

# Fisheries Industry of Miyagi



MIYAGI PREFECTURE

# Introduction

Oceans and rivers are called the mother of life on Earth, giving birth to and raising an abundance of food products. This pamphlet introduces the fisheries industry of Miyagi Prefecture, which is blessed with bountiful bodies of water. By highlighting Miyagi's initiatives for continuously producing delicious seafood products as well as the fishing and aquaculture industries, we hope that many people will be able to enjoy seafood from Miyagi.

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### Top Ten Fish in Miyagi



On April 13, 1992, the "Top Ten Fish in Miyagi" list was established to help promote Miyagi Prefecture's fisheries industry by widely publicizing Miyagi's seafood products, improving the reputation of Miyagi's fisheries industry, and increasing the demand for seafood products.

Fish illustrations: Kinji Iwabuchi, artist, resident of Ishinomaki City, Miyagi Prefecture



**Tuna (maguro)**

Well-known for being used in sashimi and sushi. Popular overseas for being healthy, it is also used in western-style dishes.



**Skipjack (katsuo)**

The symbol of the Kinkasan fishing ground, where warm and cold currents converge. While the first catch of skipjack in spring is a well-known seasonal dish, it is also delicious in the autumn when it is richer and fattier.



**Pacific saury (sanma)**

Rich in flavor and known as a symbol of autumnal cuisine. Loved by locals for generations, saury is also known for being healthy and full of minerals and vitamins.



**Coho salmon (ginzake)**

Utilizing the calm bays of the ria coastline, Miyagi is the first prefecture in the country to successfully farm coho salmon. Recommended for use in sashimi, marinated dishes, and meuniere.



**Flounder (karei)**

The expansive sandy areas of Sendai Bay are the perfect living environment for flounders. They have been a local favorite for many years.



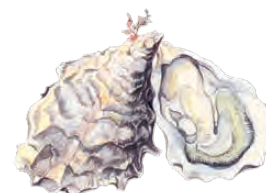
**Goby (haze)**

Catching gobies is a typical autumn sight in Matsushima Bay. Grilled gobies are prized for being used as the stock for Sendai-zoni, a soup traditionally served during Japanese New Year.



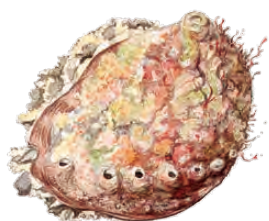
**Sweetfish (ayu)**

Known as the "queen of clear waters", sweetfish can be caught even in the rivers of metropolitan Miyagi. Salt-grilled sweetfish is a delicious dish that highlights the fragrance and exquisite form of the fish.



**Pacific oyster (kaki)**

The history of oyster farming in Miyagi dates back to the end of the Edo period. In addition to having a rich flavor, oysters are called the "milk of the ocean" for their highly nutritious content.



**Abalone (awabi)**

With its sophisticated ocean-like aroma and tenderness, abalone embodies the taste of the Minamisanriku sea. Known for being steamed, grilled, and used in sashimi.



**Sea squirt (hoya)**

Also called sea pineapple because of its pineapple-like appearance. Known for having a subtle, sweet flavor that allows you to enjoy its unique scent and qualities, sea squirts can be enjoyed in a variety of ways such as sashimi, vinegared dishes, and Chinese-style cuisine.



**Laver (nori)**

Every season, Miyagi is one of the first prefectures in the country to produce nori. With a history dating back to the Meiji period, nori farms are a traditional sight from autumn to winter. Nori is also known for being healthy due to its high nutritional content.



**Seaweed (wakame)**

Miyagi is a leading domestic producer of wakame, which is known for being used in a variety of dishes. Recently, wakame has received attention for being rich in minerals and has become popular with younger generations as the "salad of the sea".