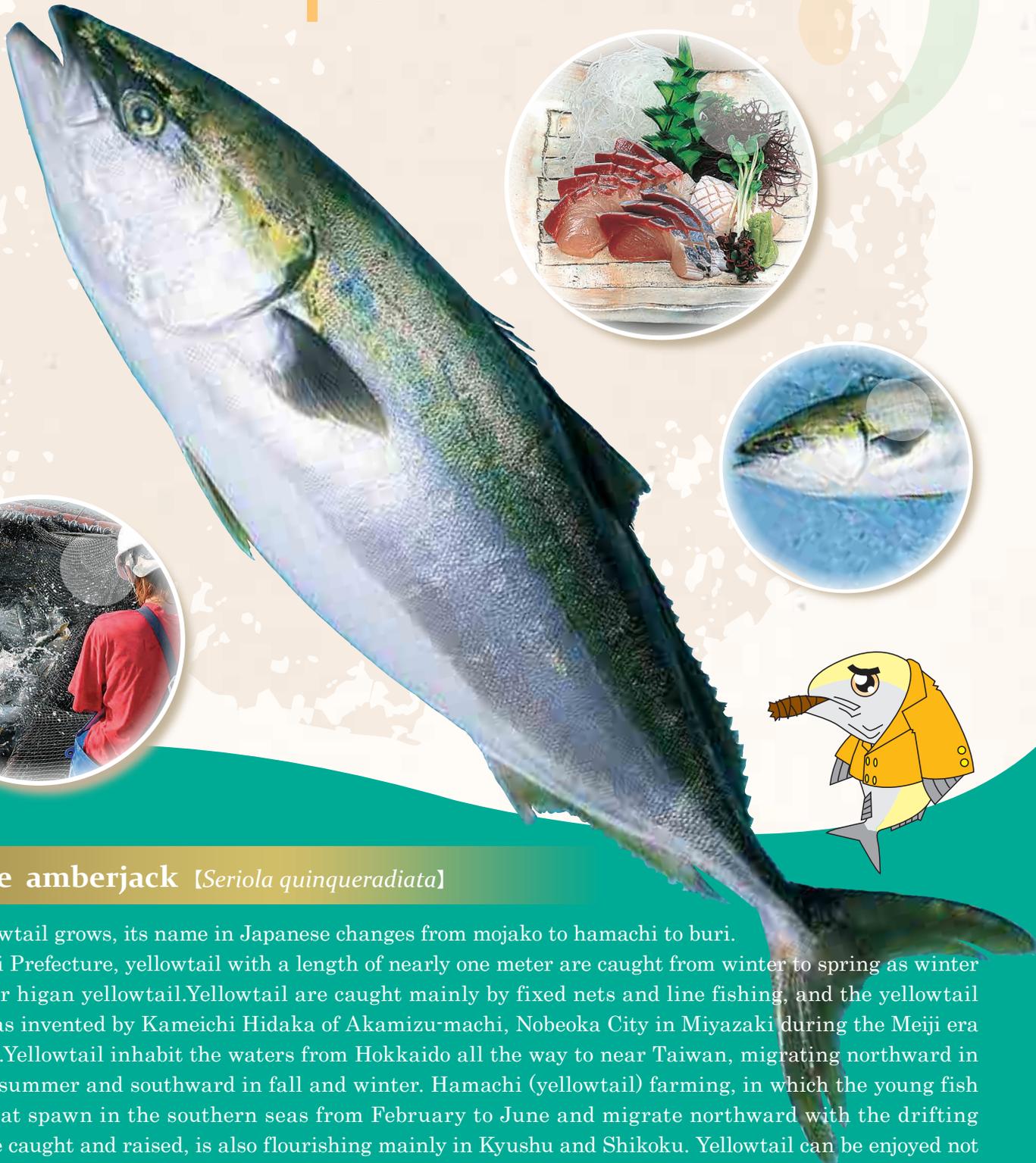
The season for chub mackerel is autumn, and autumn chub mackerel is considered a delicacy. It can be prepared in a variety of ways, including sashimi and sushi styles such as kelp pickled sushi or it can be boiled, grilled or cooked using other cooking techniques.

The chub mackerel raised in Kitaura Town is known as Himuka Hon Saba, and the fatty fish is shipped live.

M i y a z a k i

J a p a n e s e a m b e r j a c k

Winter
fish



Japanese amberjack [*Seriola quinqueradiata*]

As the yellowtail grows, its name in Japanese changes from mojako to hamachi to buri. In Miyazaki Prefecture, yellowtail with a length of nearly one meter are caught from winter to spring as winter yellowtail or higan yellowtail. Yellowtail are caught mainly by fixed nets and line fishing, and the yellowtail fixed net was invented by Kameichi Hidaka of Akamizu-machi, Nobeoka City in Miyazaki during the Meiji era (1868-1912). Yellowtail inhabit the waters from Hokkaido all the way to near Taiwan, migrating northward in spring and summer and southward in fall and winter. Hamachi (yellowtail) farming, in which the young fish (mojako) that spawn in the southern seas from February to June and migrate northward with the drifting seaweed are caught and raised, is also flourishing mainly in Kyushu and Shikoku. Yellowtail can be enjoyed not only as sashimi, but also in a variety of other dishes such as grilled, teriyaki, and pickled yellowtail with radish. In particular, winter yellowtail, which is caught in the middle of winter and is rich in fat, is a popular seasonal fish. The yellowtail caught in Miyazaki is blessing of the Kuroshio Current. This is reason behind the great taste of Miyazaki's yellowtail.

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