

# Seafood you will want to eat 從夏天到秋天想要吃到海產品

from Summer through until Autumn.

They are covered in hair and turn a beautiful red when boiled. They are not big but are very popular due to their rich tasting meat and their plentiful "crab butter". When asked what is a Hokkaido crab, many people will answer with "Hairy crab". It is mouthwatering regardless of how it is prepared. For example, boiled in salty water, grilled, served raw, dipped in boiling water (shabu shabu), hot pot, etc.

毛ガニ/Kegani

Hairy crab 毛蟹

全身都是毛，煮後呈美麗的紅色。體型並不大，蟹肉本身濃郁的口感和大量的蟹黃使其具有極高的人氣。說到北海道的蟹，絕大多數的人會推薦毛蟹。用鹽水煮或者直接烤著吃，也可以生吃或煮火鍋吃，怎麼做都非常美味。

Summer in Hokkaido is eating Sea urchin. In Hokkaido, there is both the Ezo short spined Sea urchin and the Northern sea urchin. Trying this orange egg section is a must. The mouthwatering Hokkaido Sea urchin can be eaten on sushi, raw and served on a bed of rice as well as steamed or grilled. The secret to its taste is due to it being raised on kombu seaweed.

雲丹/ウニ/Uni

Sea urchin 海膽

說到北海道的夏天絕對不能少了海膽。海膽分為蝦夷馬糞海膽和北紫海膽兩類。其橙色的卵巢部分為至高無上絕品。不論是做為壽司或者刺身直接生吃，又或者是淋在米飯上做為蓋交飯，再是蒸制或者烤著吃都是絕味佳品。其美味的秘訣在於在生長過程中大量食用了北海道昆布。

The plump sweet meat of the scallop is mainly eaten raw or grilled in butter, as well as being barbecued in its shell. Commercial scale farming can be seen in the Funka bay area. In terms of their nutrients they are hard to go past as they are rich in taurine and vitamins and are low in calories.

帆立/ホタテ/Hotate

Scallops 扇貝

扇貝以其甜美肥厚的貝柱而多用於刺身生食或黃油烤制後食用，亦可將整個扇貝置於海岸邊火上加烤後食用。在噴火灣被大量養殖。富含牛磺酸和維他命，低卡路里，有極高的營養價值。

There are a number of varieties of whelk, however, the True whelk is quite large and used as a high-end food ingredient. It is chewy and sweet and smelling of the sea makes it very popular. It is eaten raw, grilled and is also made into many processed food items.

ツブ/Tsubu

Whelk 海螺

海螺有好幾種亞類。做為其中一種的真螺其體型相對巨大，常做為高級食材出售。因其Q彈的口感與甜味，海的氣息而倍受人們的喜愛。可做刺身或燒烤，亦可切碎成末狀做為小菜食用。其加工品也被大量製作出售。

The small fresh red prawn, with its sweet and tender meat, is predominately found in the waters of Otaru in Hokkaido to northern area Rumoi, Haboro. It is eaten raw and on a bed of rice and is superb served deep fried as tempura.

甘海老/Amaebi

Sweet prawns 甜蝦

小而鮮豔的紅色蝦類，口感甘甜嫩滑，主要在北海道的小樽到北海一帶捕獲。做為刺身生吃或者澆在米飯上做蓋交飯食用，做成天婦羅食用堪稱絕品。

This 2 sided large shell can grow up to 10cms in length. It has thick meat and is chewy as well as being sweet and juicy. It can be eaten in any number of ways, such as raw, grilled with butter and in a cooked rice dish. Also, "Surf clam curry" is famous in the Tomakomai area, which is the area where it is predominately caught.

北寄/ホッキ/Hokki

Surf clam 蛤蜊

蛤蜊是長近 10 釐米的大型二枚貝類。肉質厚實有彈性，甜美多汁。可做為刺身，黃油烤制，蛤蜊飯，或者切碎做為小菜食用。"蛤蜊咖喱"是其主產地苫小牧附近的名產品之一。

Many of the North Pacific giant octopus which are caught in the northwest-coast are delicious eaten raw and in the north of Hokkaido thinly sliced octopus is often eaten by dipping it in a hot pot called Shabu shabu. Deep fried octopus (Tako zangi) is also a very popular octopus dish among local Hokkaido people.

蛸/タコ/Tako

Octopus 章魚

做為章魚的一個亞類的水蛸，多於北西海捕獲，直接做為刺身生吃非常美味，北海道北部習慣的吃法是將其切成薄片煮火鍋吃。另一種章魚的亞類是柳蛸，主要活動在太平洋。炸章魚也是北海道人所熱愛的章魚料理之一。

It may not look appetizing but the sea cucumber is a must try. The meat and the internal organic are eaten raw, pickled and salted. The salted intestines (Konowata) are highly treasured as a snack eaten with alcoholic drinks, the dried form is exported as a luxury foodstuff. The dried meat (Iriko) and the dried gonads (Ichiko) have been eaten in Hokkaido from long ago.

