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Usage of this pamphlet

The information on the various specialty products provided in this pamphlet has been compiled based on information obtained from the producers, distributors, and other related organizations of those products. The production method of the ingredients may differ depending on the producer or distributor. For inquiries regarding any ingredient listed here, please contact the Food Industry Promotion Division of the Miyagi Prefectural Government.



Cover page dish

Scallops with lemongrass sauce
Sautéed magari-negi (curved green onion)

Miyagi is known for an abundance of food ingredients not only of the mountains but also of the sea. This dish combines scallops, which are popular among both adults and children, with magari-negi, which symbolize the bounty of the land. The Mediterranean-style bouillabaisse sauce with lemongrass and saffron is used to present ingredients from Miyagi in an international style, with the addition of ginger for a light Japanese touch. The sautéed magari-negi have been topped for fragrance with edible chrysanthemum greens, which are grown aplenty in Miyagi. The dishes are presented against the deep black Ogatsu stone plate to bring out their colors. Ogatsu stone is often used to produce Ogatsu inkstone, a well-known traditional craft of Miyagi.

Recipe producer
Fumiko Kono



*Preserving tradition.
Creating new varieties and brands.
Food Kingdom Miyagi.*

Miyagi has “magnificent foods” to offer

“Food Kingdom Miyagi” is surrounded by nature’s bounty and is blessed by diverse food ingredients of the land, sea, and mountains. There is nothing more rewarding than for the ingredients diligently and proudly produced by the prefecture’s various districts to be enjoyed widely. There are many little-known but delectable “magnificent foods” in Miyagi. Food ingredients are then, with expertise, transformed into different cuisines depending on the season, becoming dishes that touches people’s hearts. In this pamphlet, are introductions to some of the magnificent foods of Miyagi.



Bringing you the unique flavors of Food Kingdom Miyagi



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Entering an era of choosing rice brands according to the occasion. That's why Miyagi Rice!

Miyagi is known as one of the nation's rice production centers, having given Japan nationally popular brands such as Sasanishiki and Hitomebore. Miyagi's rice-growing tradition has continued unbroken since the Edo period, and continues its devotion to research, in order to produce delicious, high-quality rice varieties best suited to today's climate and soil conditions.



Try the delicious and invigorating chewy sensation, a first for Miyagi Rice!

Date Masayume

A new, much anticipated variety of rice, which made its official debut in 2018 in Miyagi, a prefecture renowned as a rice production center since the Edo period. Over the 12 years during the development of this variety's, its cultivators were pursuing an unrivaled chewy texture. The rice is cultivated by registered farms that meet production requirements, and only rice that meets the quality standards established by the prefecture and the Japan Agricultural Group (JA Group) can be sold as Date Masayume and shipped

with the "Date Masayume" logo mark. The delicious rice flavor of Date Masayume conquers hearts, with the sweetness of this wonderfully chewy rice becoming more distinct as you continue to chew. It remains soft even as it cools, and is a brand of rice that highlights the deliciousness of the rice itself in any dish it is used in. For an even greater texture, cook with a slightly reduced quantity of water.



A premium brand of rice that strives to meet strict, independently established accreditation criteria that puts it one rank above the rest

Premium Hitomebore Miyagi Select Rice

Hitomebore is a brand that represents Miyagi as a rice production center in Japan. In addition to its great taste, it is well-loved all over Japan because it is consistently delicious when cooked. The "Premium Hitomebore Miyagi Select Rice" is a truly premium brand of Hitomebore developed to match the highest quality standards within this variety of rice. It is specially cultivated with reduced amounts of pesticides and fertilizers, and only the most delicious, highest

quality of rice, with a reduced ratio of the proteins found in brown rice, is selected based on strict criteria. The premium variety is grown in only a very few locations even within the prefecture, as the rice is easily affected by the weather and soil quality. As a rice-growing region, this rice is a true delicacy we confidently recommend.



The brand that took all of Japan by storm with its elegant flavor suited to Japanese cuisine, elevating dishes to new levels.

Sasanishiki

Some say that only Sasanishiki will do for shari, the bed of rice that forms the base of sushi. Indeed, Sasanishiki, alongside Koshihikari, has been widely beloved as one of the top varieties of rice in Japan for over 50 years now. It is especially suited for traditional Japanese cuisine, with its elegant flavor and delicate texture acting as the perfect complement to highlight the flavors of the dishes it is paired with. The severe cold wave of 1993 caused a great deal of damage to

the Sasanishiki crop, leading most farmers in the prefecture to switch to cultivating Hitomebore, which is more resistant to cold. This resulted in a drastic reduction of Sasanishiki crop acreage. However, Sasanishiki's excellent quality, which takes time and care to cultivate, is widely acknowledged by food connoisseurs all over Japan, and still enjoys a deep-rooted popularity.



