

### 3 Miyagi's Processed Seafood Products

From many years ago, Miyagi Prefecture has been one of the major producing area for processed seafood products due to its abundant ocean resources. Let's enjoy the processed seafood products that Miyagi Prefecture is proud of.

#### Fish cake (kamaboko) products

Fish cakes are made with minced fish and packed with flavor and protein. The fish surimi is prepared through various methods such as steaming, grilling, boiling, and frying, resulting in fish cakes with a diverse range of shapes, flavors, and textures.



#### Canned fish

Miyagi has a rich variety of canned products using mackerel, saury, and oysters that are seasoned with soy sauce, salt, and miso.



#### Sea squirt (hoya)

Miyagi is the largest producer of sea squirt in the country. Known as a summer delicacy, it is commonly available as a steamed or salted product.



#### Pollock roe (tarako)

Made by salting Alaskan pollock roe, tarako can be enjoyed with rice or mixed in pasta sauce.



#### Dried laver (nori)

Dried laver is made by cutting laver and laying them out into paper-like sheets to dry. Used mainly in sushi rolls and rice balls.