海鼠/ナマコ/Namako

Sea cucumber 海參

也許看起來不怎麼樣，但是口感卻是極佳。肉或者內臟可直接生吃，也可用醋，或者食鹽醃製後食用。腸子的食鹽醃製物(又名海鼠腸)，做為下酒小菜風味絕佳。乾燥處理後的海參做為高級食材常出口到海外。海參肌肉的乾燥製品(又名煎海鼠)及海參的卵巢的乾燥製品自古以來就是北海道民的食物。

In autumn Hokkaido is literally flooded with Autumn salmon. The salmon that return home to spawn have bellies full of eggs and soft roe and together with the meat of the salmon, all make for exceptional dining. From long ago, salmon have been processed into many products and stored heading into a long a bitter winter. Salmon is eaten in Japanese style restaurants and many processed goods can be purchased from souvenir shops. They include thinly cut slices of frozen salmon, salt preserved products such as stacked whole salmon and air dried salmon, smoked products, salted blood sausages made from kidneys called Mefun, fermented Izushi where the salmon has been marinated in rice and malt, salt dried salmon pieces, stock which comes in handy for fish soy sauce and shaved salmon flakes.

サケ/Sake

Salmon 鮭魚

北海道的秋天因鮭魚的捕獲季到來而熱鬧非凡。為產卵而洄游到河流裏的鮭魚，其體內有大量魚子及魚白，和魚肉一起食用別有一番風味。秋天也是魚子蓋澆飯等特別美味的季節。為了迎接漫長的寒冬，自古人們就發明了各種方法進行食物的加工和保存。冷凍之後切薄片做成冷凍生魚片，山漬鮭魚(將鮭魚成山堆積，上壓重石，撒入食鹽的醃製法)或新卷鮭魚(清除鮭魚內臟再用食鹽醃製)等食鹽醃製物，熏製，血腸(腎臟)不加熱直接用食鹽醃製後成品，米和麥芽塗布在魚身發酵醃製而成的飯壽司，又或是食鹽醃製的鮭魚，鮭魚節或鮭魚醬的醬汁提取物等，很多均是居酒屋裏提供的下酒菜或土特產店販賣的加工品。

The Chinese characters for the name of this fish are "willow leaf fish", the reason being is that this small fish, the shishamo smelt, is in the shape of a willow leaf. The female which is full of eggs and the delicious meat of the male are both very popular. In the Hidaka area, after a catch in autumn, you can find vast areas along the coastline where people are drying the fish.

シシャモ/Shishamo

Shishamo smelt 銀白魚 柳葉魚

正如其名，該魚體形小巧，似柳葉狀。腹中有魚子的雌魚也好，亦或是口味絕佳的雄魚也好均為人們所喜愛。捕獲時節在秋季的日高地區，在漁季，成排晾曬在海岸邊的柳葉魚幹是當地的一道獨特風景。

The mantis shrimp is only found in the waters around Otaru. It is also caught in Autumn but the Mantis shrimp caught between the middle of October to February stores nutrients in the build up to winter and the meat becomes even more delicious. Apart from being used for sushi, the boiled mantis shrimp is also very delicious.

シャコ/Shako

Mantis shrimp 蝦蛄 皮皮蝦

只在小樽附近能夠捕獲到的蝦蛄。雖然也能在春季捕獲，但對於春季的蝦蛄，10月中旬到翌年2月之間的秋蝦蛄，因其身體為過冬所做的準備，這一時節的蝦蛄營養豐富，口感也更佳。用於壽司直接食用，亦或煮熟後食用皆美味無比。

**夏~秋**

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**From summer to autumn**

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# Central · South HOKKAIDO Blessings from the Oceans MAP

From summer to autumn

English · Chinese version

北海道 道央·道南

## 海之恩惠地圖

夏~秋 英語·中文版

The delicious seafood of Hokkaido is certainly one of the enjoyable parts of your trip. There is so much seasonal seafood that can only be eaten at a certain place and at a certain time. Only Marine specialty news can provide you with the latest information. This is your chance to try things that you have never eaten before. We guarantee that your trip in Hokkaido will be even more rewarding.

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北海道的魚介類美食是旅途中最令人開心的事情之一。在北海道，有非常多的季節和地域限定的來自大海的美味。水產專門報紙將為您奉上來自北海道珍貴海味的獨家資訊。同時，也務必請您親自品嚐這些從未體驗過的美味。我們保證這前所未有的珍貴體驗將極大地豐富您的北海道之行。

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