Gleaming golden-colored brown rice brand of Miyagi, cultivated with great care

Kin-no-ibuki

Kin-no-Ibuki (translated as "breathing new life of gold") - is a brand of brown rice created in Miyagi, each grain softly gleaming its golden color. This revolutionary new variety of brown rice overturns the image of brown rice as taking too long to cook or having a very hard texture, as Kin-no-Ibuki has a soft, chewy texture while retaining the bouncy texture typical to brown rice.

Ikuro Sasaki, who runs a farm in Kami Town, says that he never ate brown rice before tasting Kin-no-Ibuki. "Brown rice has a unique fragrance to it, and the grains are so hard that you have to soak the rice overnight before cooking it. So when I first tried Kin-no-Ibuki brown rice, I was taken aback by how delicious and easy it was to cook."

The rice germ, which is a powerhouse of nutrition, is three times as large in Kin-no-Ibuki rice as it is in regular brown rice, and to that extent, contains more fiber, vitamin E, GABA and other nutrients. "Many people eat it for its health and beauty benefits. Most repeat customers are women, thanks to our collaboration sales with a major cosmetic brand." Having said that, health is a priority for both men and women. The demand has been increasing every year due to the rise in health consciousness. "This rice variety has a weak root spread. This makes it necessary to pay particular attention to water management in its cultivation. Also, the seedlings have a tendency to grow quite tall, so we take care to ensure that the stalks do not become excessively long and unstable." Cultivation involves periodic checking and adjusting of the amount of fertilizer. Mr. Sasaki continues his process of trial and error in cultivation out of a deep desire to grow delicious rice for his customers.



Hiranagi Country Agricultural Products Limited Company
Executive Director
Ikuro Sasaki



Ingredient Fact

Unlike other varieties of brown rice, Kin-no-Ibuki is popular because it can be cooked in exactly the same way and as easily as white rice. The popping texture of the cooked rice grains is addicting. This rice is delicious even when cold, making it suitable for a more diverse range of recipes.

Recommended menu

Kin-no-Ibuki rice served with simmered octopus combined with unique seasoning

This menu was created to bring out the unique texture of brown rice. The bouncy texture of the rice germ is one of the attractions of Kin-no-Ibuki rice. In order to bring out these unique qualities, the octopus used in this recipe is finely chopped. The dish is seasoned with cloves and cinnamon to add spice and elevates the fragrance of brown rice.



The miraculous single fruit that brings smiles all around NIKONIKO BERRY—A new strawberry variety

NIKONIKO BERRY (literally “Happy Smile Berry”) is a new variety of strawberry from Miyagi, named by its producers out of a desire to bring smiles to those who eat it, those who sell it, as well as those who grow it. Its well-balanced flavor is sure to put a smile on your face!

NIKONIKO BERRY

[Production area: Watari, Yamamoto]
Shipping season : November to June

NIKONIKO BERRY was developed as a hybrid between Miyagi’s original strawberry variety MOIKKO, and the classic strawberry variety TOCHIOTOME. It was born miraculously from a mind-boggling number of seeds, following repeated cross-pollination and seeding. It has a beautifully regular conical shape typical of a strawberry and is a brilliant red in color, even on the inside. Its great balance between sweet and tart flavors makes this a fruit that is well suited for processing too. NIKONIKO BERRY maintains its shape quite well, and remains firm even when ripe. It is the sweetest during January and February, as the sugars get concentrated in the cold weather. You cannot help smiling the minute you bite into it.

The moment the desire to revitalize a strawberry-producing region bore fruit

NIKONIKO BERRY began to be developed in 2005 at the Miyagi Prefecture Agriculture and Horticulture Research Center. The turning point was the Great East Japan Earthquake and tsunami of March 2011. “Watari and Yamamoto, two of the prefecture’s leading regions for strawberry production, were devastated by the tsunami. This gave impetus to our efforts to develop a new variety in order to return vitality to these regions,” stated Ms. Shiori Takayama, one of the researchers who has long been involved with the development of this strawberry. The institute continued its efforts to improve the variety while consulting with the local farmers. “The fruit was named NIKONIKO BERRY out of a desire to see bright smiles on the faces not just of those who eat it, but also of the farmers who grow it. It would make us very happy if this fruit put smiles on the faces of more people.”

