



秋刀魚の生姜と山椒煮

Sanma no Shōga to Sanshō Ni

Soy-Stewed Sanma with Ginger & Sanshō Pepper Corns

Serves 2

2 whole *SANMA* (Pacific saury), each about 120 grams (4.5 oz)

Stewing liquid:

1/2 cup *saké*

1/2 cup water

1 tablespoon sugar

2 tablespoons *mirin*

3 tablespoons soy sauce

2 teaspoon rice vinegar

1 small knob fresh ginger, about 10 grams (1/2 oz), cut into thin shreds

10-12 whole *sanshō* pepper berries OR *kona-zanshō* (powdered pepper)

Rinse the fish under running cold water, pat dry and slice off the head (insert the knife just behind the gill fins) and tail.



Cut each fish into 3 or 4 segments. Remove the guts from each segment by poking with your finger (or other blunt, narrow object like a chopstick), pulling from the other end. The segments are hollow tubes (except for the last tail segment but that contains little of the digestive tract).



Use a fairly deep skillet (about 5-centimeter or 1.5 inch depth) just wide enough to accommodate all the fish segments in a single layer. You want a snug fit but if the fish is crowded, the stewing liquid can't circulate properly.

Combine ingredients for the stewing liquid in the skillet and set it over medium heat. Bring the liquid to a simmer, stirring to dissolve the sugar. Gently lower the segments into the skillet and scatter in half the ginger and peppercorns.



Cover the fish segments with an *otoshi-buta* (dropped lid); details at <https://tasteofculture.com/2020/01/12/otoshi-buta-dropped-lids> . If you do not have one, improvise with cooking parchment and another lid, smaller in size. Cook over medium heat for 10 minutes. You want a steady but gentle simmer throughout. Let the fish cool in the skillet, covered. It is in the cooling down process that flavors are best absorbed.

With a broad, flexible spatula, carefully transfer the fish to either serving plates if serving within the hour, or a non-reactive storage container if you want to serve it later. Pour the skillet juices over the fish, add the remaining ginger and peppercorns to the container and refrigerate. The stewed fish will keep nicely for 2 or 3 days.



When ready to serve, reheat the fish in the remaining liquid for 1 minute before removing the fish to individual serving plates. Return the skillet to the heat and reduce the liquid over high heat, stirring constantly. As the sauce reduces it becomes quite foamy; when you draw a line with a spatula through the sauce you can see the skillet surface beneath for several seconds before it fills. Remove the skillet from the stove and pour the thickened sauce over the fish. Serve immediately or leave to cool to room temperature (the Japanese will sometimes include this fish in *obentō*).

