

UMAMI PART II: EYE ON KATSUOBUSHI

第五の味覚、かつお節のうま味に注目



Honkarebushi unshaven bonito goes through a ten-step production process - from cycles of cooking, smoking, mold curing, and sun drying - taking 120 days, and for premium grades, two years.



The pursuit of Katsuo Umami started in the third century, and heightened during the Edo Period as smoke and mold curing techniques were introduced.

© Photo: Shuich Yamagata for The Japanese Culinary Academy, Kyoto KatsuoBushi Co., Ltd.

Japan, being an island country, is blessed with bountiful seafoods with bonito playing a key role in the country's culinary development. As far back as the third century, the Japanese boiled and dried Katsuo (bonito), then reduced the liquid down into a savory seasoning broth. This is the origin of Dashi and the beginning of the pursuit of Umami as the Washoku foundation. Jumping to the sixteenth century, the smoking technique was added as means of preservation - think this as the marine version of beef jerky.

On the battlefields during Japan's feudal era, warriors carried sachets of light and compact dried bonito as source of high-protein sustenance food. So historically significant was this practice, that the name KatsuoBushi was born: "Katsu" for victory, and "Bushi" for Samurai.

On the culinary side, Katsuo use reached the dining tables of the nobility in Kyoto, then spread to Osaka and Sakai as Umami-rich Katsuo Dashi became the standard for soups and dishes. Over in the Kanto region where Kombu was scarce, Katsuo Dashi was combined with salt, Shoyu and Miso for a rich broth.

The Kezuribushi shaved bonito that we know of today began to appear in the middle of the Edo period. Legend has it, that Jintaro Kadoya, a fisherman from Inami (present day Wakayama), pioneered the

shaving process. He led Inami fishermen to scour the ocean waves off the shores of Tosa (present day Kochi) which is known for bountiful bonito.

After much trial and error, Kadoya devised the epoch-making "Kunkan smoke-drying" manufacturing method. He later succeeded in "Kunkan mold-curing" which incorporated repetitious sun drying, famously named "The Improved Tosa Bushi". For his endeavors, Jintaro Kadoya is known today as the "Father of Tosa-Bushi". Finally in the 19th century, the Honkarebushi mold-curing method was perfected.

KatsuoBushi is a unique food item that's unparalleled in the world and is a culmination of Japanese Umami wisdom. KatsuoBushi, Kombu, and Shiitake are the Umami nucleus holding the core essence of the Washoku spirit, developed through the generations and throughout all of Japan. Today, Umami pursuit it is reaching a wide range of world cuisine, from casual to fine dining.

GUINNESS WORLD RECORD HOLDER: KATSUOBUSHI is the hardest food in the world!

The repetitious cycles of smoke and mold curing, plus sun drying, dehydrates the fish into a solid, petrified wood-like block.

地理的に島国である日本は昔から豊富な魚介類に恵まれており、鰹は日本の食文化の発展において重要な役割を果たしている。3世紀までさかのぼると、日本人は鰹を煮て乾燥させた後、煮汁を煮込んで風味豊かな調味料の出汁にした。

これがだしの原点であり、和食の基本となるうま味の追求の始まりである。16世紀になり、燻製技術が保存の手段として使われ出し、この時ビーフジャーキーのシーフードバージョンが生まれた。

日本の封建時代の戦場では、軽くてコンパクトな高タンパクの栄養源として、武士が乾燥鰹を小袋に入れて持ち歩いていた。この慣習が歴史的に非常に重要であったため、「Katsu」は勝つを、「Bushi」は武士を意味する「カツオブシ」という名前が生まれた。

料理の面では、鰹は京都の上流階級の食卓にも広がった。大阪や堺にも伝わり、旨みたっぷりのかつおだしがスープや料理の基本となった。昆布が少なかった関東地方では、鰹に塩、醤油、味噌を合わせることで濃厚な出汁をとっていた。