“Strawberry Kingdom Miyagi” has numerous strawberry varieties

The towns of Watari and Yamamoto, which enjoy relatively mild weather within Miyagi, are the leading production centers of strawberries in the Tohoku region. Despite suffering heavy damage from the Great East Japan Earthquake, the towns established large-scale greenhouses called “Strawberry Cultivation Units.” A highly efficient elevated planting bench systems was introduced, and the latest information technology was combined with years of accumulated strawberry cultivation expertise. These complexes produce numerous strawberry brands including the Miyagi original MOIKKO.

The summer-fall strawberry varieties, which are produced during the cool summers in this area, are drawing attention especially from patisseries and confectioners for being available even in the typical summer off-season.



MOIKKO

[Production area: Watari, Yamamoto, etc.]
Shipping season: November to June

MOIKKO, one of the parent berries of NIKONIKO BERRY, is one of the original strawberry varieties developed in Miyagi Prefecture, registered in 2008. The fruits are quite large and satisfying to eat, and they are loved for their refreshingly crisp sweetness. They were named MOIKKO (literally means “One More”) because they are so delicious you cannot help reaching out for one more.

Sendai Beef – a top beef brand raised among nature and pure water

Compared with cattle farms in Hokkaido or Kyushu, those in Tohoku are small in scale. Because of this, farmers are able to dedicate more time to each animal and raise them with care. Sendai Beef, with its great marbling and its fine texture, meets the strict standards of the highest grade given to meat, impressing chefs around the country.

Sendai Beef

[All of Miyagi Prefecture]

Sendai Beef is defined as beef from a variety of Japanese black cattle raised by registered cattle farmers in Miyagi prefecture. Only meat that has been graded as A5 or B5 by the Japan Meat Grading Association can be called “Sendai Beef.”

Sendai Beef is known for its great balance between lean meat and marbling, the fine texture and tenderness of the meat, its delicate flavor, and extreme juiciness. Clean local water and an abundance of quality rice straw used as feed are key to fattening up cattle. Miyagi, being a leading rice growing region in Japan and known for the production of famous rice brands including Sasanishiki and Hitomebore, enjoys relatively dry weather in the fall, which makes for high-quality rice straw. Cattle raised on this straw for a relatively long period of around two and a half years produce a very high grade of meat.

Tenderness and delicate flavor of the highest quality Appreciating both Sendai Beef and Sendai Black Wagyu Beef

Sendai Black Wagyu Beef

[All of Miyagi Prefecture]

Sendai Black Wagyu Beef is next only to Sendai Beef in terms of brand popularity. Sendai Black Wagyu Beef is beef ranging from Grade C5 to B3 by the Japan Meat Grading Association, and is known for its great balance between red meat and fat. It is comparable to Sendai Beef in taste, and is highly appreciated around the country for its tenderness and delicate flavor.



		MEAT GRADE											
		5		4		3		2		1			
Production yield grade	Marbling	12	11	10	9	8	7	6	5	4	3	2	1
	A	A5 Sendai Beef		A4 Sendai Black Wagyu Beef		A3 Sendai Black Wagyu Beef		A2		A1			
	B	B5 Sendai Beef		B4 Sendai Black Wagyu Beef		B3 Sendai Black Wagyu Beef		B2		B1			
	C	C5 Sendai Black Wagyu Beef		C4		C3		C2		C1			

Delivering abundant seafood from off the coast of Sanriku, one of the big three fishing grounds of the world

Miyagi Prefecture, with globally-ranking fishing grounds off its shores, has 142 fishing ports. Of these, Kesenuma, Ishinomaki, and Shiogama are three ports selected as “designated class 3 fishing ports” as these ports especially play an important role in promoting the fishing industry. Nine harbors including the three mentioned above have fish markets with richly local characteristics, where a diverse range of marine life found in the seas off the coast of Sanriku are unloaded.



Nine vibrant fish markets of Miyagi

SHICHIGAHAMA FISH MARKET

This fish market, with its slogan “The best taste in Japan from the smallest fishing town in Tohoku,” boasts fresh live fish caught using gill nets. The water temperature is controlled using water coolers installed in fishing boats, and comprehensive freshness is kept by transferring the fish into these cooling tanks as soon as they are unloaded. This market offers many varieties of fish, with the sea raven, popular as an autumn flavor, being particularly abundant.

YURIAGE FISH MARKET

This fish market is known for its selection of fine, delicious red clams. In the wake of the Great East Japan Earthquake, the area surrounding the market went under development, which led to vitalizing changes including the establishment of marine product processing companies, and an increase in young fishermen in the industry. The introduction of automatic sorting machines has made it easier to standardize sizes and other sorting criteria, facilitating the shipment of the branded “Yuriage Red Clams.”

