

Design: Masako Ban



# おいしい魚

## oishi sakana



# Pera Pera Penguin's

5-minute Japanese Class by Hi tomi Hirayama

## Vol. 48

I was invited on an interesting sakana tabearuki tour (fish-eating tour) last month. As part of the tour, participants traveled to various fishing ports in Japan, where regional fish delicacies were served. I have been studying fish kanji, so I signed up for the tour because I thought that it would help me learn more about the Japanese used for different fish. I was a little worried that I would get sick of eating only fish on the tour. I was wrong! Instead of getting bored of fish, I ate so many different fish dishes that I gained weight during the tour. They were all delicious, and now I want to learn how to cook them so I can prepare a fish dinner for my parents. Ms. Hirayama, please give me some fish recipes!

Most Japanese people like fish, which is a central part of the Japanese cuisine. Are you sure you want me to suggest some fish recipes? Hmm...I'm not sure about this; I can help you with questions about the Japanese language, but ryōri wa chotto...(Cooking...well...), although I love eating fish. However, I have a friend who is a cooking teacher and focuses on preparing simple and easy Japanese dishes. I'll ask him to help you! Good luck and bon appetit!

### Fried Flatfish

#### 鱈のから揚げ

karē no kara-age

(serves four)

**Ingredients:**

4 flatfish

8 shishitō (small sweet peppers)

1 lemon, sliced

flourenough cooking oil to cover fish in frying pan

- Scale the fish.  
Make an incision between the pectoral fins and remove the insides.  
Wash.



- Pat dry.  
Using a basting brush, lightly dust each fish with flour.  
(Don't coat too heavily.)



- Heat the oil to 180 C and fry the fish. (If the fish is too large, cut in half before frying.)  
Remove stems of sweet peppers and seed before frying.



- When the sweet peppers and fish are cooked, transfer to a serving dish. Squeeze lemon juice on top before serving.

amed after s pecific characteristics:

#### 鰯

いわし  
iwashi



#### 鰯

あじ  
aji



#### 鮪

まぐろ  
maguro



#### 鰹

かつお  
katsuo



#### 秋刀魚

さんま  
sanma



#### 皮剥ぎ

かわはぎ  
kawahagi



ther popular fish :

#### 鮭

さけ  
sake

salmon:  
(good grilled with salt)  
(length: about 50 cm to 1 m)



#### 虹鱒

にじます  
nijimasu

rainbow trout:  
(good grilled with salt)  
(length: about 20 to 50 cm)



sardine: Pronunciation was changed from yowai (weak) to iwashi. Good grilled or as sashimi. (length: about 25 cm)

horse mackerel: Originated from "aji ga ī" (tastes good). Often grilled with salt or served as sashimi. (length: about 25 to 40 cm)

tuna: Tuna eventually becomes black when it is left at room temperature. Pronunciation was changed from makkuro (deep black) to maguro. Good as sashimi. (length: about 1 to 1.5 m)

katsuo (bonito): Because it is often dried in the sun, katsuo is often hard and tough to chew. Its name was changed from "katai" (hard) to "katsuo." Good as sashimi. (length: about 60 to 90 cm)

Pacific saury: A long fish that resembles a sword. Thin fish were called samana in the past, but its pronunciation was eventually changed to sanma. Often grilled with salt or served as sashimi. (length: about 30 to 40 cm)

filefish: Filefish have a hard skin that is removed before eating. Pronunciation was changed from kawa o hagu (peeling off skin) to kawahagi. Commonly grilled. (length: about 20 to 30 cm)

#### 鰯

ぶり  
buri

yellowtail:  
(good grilled with salt or as sashimi)  
(length: about 110 cm)



#### 鰯

たこ  
tako

octopus:  
(good boiled or as sashimi)  
(length: about 20 to 60 cm)



# 魚

sakana



To review the last lesson (Vol. 47), use the clues provided to complete the proverbs.

- The temperature has risen unbelievably today,

今日の気温は  
kyō no kion wa



and it may get really hot.

かなり暑いようですよ。  
kanari atsui-yō desu yo

- What Mr. Yamada says always opens my eyes to the truth,

山田さんの話しはいつも  
Yamada-san no hanashi wa itsumo



which is always helpful.

勉強になります。

benkyō ni narimasu

- you: When I gave my father a bouquet of his favorite flowers, he was so happy he took me out for dinner!

父の好きな花をあげたら、すごく喜んで食事に連れてってくれた!  
chichi no suki na hana o agetara sugoku  
yorokonde shokuji ni tsuretette-kureta !

friend: It was like using a shrimp to catch a mackerel, wasn't it?



ですね。  
desu ne

- you: What? I cannot believe the number is correct.

え？その数字は信じられないですよ。  
e? sono sūji wa shinji-rarenai desu yo

friend: He is probably cooking the numbers, isn't he?

絶対にそれは  
zettai ni sore wa



ね。  
ne

- What? You broke up with him? You let that big fish get away!

え？あの人と別れちゃったの？  
e? ano hito to wakare-chatta no?



ですよ！  
desu yo!

Answers

- |                                   |   |                                  |
|-----------------------------------|---|----------------------------------|
| 1. 鰻上り<br>unagi nobori            | 2. 目から鱗<br>me kara uroko                | 3. 海老で鯛を釣る<br>ebi de tai o tsuru |
| 4. 鯖を読んでいます<br>saba o yonde-imasu | 5. 逃がした魚は大きい<br>nigashita sakana wa okī |                                  |