現在、知られている削り節が登場したのは



江戸時代中期。印南（現在の和歌山県）の漁師、角屋基太郎が鰹節の始祖であるといわれている。彼は鰹が豊富なことで知られる土佐（現在の高知県）の漁場で印南の漁師を率いて漁に出た。

彼らとともに試行錯誤の末、「燻乾法」という画期的な製造法を考案した。さらに日光乾燥を繰り返す「燻乾かび付け法」にも成功し、これらのかつお節は「改良土佐節」と呼ばれ、角屋基太郎は「土佐節の祖」とたたえられたという。19世紀になってようやく本枯節のカビ乾燥製法が完成した。

“かつお節”は世界に類を見ない日本のユニークな食材であり、うま味の叡智の結晶である。代々受け継がれてきた和食精神の核心であり、今日ではカジュアルから高級レストランまで、世界の様々な料理に広がっている。

かつお節の豆知識：
鰹節は世界で最も硬い食べ物としてギネスに認定！

煙とカビでの繰り返し加工、加えて日干しによって魚を完全に乾燥させ、石化した木片のようになる。

watch **MTC DASHI 101** on **YouTube** @LAMutualTrading

FLAVOR CHARACTERISTICS BY INGREDIENT

Ingredient	Flavor Characteristics	Application	
Katsuo 鰹	bonito, skipjack tuna	light	Osuimono, Chawanmushi, Udon, Soba, Oden, Ramen, versatile for most Washoku dishes
Soda Katsuo 宗田鰹	frigate mackerel	rich	Udon, Soba, Ramen
Saba 鯖	mackerel	sweet Umami	Miso soup (especially in combo with Niboshi), Udon, Soba, Ramen, Nimono
Maguro 鮪	albacore tuna	very light	Osuimono; thick-cut Atsukezuri is ideal for seafood Ramen
Niboshi 煮干し	anchovy	rich-bitter	Miso soup, Nimono, Sanuki style Udon, Ramen

Kezuribushi and other dried fish Dashi are rich in inosinic acid. Combining the ingredients add new dimensions and complex flavors not possible with one single ingredient. Added to glutamic-acid-rich Kombu Dashi and/or guanylate-acid-rich Shiitake Dashi, that combination will power up Umami exponentially.

KATSUOBUSHI 10-STEP PRODUCTION

1. 生切り Namagiri - fillet fish
2. かご立て Kagotate - pack-wrap
3. 煮熟 Shajuku - cook
4. 骨抜き Honenuki - debone
5. 燻乾 Baikan - smoke
6. 修繕 Shuzen - repair surface
7. 間歌燻乾 Kanketsu Baikan - 2nd smoke
8. 削り Kezuri - clean
9. カビ付け Kabitsuke - apply mold
10. 日干 Nikkan - sun drying

- Commercial production may take up to 120 days, premium grade up to 2 years.
- End result is one sixth of its original weight, at 15% moisture.
- The longer the mold-curing, the less fats and moisture, thus deeper Umami.
- Finished product is solid and light, alike a piece of petrified wood, sounding like a clapperboard when stuck against each other.

- 生産工程には最大120日、プレミアムグレードは最大2年かかる場合がある。
- 最終的には、元の重量の6分の1で、水分は元の15%となる。
- カビ付け期間が長いほど、脂肪と水分が少なくなり、その結果うま味が濃くなる。
- 完成品は固くて軽く、石化した木のように、互いに打ち合わせると拍子木のように聞こえる。

Kyoto Katsuo Niboshi Kezuri

10/2.2#
item number: 40215
FDA approved dried anchovy head off, gutted, steamed

Prep: soak overnight, apply low heat for sweet Umami
Result: Pronounced sweet-Umami, even in combo with animal-based stock; not fishy nor bitter
Recco: Tonkotsu, Gyokai, Shoyu Ramen; Udon



Bonitos are vigorous swimmers, therefore, develop Chiai, dark meats. The active muscle formation that propels the fish contain proteins that holds extra oxygen, as well as more fats for energy. This is in comparison to halibut and flounder that move very little resulting in light-colored flesh, and as such, are categorized as "white fish".