WATARI ARAHAMA FISH MARKET

The Watari Arahama Fish Market has been shipping live fish since around 1965, and the fishermen who unload here try to keep the fish woundless when catching them. The market also strives to maintain their freshness by enhancing both fishing boat and storage facilities. Thanks to this market’s focus on quality over quantity, its marine products are often purchased by designation by chefs from sushi and Japanese restaurants in the Tokyo metropolitan region. The market additionally puts effort into resource management in order to prevent overfishing and depletion of resources.

*Refined fat and fresh meat
The silver glint of Kinkasan*

ISHINOMAKI FISH MARKET Chub mackerel (Kinka saba)

[Location: Ishinomaki, Onagawa, Kesenuma]
Shipping season: May-December



The open sea off the coast of Sanriku is considered one of the best fishing grounds in the world. Within these fishing grounds, in the seas surrounding Kinkasan, great numbers of deliciously fatty large chub mackerel are caught every year around October. As much as 300 tons of fish can be caught in one day, with some of the larger fish weighing over a kilo. At the Ishinomaki Fish Market, fresh, large chub mackerel with high fat levels that have been caught around Kinkasan using fixed nets, single-hook fishing, or round haul nets, are called “Kinka saba.”

OSHIKA FISH MARKET

The biggest advantage of this fish market, which is the closest fish market to Kinkasan, is its proximity to the fishing grounds, which are a mere 30 minutes away. This enables fishermen to unload fish more or less in the same state they were caught. The market has facilities that allow it to ship live greenlings, flounders, and octopuses, caught using gill nets or baskets, which enables them to be delivered to the Tokyo metropolitan and Kansai regions in the freshest state possible.

ISHINOMAKI FISH MARKET

This is Japan’s longest fish market at 880 m, and handles as many as 200 different varieties of seafood. With consideration towards exporting to overseas markets, Ishinomaki Fish Market has also introduced a diverse range of state-of-the-art equipment, including seawater disinfection and purification instruments for higher levels of hygiene management in order to meet the international standards of food safety management (Hazard Analysis and Critical Control Points, HACCP).

SHIOGAMA FISH MARKET

This market boasts the largest unloading of fresh tuna in Japan. Fishing fleets that catch tuna going north with the Kuroshio current gather at this market from all over the country. In the summer, fresh tuna, and during early autumn to winter, the “Sanriku Shiogama Higashimono” brand of bigeye tuna are unloaded here, where some of the most discerning bidders bid to buy the fish at the auctions.

*Japan’s No.1 in fish catches
for consecutive years
A local flavor hailed by Kesenuma*

KESENUMA FISH MARKET Swordfish

[Location: Kesenuma]
Shipping season: Entire year



The swordfish is a carnivorous fish that uses its sword (called “fun” in Japanese) as a weapon to hunt smaller fish. They can be very large creatures, with some weighing more than 400 kg. Kesenuma receives Japan’s largest catch of swordfish; these fish are caught all year round, but the winter swordfish, caught between October and March tend to be quite fatty, making them delicious and rich in flavor, similar to fatty tuna.

KESENUMA FISH MARKET

This fish market boasts the largest hauls in Japan for fresh swordfish, fresh skipjack tuna, and blue shark. It also has the largest haul in Honshu (main island of Japan) for Pacific saury. Being a good natural harbor and having a concentration of numerous fishery-related facilities, allows the market to attract fishing boats from all over the country. The introduction of e-bidding has expedited transactions, helping save labor and maintain the freshness of marine products.

SHIZUGAWA FISH MARKET

Many of the smaller fishing boats along the coast north of Kinkasan and in the Shizugawa Bay unload their haul in this market, colloquially known as the “town’s kitchen” for its vibrancy despite its small size. Many seasonal fish are unloaded in this market including Pacific cod, Isada krill, giant Pacific octopus, and chum salmon. Boats using fixed-net fishing return at a different time than boats using gill-net fishing, allowing bidding to take place twice a day, once in the morning and once in the afternoon, in order to preserve the freshness of the fish.

ONAGAWA FISH MARKET

The Pacific saury and farmed silver salmon are the main types of fish unloaded at this market. In the case of the Pacific saury, only fish of the highest quality is taken in by buyers, who check for freshness, fattiness, and even the area where the fish were caught. Newly introduced sorting equipment for silver salmon have sped up the fish sorting process (by weight), and in addition to saving labor, these machines also contribute to maintaining freshness.

