

一夜干し

Selecting & Storing *ICHIYA-BOSHI* (also known as *HIMONO*)



Most well-stocked Asian markets in cities throughout the world sell air-dried *ichiya-boshi* and other *HIMONO*. More often than not, commercially processed fish will be dried with the help of high-powered fans (rather than natural seashore breezes) and sold in vacuum-sealed packages (rather than set out, uncovered, on bamboo trays). When imported from Japan (or other Asian countries) *himono* are often shipped frozen and stored in the freezer case in the store. Check the sell-by date and abide by it.

If the fish appears to have thawed in transit, but has been kept well-refrigerated, it should be fine as long as the vacuum seal has not been broken. Any packages that appear damaged should be avoided. All *himono* should be stored at home in the same manner as it was in the store – refrigerated or frozen. However, DO NOT RE-FREEZE partially thawed fish. Keep refrigerated fish as purchased in your refrigerator until ready to cook and consume.



Buy from a reputable vendor that handles and displays its products with care, maintaining optimal storage conditions (refrigerated and/or frozen).

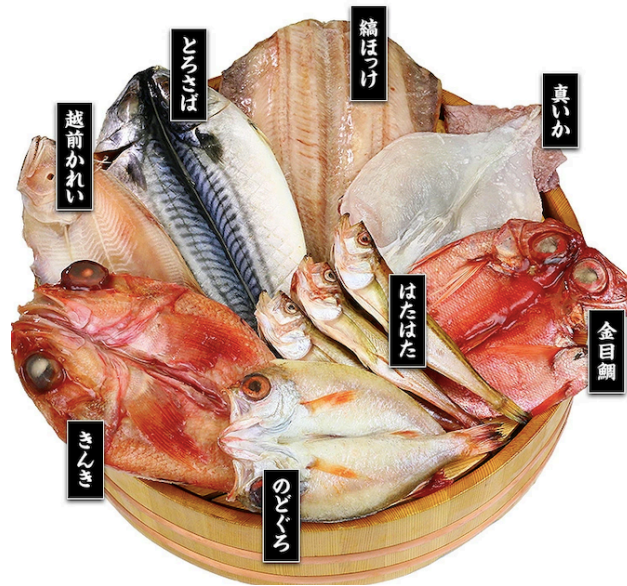
A store that enjoys high-volume customer traffic will re-stock its shelves constantly with fresh product.

Pictured to the left is *hokke* greeling in vacuum-sealed packages. Below to the right, *hokke* is cooked and served with rice, soup, hijiki, pickles and *hiyayako* *tōfu* to make a satisfying meal.



Above, left and center: broiled *aji himono* (air-dried horse mackerel)

Various Ichiya-boshi fish



Pictured above from top, clockwise:

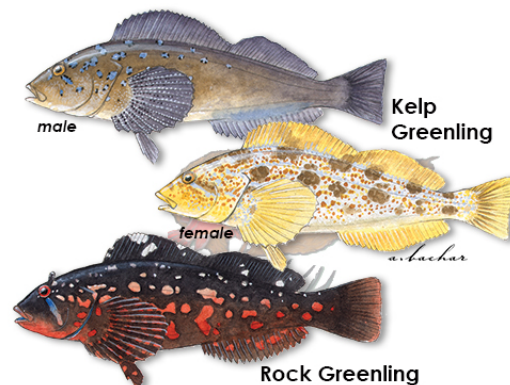
TORO SABA fatty mackerel, belly split, the back is silvery-blue with wavy stripes

SHIMA HOKKEI is pictured flesh-side up; striped greeling (*Pleurogrammus monopterygius*) that has been belly split.

Other similar varieties are:

Hexagrammos decagrammus (kelp greenling)

Hexagrammos lagocephalus (rock greenling)



MA IKA squid, pictured here slit and pressed.

KINMEDAI (*Beryx splendens*), literally “golden eye snapper,” has been belly split, the skin is red

HATA HATA (*Arctoscopus japonicus*) sometimes known as Japanese sandfish, is an important part of the diet in Yamagata and Akita (Tohoku region) prefectures. Pictured here are 3 fish. Salt-fermented *hata hata* fish makes *shottsuru*, a seasoning like other Asian fish sauces such as Thai nam pla or Vietnamese nuoc nam.

NODOGURO, literally “black throat” is called Black Throat seaperch in English, pictured here as a belly split fish with pale skin and reddish fins.

KINKI, *Sebastes alascanus* or shortspine thornyhead rockfish, belly-split with red skin.

ECHIZEN KAREI flathead flounder also known as *aka karei* or red flounder (*Hippoglossoides dubius*), the word Echizen is a geographic designation, Fukui Prefecture on the Sea of Japan. The fish has been gutted.