

## Mackerel Simmered in Miso Sauce (*Saba-misoni*)

### [Ingredients (4 servings)]

4 mackerel fillets  
1 piece of ginger root  
150 ml water  
50 ml sake  
1/2 cup sugar  
1 Tbsp soy sauce  
3 Tbsp miso

### [Preparation]

1. Cut the ginger into thin slices.
2. Put the water, sake, sugar and soy sauce in a pot and heat it. When it comes to a boil, place the mackerel fillets in the pot so they do not overlap each other, and simmer for about 5 minutes over medium heat.
3. Ladle out some of the sauce from the pot into a small bowl. Use the sauce to dissolve the miso, then return it to the pot. Place a drop-lid on the pot and simmer for about 10 more minutes over low heat.

Has the hot summer gone and brought autumn to the town where you live? In Japan, many expressions have been used since olden days to express autumn, such as “the autumn of appetites,” “the autumn of reading,” “the autumn of arts,” “the autumn of sports,” and so on, primarily because autumn is a season in which temperatures and humidity are just right for comfort.

Since this section is called “Let’s Cook and Eat the Tastes of the Season,” let us satisfy your “autumn of appetites” by introducing *saba-misoni*, or mackerel simmered in miso sauce.

There are many ingredients that come into season in autumn. Among the many seasonal fish of autumn, the saury is perhaps the most famous, but the species of mackerel called chub mackerel is also delicious around this time, with plenty of fat. The chub mackerel is thus also called “autumn mackerel” particularly during this season, and is highly popular among the Japanese people.

Miso, a traditional Japanese seasoning that is made by fermenting soybeans and other grains, is good for the body, and whets the appetite with its salty-sweet taste. *Saba-misoni* combines the salty-sweet taste of miso and the *umami* (savory taste) of mackerel into a dish that goes perfectly with white rice. It is one of the “tastes of home cooking” in Japan. Owing to the strong taste of the sauce, the dish is sure to be enjoyed even by those who are not particularly fond of fish, and is guaranteed to satisfy your hunger.

This comfortable season is perfect for any and all kinds of activities. You might even want to challenge yourself to something new, like making Japanese dishes, if you haven’t done so yet!

## 鯖味噌煮

### [材料 (4人分)]

鯖…4切れ しょうが…1かけ 水…150ml 酒…50ml  
砂糖…1/2カップ 醤油…大さじ1 味噌…大さじ3

### [作り方]

1. しょうがは薄切りにする。
2. 鍋に水、酒、砂糖、醤油を入れ、火に掛ける。煮立ったら鯖を重ならないように入れて中火で5分程煮る。
3. 2のだし汁を少し取る。このだし汁で味噌を溶き鍋に戻す。落とし蓋して弱火で10分程煮れば出来上がり。

夏の暑さが遠のき、皆さんの暮らすまちにも秋がやってきましたか？ 日本では秋は「食欲の秋」「読書の秋」「芸術の秋」「スポーツの秋」など、昔から色々な秋が称されてきましたが、それもこれもこの季節が、気温や湿度が丁度良く過ごし易いからです。

このコーナーは「食べよう！ 作ろう！ 旬の味」ですので、まずは「食欲の秋」を満たしましょう。ということで、今回は鯖を味噌で煮る「鯖味噌煮」をご紹介します。

秋が旬の食材はたくさんあり、秋が旬の魚も多いのですが、その中ではサンマが最も有名だと思います。しかし鯖の中でも「真サバ」という種類は、この頃ちょうど脂がのってとても美味しいのです。ですからこの頃の真サバは、特に「秋サバ」とも呼ばれ、日本人に愛されています。

また、豆などの穀物を発酵させた日本古来の調味料である「味噌」は体に良く、甘辛い味は食欲をそそります。「鯖味噌煮」は、味噌の甘辛い味わいと鯖の旨味が合わさって、白いご飯のおかずにはもってこいの料理。いわゆる日本の「おふくろの味」の1つです。濃い目の味付けなので、魚が苦手な方でも食べ易いのではないのでしょうか。きつとご飯が進むこと請合いです。

何をするのも快適なこの季節、新しいことに挑戦するのもいいのでは？ 和食を作ったことがない人も、是非トライしてみてください。