*Freshness and fattiness
guaranteed by the professionals
Delivering the finest across Japan*

ONAGAWA FISH MARKET Pacific saury

[Location: Onagawa, Kesenuma]
Shipping season: September-November



The Pacific saury, which live on the nutrient-rich plankton in the sea around the Kuril Islands during the summer, swim south to the Sanriku Coast to spawn in the fall. Fishing fleets from all over Japan that catch saury here gather in Onagawa, making this fish market unload the largest amount of Pacific saury in Honshu (main island of Japan), with the Pacific saury comprising a quarter of the volume of all the fish unloaded here. The fish buyers based in this market have a discerning eye for the freshness of fish, quality of fat, and even the region where they were caught, and deliver some of the best quality fish to the rest of the country.



A top brand of salmon from Miyagi to the world

Miyagi Salmon (silver salmon)

[Location:Shinomaki,Onagawa,Minamisanriku]
Shipping season: March-July

Beautiful scales with their silver glint, fatty pink meat that melts in the mouth, sweetness that spreads as you chew — these are some of the main characteristics of carefully selected Miyagi Salmon. This is a brand that represents Miyagi Prefecture, and is of an especially high-quality compared to other farmed silver salmon.

“Miyagi Salmon is kept fresh for long periods of time using the techniques of ikejime (draining the blood) and shinkeijime (destroying its nervous system to prevent reflex action) as soon as the fish is hauled in,” says Mr. Junichi Ujiyama, showing a glimpse of his confidence in the fish’ s freshness. Mr. Ujiyama runs a business processing and distributing raw materials used in feed for farmed fish in Shinomaki. Through his feed-production business, Mr. Ujiyama contributes to the farming of safe and delicious silver salmon. His fish feed comprises wholly of compound feed (extruded pellet or EP feed), which includes high-quality fish powder, soybeans, and minerals. This makes the salmon safer to eat raw as it reduces concerns of parasites, such as those found in wild salmon.

Unlike wild salmon or imported salmon, domestically farmed salmon offer an additional benefit in that the producers are accountable because consumers know who they are. Juvenile salmon, nurtured for a year or so in mountainous regions, are transferred to fish preserves in the ocean around November, and are hauled in March of the following year. Mr. Ujiyama emphasizes that “the producers take responsibility in supervising all of the steps.”

The recommended form of eating Miyagi Salmon is sashimi or sushi, and. the high quality of this brand of fish, fostered from years of experience in fish farming, is widely acknowledged. It is one of the first agriculture, forestry and fishery products from Miyagi Prefecture to receive Japan Geographical Indication (GI) certification.



Taikyo Bussan Co., Ltd.
President
Junichi Ujiyama



Ingredient Fact

During March-July, the peak season for harvesting silver salmon, consumers have the golden opportunity of eating it fresh (non-frozen). During this season, the fish have higher fat levels and fresher meat. This makes them highly suitable not just for enjoying as sashimi, but also in cooked dishes such as grilled fish and in hot pots.

Recommended menu

Fresh, sweet and fatty Miyagi Salmon and salmon roe served over rice

This is a dish that lets you enjoy a satisfyingly large portion of Miyagi Salmon sashimi. It includes rice topped with locally produced mekabu wakame seaweed seasoned a Korean-style, Miyagi Salmon, and salmon roe. The Miyagi Salmon itself is best eaten with soy sauce, mayonnaise, and spicy yuzu-kosho (citron and peppers).



Extremely fresh Higashimono tuna nurtured off the bountiful Sanriku Coast



Bigeye Tuna

[Location:Shiogama] Shipping season: September-December

Shiogama boasts the biggest hauls of tuna in the country. Bigeye tuna caught from early autumn through winter are especially known for their freshness. As opposed to bluefin tuna, which has a somewhat acidic and deep flavor, the bigeye tuna is known for its elegant fragrance and sweet, melt-in-the-mouth fattiness. The Sanriku Shiogama Higashimono, which is unloaded at the Shiogama Fish Market, is a highly rated brand of bigeye tuna that must pass certain requirements, including fishing method, quality, and other standards.

Delivered fresh from the southern-most scallop farming region



Scallops

[Location:Shinomaki, Onagawa, Minamisanriku, etc.] Shipping season: Entire year

Miyagi Prefecture is known as the southern-most scallop farming region, and has become the third largest producer of farmed scallops after Hokkaido and Aomori. The prefecture takes advantage of its location to deliver scallops at their freshest to the Tokyo metropolitan region and other areas. Thanks to the depth and steepness of ria coastal inlets, waves are relatively mild here. Scallops grow rapidly and are plump and fleshy thanks to an abundance of plankton that they feed on. The prefecture also processes scallops using CAS freezing technology.

