

Japanese Recipe - 36

Sanma no Kabayaki

Kabayaki is a braising technique for fish that uses a sweetened soy sauce mixture similar to what you would use as a marinading liquid for Teriyaki.



Ingredients (Serves 2)

- 2 Whole **Sanma** **Kabayaki sauce**
- 2 tablespoon flour Sansho powder if available
- 2 tablespoon oil

Kabayaki is special type of sauce put on Sanma or even Unagi. Sanma and Unagi are types of food that gives a really nice and fresh flavour that goes along well with Japanese rice and Sake.



Method

1. Cut the Sanma into four parts. Run the fish under a cold water tap to clean it. Pat off the excess moisture using kitchen paper.
2. Cover the chopped parts with flour.
3. Heat the pan and add the oil. Saute the Sanma and when it turns brown, turn it over and repeat.
4. When the parts are cooked through, add the Kabayaki sauce.
5. Plate the Sanma.

Kabayaki sauce

Kabayaki sauce is a sweet soy sauce-based glaze, which is very similar to Teriyaki sauce. This sauce creates a flavourful crispy exterior and is traditionally and most often served with eel.



Sanma

Pacific Sauri in Japanese is called Sanma and is one of the most prominent seasonal foods representing autumn in Japanese cuisine. It is most commonly served salted and grilled whole, garnished with Daikon Oroshi and served alongside a bowl of rice and a bowl of Miso soup.



This Sawahime Kimoto Junmai is ideal for "Sanma no Kabayaki"

Sawahime Kimoto Junmai

Kimoto refers to the brewing technique which usually tends to be complex, rich and intense. Gentle richness is not overpowering to the palate. Recommended room or cold temperature.



FREE SAKE TASTING

Lion Oriental Foods presents **October**

Sake Tribute Month. To honour the hard working brewers in Japan who start making sake in October we have specially invited two famous breweries to share their passion and knowledge with Perth. The wait is finally over calling all my loyal Sake lovers to come down to Lion. Offering free sake tasting, purchase 2 bottles of more receive 10% off and receive a small gift.

21st | Saturday / 1pm - 3pm

Yoshikubo Brewing Co.,Ltd.

28th | Saturday / 1pm - 3pm

Inoue Seikichi Co.,Ltd.

Location: Lion Oriental Foods Co.
A: 13 Fitzgerald St. Northbridge WA 6003 P: 08 9228 9898

Please show this Ad at the counter.

Special Offer 1

10% OFF

Spend over \$10 for Japanese food / Every Saturday and Japanese food only. Excluding rice and special items / Lion Oriental Foods Co. only.

Special Offer 2

10% OFF

Purchase over 2 bottles of any Japanese, Chinese, Korean liquor range only. Every Saturday / Lion Oriental Foods Co. only.