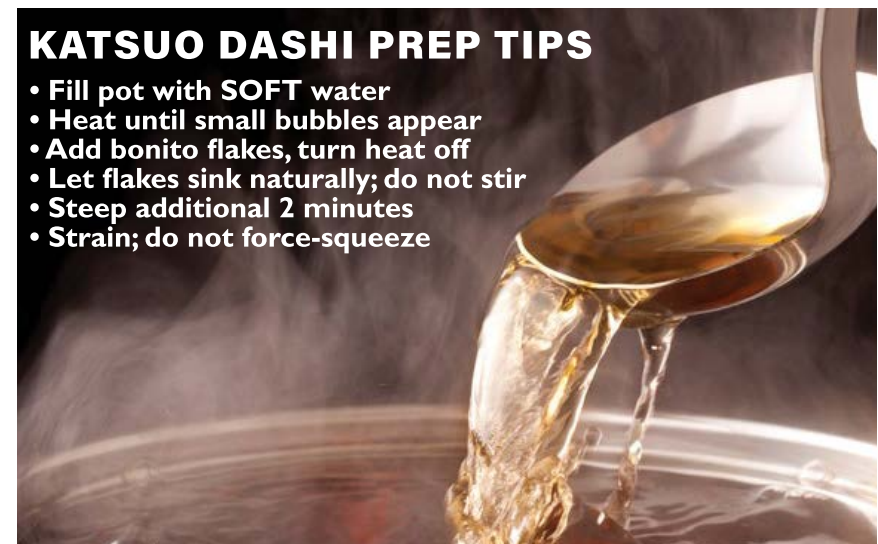
Chiai from the bonito adds depth and richness to Dashi, to which some may consider "fishy". Kaiseki and Omakase chefs prefer the clearer, delicate-flavored Dashi, therefore, use Chiai-Nuki or Chiai-removed bonito flakes.

鰹は非常に活発に泳ぐため、茶色い肉である血合いが発達する。原動力となる活発な筋肉の形成には、酸素を余分な酸素を保持するためのたんぱく質やエネルギー源として脂肪が含まれている。これに対してほとんど動かないヒラメやカレイは淡色の肉を持ち、「白身魚」と分類される。

鰹の血合いは出汁に深みとコクを加えるが、その匂いを嫌う人もいる。懐石やおまかせコースのシェフは、より透明で繊細な風味の出汁を好むため、血合いを取り除いた血合い抜きの鰹節を使用する。

KATSUO DASHI PREP TIPS

- Fill pot with **SOFT** water
- Heat until small bubbles appear
- Add bonito flakes, turn heat off
- Let flakes sink naturally; do not stir
- Steep additional 2 minutes
- Strain; do not force-squeeze



PRODUCT LISTING

Kyoto Katsu Mix Dashi Pack, NO MSG
5/2.2# item number: 20390-1
Ingredients: dried sardine, mackerel
POPULAR! High quality, convenient



#20390-1
Mix Dashi Pack
No MSG

Miyako Hanakatsuo
6/1# item number: 30631
Ingredient: bonito (skipjack tuna)
Most popular! Versatile use

Yamaki Honkatsuo
6/1# item number: 30630
Ingredient: dried skipjack tuna (bonito)
Premium, Chiai-removed for clear Dashi

Kyoto Katsuo Fish Powder
10/2.2# item number: 23109
Ingredients: dried and powdered mackerel, sardine, bonito, round scad
Recommended for Ramen soups



#23109
Fish Powder

SAVE THE DATES
Mutual Trading Japanese Food & Restaurant Expo 2023

May 31st in Honolulu
Sept. 16th in New York
Sept. 23rd in Los Angeles