Skipjack tuna can be light or deep-flavored depending on the time of the year



Skipjack tuna

[Location:Kesennuma, Ishinomaki, Onagawa] Shipping season: June-October

Fresh Miyagi skipjack tuna is one of the top ten fish varieties from Miyagi. There are two types of skipjack tuna, the “early skipjack tuna,” which is caught throughout the summer as it swims north with the Kuroshio current and has a light flavor, and the “returning skipjack tuna,” which is caught during the fall as it returns south with the Oyashio current, making this a fish that can be enjoyed twice a year. The returning skipjack tuna are especially popular due to their fattiness and depth of flavor, which earns them the name “fatty skipjack tuna.” The Kesennuma fishing port has retained the title of Japan’s largest fishing port in terms of fresh skipjack tuna haul volume for the past 20 years in a row.

Wakame massaged by the rough seas off the Sanriku Coast grow sensationally chewy and flavorful



Wakame seaweed

[Location:Minamisanriku coast, Mastushima bay] Shipping season: December-April

The ria coastal inlets of Sanriku are highly productive thanks to the admixture of ocean nutrients from both the Oyashio and Kuroshio currents as well as mountain nutrients brought down by the rivers that flow into the ocean. The waters of this area are counted among the big three fishing grounds of the world, and are blessed by various great conditions essential for the growth of high-quality wakame seaweed. The Sanriku wakame grown here is fleshy with a great chewy texture. This region is also a major producer of mekabu, which are thicker wakame leaves from near the stalk. We put a lot of effort into producing high-quality wakame by taking the time and care to transplant wakame to locations most appropriate for farming and removing the excess seaweeds.



**Plump sweet oysters,
with flavors that get richer in the cold**

Pacific Oysters

[Location:Minamisanriku Coast, Matsushima Bay, etc.]
Shipping season:October-May

“When it comes to creaminess, Miyagi oysters rank above the rest. They’re like the “condensed milk of the sea” rather than just the “milk of the sea,,” says a cheerful Mr.Masanori Hatakeyama, who has been raising oysters for over 40 years in the Karakuwa peninsula located at the eastern-most edge of Kesenuma.His oysters, the size of a palm,are so large and plump that they literally burst through their shells.

The Karakuwa peninsula is a region surrounded by an inland sea with gentle waves and outer waters, connected to the Pacific Ocean where cold and warm currents meet. Oysters are grown in both the inland sea and outer waters, taking advantage of the characteristics of both.Those raised in the outer waters get massaged by the rough waves, and are shipped all over Japan as “momare-gaki” (massaged oysters). The secret to their deliciousness is the time it takes to raise them. “The oysters of Karakuwa including the momare-gaki are different from the 2-year old oysters, as they are raised for three to four years. This is what makes them bigger and gives them their characteristic depth of flavor.”

In Karakuwa, once a year,oysters are dipped in hot water that is around 70 degrees Celsius in what is called “heat treatment” during the cultivation process. “A year into their life, the farm-raised oysters get so covered with seaweeds and shells from other sea creatures that it becomes hard to see them. Letting them be in this state prevents nutrients from reaching the oysters and also spoils their shape, so we dip them in warm water and remove all the stuff that covers them.” According to Mr.Hatakeyama, the heat treatment also halts the growth of the shells of the oysters and helps the oyster within grow bigger and store nutrients. The reason these oysters grow so big is because oyster farmers like Mr.Hatakeyama do not spare the time and effort it takes to help them grow. Their attempt to pursue quality over quantity does not go unrecognized in the capital region either.



Karakuwa Oyster Division
Chairperson
Masanori Hatakeyama



Ingredient Fact

Miyagi oysters are at their best, sweet and plump, from winter through spring. These creamy delicacies can be enjoyed up to around April or May, when mineral-rich snowmelt from the mountains flows down into the oceans.

Recommended menu

Highlighting local flavors – Poached oysters served with gelele

A simple dish topped with gelele made from oyster broth and “Date no Umajio” salt (produced locally in Ishinomaki), giving it a local flavor.



**Delicacies from the Miyagi coast
So fresh and tempting sweet**

Sea pineapples

[Location:Ishinomaki,Onagawa,Minamisanriku,Kesenuma]
Shipping season : June-Early August

Sea pineapples are also known as sea squirts.Their firm, resilient flesh is a concentration of sweet, bitter, salty, sour, and umami flavors, which makes them irresistible to many.

