

# Let's Cook and Eat the Tastes of the Season!

# 食べよう！ 作ろう！ 旬の味

## — Buri Daikon (Simmered Yellowtail and Daikon Radish) —

Again this month, we introduce a fish recipe. Buri, or yellowtail, is a large fish that migrates in the Pacific Ocean and grows to as large as one meter in length. Most buri we see today are farm-raised, but winter buri that are caught off the coast of Japan's Hokuriku region, called *kan-buri* (literally, cold buri) have plenty of fat and are highly prized.

In Japan, some fish are called by different names at different stages of their growth. These types of fish are called *shusse-uo*, or promoting fish. Buri is one of the most well known among all *shusse-uo*. From when it is a mere 20cm in length to when it is fully grown, its name changes as follows: wakana → tsubasu → hamachi → mejiro → buri. The names vary among regions but change according to the fish's growth, or "promotion," all the same, so eating buri is considered good luck, and is used as an ingredient in the New Year's traditional ozoni soup in some regions.

The other main ingredient, daikon radish, is available year-round, but those that come into season in winter are especially sweet and succulent. Buri daikon, therefore, is a dish that brings together the tastes of the season. Like the buri, daikon radish is also an ingredient that is frequently used to make New Year's dishes. There are radishes of various colors in the world, including red and black radishes, but white is the mainstream in Japan. Moreover, since red and white are considered an auspicious color combination in Japan, white daikon radish is often paired with a red ingredient such as carrots.

### [Ingredients (4 servings)]

- 4 buri fillets
- 1/2 daikon radish
- 500ml water
- 1 piece ginger
- 3 Tbsp soy sauce
- 3 Tbsp mirin cooking sake

### [Preparation]

1. Cut the buri fillets in half, blanch them and set them aside.
2. Peel the daikon radish and cut into round slices about 2cm thick or chop into small chunks.
3. Boil the daikon radish over medium heat for 15 minutes and drain in a colander.
4. Put the water, thinly sliced ginger, soy sauce and mirin in a pan and let it come to a boil. Add the daikon radish and simmer over low heat for about 15 minutes.
5. Add the buri to the pan, cover with a drop lid and simmer for another 15 minutes or so.

## — ブリ大根 —

今月も魚を使った料理をご紹介します。ブリは太平洋を回遊する1メートルにもなる大きな魚で、現在は養殖ものが多いのですが、北陸などで獲れる脂が乗った冬のブリは「寒ブリ」と呼ばれ珍重されています。

日本では、魚が成長するに従ってその呼び名が変わることがあり、そのような魚のことを「出世魚」と言います。ブリは出世魚としてよく知られる、いわばその代表格で、体長20センチほどの頃から成魚になるまでに、ワカナ→ツバス→ハマチ→メジロ→ブリ等、呼び名が変わります。地域によっても呼び名は様々ではっきりした決まりはありませんが、大きくなるごとに名前が変わって「出世」していくことから、ブリは縁起の良い食べ物とされ、地方によっては正月料理の雑煮にも使われます。

今回のレシピのもう一方の主役、だいこんも、やはり1年中出回っていますが、甘みとみずみずしさが増す冬が旬。「ブリ大根」はまさに旬の味覚を堪能できる一品と言えます。ちなみにだいこんもブリと同じように正月料理によく使われる食材の1つです。世界には赤や黒など様々な色のだいこんがありますが、日本では白いものが主流。赤と白の色の組み合わせは日本ではお祝いの意味があるので、にんじんなど赤い食材と対にして白いだいこんを使います。

### [材料 (4人分)]

- ブリ (切り身) …4切れ
- だいこん…1/2本
- 水…500ml
- しょうが…1かけ
- 醤油…大さじ3
- みりん…大さじ3

### [作り方]

1. ブリ切り身は半分に切る。さっと熱湯にくぐらせ、上げておく。
2. だいこんは皮を剥き、厚さ2cmぐらいの輪切りにするか、乱切りにする。
3. 2を中火で15分下茹でし、ざるに上げておく。
4. 鍋に水、薄切りにしたしょうが、醤油、みりんを入れ、煮立たったら2のだいこんを入れ弱火で15分ほど煮る。
5. 4に1のブリを加え、落とし蓋をして更に15分ほど煮ればできあがり。

〈日本語できるかなの答え〉①本 (絵本、本気、手本、本当) ②来 (外来、来日、未来、来年)