

How to Make Pickled Bonito

This is a local recipe made in Hamadori in Fukushima Prefecture. It was invented as a way to enjoy eating bonito without wasting any.

【Ingredients】

10 Bonito Filets (カツオ・Katsuo)
1 Piece of Ginger (しょうが・Shoga)
Oil (as needed) (油・Abura)
Salt (a little) (塩・Shio)

【Pickling Solution】

3 Tablespoons Soy Sauce (しょうゆ・Shoyu)
3 Tablespoons Mirin (みりん・Mirin)
3 Tablespoons Sake (酒・Sake)
1 Teaspoon Sugar (砂糖・Sato)

【How to Make】

1. Sprinkle salt on the bonito filets and let them rest for 30 minutes.
 2. Make the pickling solution. Add soy sauce, mirin, sake, and sugar into a pot and bring it to a boil until the alcohol dissolves. Then put in the ginger and turn off the heat to let it cool. You can cut the ginger in large chunks or slices.
 3. Using a paper towel, pat the bonito filets dry.
 4. Put a lot of oil in a frying pan. Once it heats up, put the bonito filets in to fry them. Fry them on both sides until done. Turn off the heat.
 5. While the bonito is still hot, put it in the pickling solution. While it is being pickled, flip the filets occasionally to soak up the juices.
 6. Let the filets rest for 1/2 to 1 full day before eating.
- ※You can save the bonito filets in a Tupperware container. You can leave it as is for 3 days or put it in a fridge for up to 1 week.