Miyagi is Japan’s largest producer of sea pineapples. They are abundantly farmed along the Sanriku Coast, which is close to the nutrient-rich fishing grounds where both the Kuroshio and Oyashiro currents meet. Mr. Hitoshi Endo is one of the people involved in sea pineapple farming along the Yoriiso-hama of Oshika peninsula (Ishinomaki). Sea pineapples,take 3-4 years to grow and are harvested mainly from June to early August. “In recent years, they have also been harvested in their second year in order to adjust production volumes, but 3-year old sea pineapples are the most delicious. At that age, they are the size of your palm, their shells are most beautiful, and their flesh is a vivid orange. They are concentrated with sweetness and can be addicting,”says Mr.Endo.

Following the Great East Japan Earthquake, South Korea, the largest importer of sea pineapples from Miyagi imposed an import ban, which was a big blow to the industry. Mr. Endo recalls those days, “It was hard to have to dispose of all those sea pineapples, which had been carefully raised.” Now, with measures to adjust production volume introduced by the fishery cooperative, and the development of new domestic distribution channels as well as overseas markets, the distribution volume has become stabilized.

There is also a rise in domestic connoisseurs of the unique deliciousness of sea pineapples. “Definitely try them when they’re fresh,” says Mr.Endo. “The best way to try them is right at sea. You will find that they are very different from what you get elsewhere in terms of their delicate sweetness and scent of the ocean without being fishy.”



Maruki Endo Co., Ltd.
President
Hitoshi Endo



Ingredient Fact

Sea pineapples are easily perishable products, but if they are still in their shell, you can preserve their freshness by salting their shell and chilling them in ice water. Eating them raw is the best way to experience the scent of the ocean, but steamed sea pineapples or Spanish-style garlic sea pineapples are also recommended.

Recommended menu

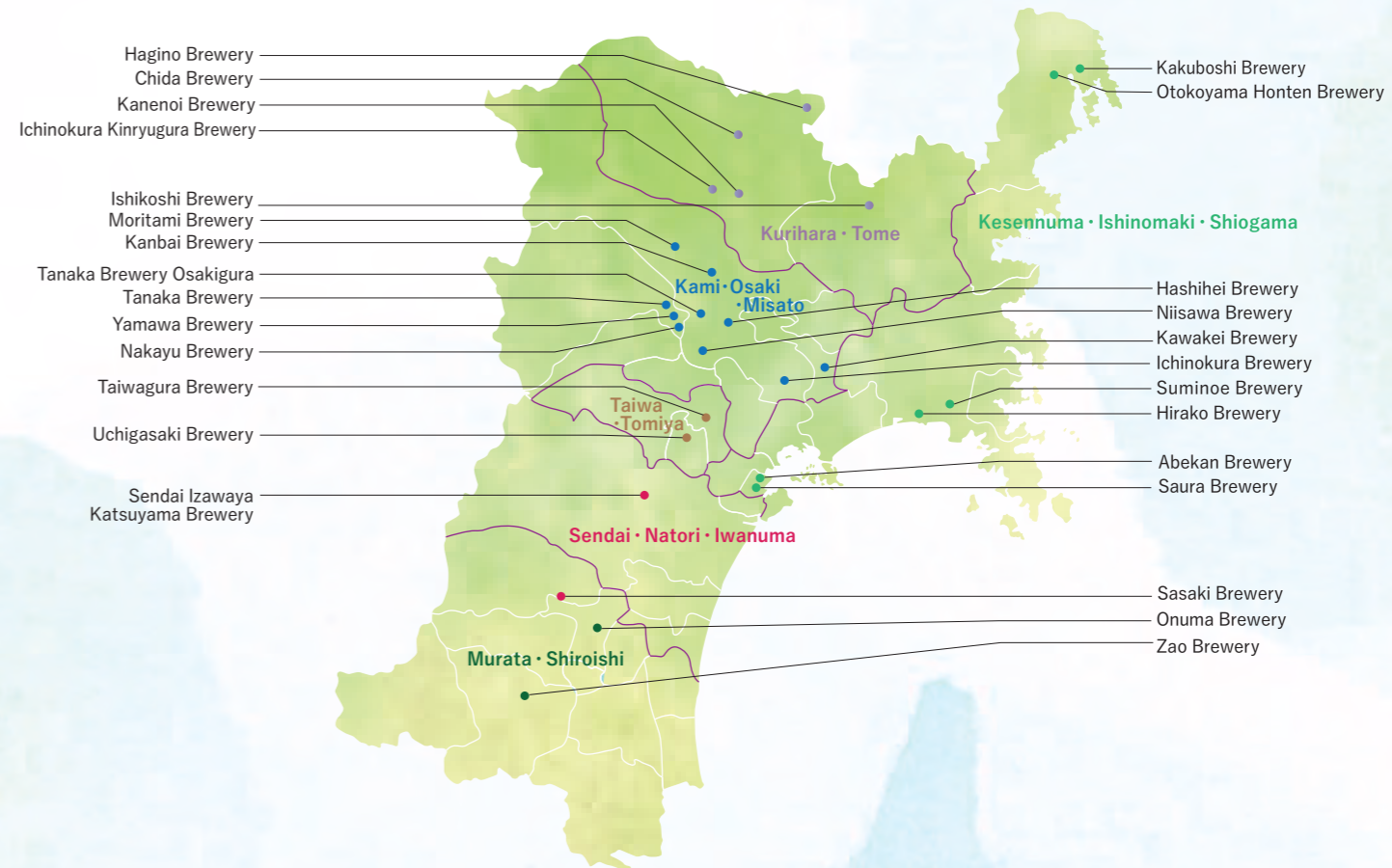
The sweetness of fresh sea pineapples goes perfectly with a Genovese-sauce based pasta

Pairing cooked sea pineapples with olive oil helps to reduce their bitterness and unique scent, so we recommend this recipe for those who are afraid to try them. Add pine nuts and pistachios to Genovese sauce to make it richer.



Breweries boast famous sake brands unique to Miyagi

Miyagi sake is famous for its brilliantly crisp dry flavor that can only be produced thanks to high-quality rice, clean water, and the skills of the Nanbu Toji (master brewers from the guild in the Tohoku region). We would like to recommend these famous brands as accompaniments to seasonal dishes.



 <p>Abekan Brewery Product: Abekan Junmai Dry http://www.abekan.com/</p>	 <p>Ishikoshi Brewery Product: Junmai Daiginjo Sawanoizumi http://sawanoizumi.jp/</p>	 <p>Ichinokura Brewery Product: Ichinokura Special Junmai-shu Dry https://www.ichinokura.co.jp/</p>	 <p>Ichinokura Kinryugura Brewery Product: Kinryu Junmai Ginjo http://kinryugura.net/</p>
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 <p>Uchigasaki Brewery Product: Hoyo Special Junmai-shu Genji https://uchigasaki.com/</p>	 <p>Onuma Brewery Product: Kenkonichi Special Junmai Dry</p>	 <p>Otokoyama Honten Brewery Product: Sotenden Special Junmai-shu http://www.kesennuma.co.jp/</p>	 <p>Kakuboshi Brewery Product: Mizutoriki Special Junmai-shu Yamadanishiki http://kakuboshi.co.jp/</p>
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 <p>Taiwagura Brewery Product: Yukino Matsushima Junmai Daiginjo</p>	 <p>Tanaka Brewery Product: Manatsuru Kimoto Special Junmai http://www.manatsuru.co.jp/</p>	 <p>Tanaka Brewery, Osakigura Product: Arao Junmai-shu</p>	 <p>Chida Brewery Product: Refined Sake Kurikomayama Kura-no-Hana Junmai Ginjo</p>
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 <p>Kanenoi Brewery Product: Special Junmai-shu Wataya (Black) Toyonishiki https://www.kanenoi.co.jp/</p>	 <p>Kawakei Brewery Product: Koganesawa Yamahai Junmai-shu</p>	 <p>Kanbai Brewery Product: Miyakanbai Junmai Ginjo 45% http://www.miyakanbai.com/</p>	 <p>Saura Brewery Product: Junmai Ginjo Urakasumi Zen http://www.urakasumi.co.jp/</p>
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 <p>Nakayu Brewery Product: Tenjo-Mugen Dry Special Junmai-shu http://www.tenjo-mugen.co.jp/</p>	 <p>Niisawa Brewery Product: Hakurakusei Junmai Ginjo</p>	 <p>Hagino Brewery Product: Hagi no Tsuru Junmai Ginjo http://www.hagino-shuzou.co.jp/</p>	 <p>Hashihei Brewery Product: Junmai Hei-no-Jo</p>
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 <p>Zao Brewery Product: Junmai Daiginjo Zao Noboriryu http://www.zaoshuzo.com/</p>	 <p>Sasaki Brewery Product: Junmai-shu Yuri http://housen-naminooto.com/</p>	 <p>Suminoe Brewery Product: Suminoe Junmai Ginjo Kuranohana</p>	 <p>Sendai Izawaya Katsuyama Brewery Product: Junmai Ginjo-shu Ken http://www.katsu-yama.com/</p>
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 <p>Hirako Brewery Product: Hitakami Junmai-shu</p>	 <p>Moritami Brewery Product: Junmai Moriizumi http://moritamishuzouten.com/</p>	 <p>Yamawa Brewery Product: Yamawa Special Junmai</p>
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