



*Nagasaki*

Japan ● Quality

A treasure trove of fisheries products

**NAGASAKI**

Fisheries Prefecture Nagasaki Handbook

# Nagasaki is



**Nagasaki**  
Japan ● Quality

## Nagasaki Japan Quality

Surrounded by the sea on three sides, Nagasaki Prefecture is made up of numerous islands and peninsulas. The northward moving Tsushima Warm Current, the complicated coastline, and the topography of the seabed create favorable fishing grounds, and a wide variety of fisheries are operated. A variety of fish migrate to the prefecture in each of the four seasons and are landed. It is said to be the largest in Japan with more than 350 varieties, and its production volume always ranks among the highest in Japan. The people of the local fishing industry, who take the bounty of Nagasaki's diverse and rich sea and its ingredients and turn them into appealing foodstuffs using traditional techniques passed down from generation to generation and new technologies, are a treasure Nagasaki Prefecture should be proud of. "Nagasaki Japan Quality" is a phrase that expresses our wish for spread the value to the world and give people taste of it.



Nurture a wide variety of seafood  
Surrounded by rich fishing grounds  
One of the best fisheries prefectures  
in Japan

Nagasaki Prefecture has a coastline of approximately 4,200 km in length, and its long coastline is rich in resources such as shellfish and algae, and a variety of fish species that migrate between the East China Sea and the Sea of Japan visit the coastal and offshore areas from season to season.

In addition to coastal fisheries consisting of a wide variety of fishing methods such as fishing, longlining, fixed shore nets, gill nets, and small bottom trawl nets, there is also a thriving sea surface aquaculture industry, mainly of fish and shellfish, as well as offshore fishing due to its proximity to the continental shelf fishing grounds.



**No.1**

### Horse mackerel

Nagasaki Prefecture is the largest catch area in Japan. Because of the complicated tidal currents and the natural environment surrounded by islands, the meat is firm and fatty.

*An example of cooking method*  
Sashimi is the best way to enjoy fresh horse mackerel. You can enjoy the good fat and flavor.



### Grouper (Blacktip grouper)

This fish lives in rocky areas and is common in around Nagasaki sea area, where the terrain is complex. The skin becomes gelatinous and sweet when heated.

*An example of cooking method*  
Good for steamed, simmered, and one-pot dishes. Sashimi has a sweet taste when it is left to rest.

# 天然

Natural  
Marine Products

Natural seafood is very diverse, and the number of species landed is said to be **the largest in Japan.**

marbled rockfish, flying fish, skipjack, golden thread, barred knifejaw, largescale blackfish, slender sprat, japanese spanish mackerel, mahi-mahi, blackthroat seaperch, japanese bluefish, turban shell, japanese spiny lobster, and fan lobster...etc.

Too many different types of seafood are landed daily to list here.



### Mackerel

There are excellent fishing grounds in around Nagasaki Sea area. Coming seasonal autumn, the fat accounts for 10-15% of the body weight, making it the most delicious time.

*An example of cooking method*  
Fresh ones are sashimi. You can also taste the flavor of the fat in grilled with salt or simmered in miso.



**No.1**

### Chicken grunt

Nagasaki Prefecture has the largest catch in Japan. The white meat has no peculiar characteristics and is suitable for a variety of dishes, they are in season from June to July, when it becomes fatty.

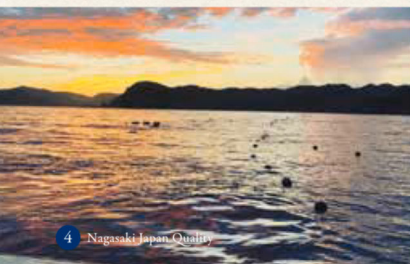
*An example of cooking method*  
In-season, the fat is under the skin, and sashimi made by searing the surface has an enhanced flavor.



### Flounder

The meat is simple taste and low in fat, while the base of the fin, or "rim", is rich in fat. Wild fish is mainly shipped in winter.

*An example of cooking method*  
Sashimi, sashimi chilled in iced water, Sushi topping, Boiled





## Longtooth grouper

It is a rare and highly prized fish, also called "phantom fish", with pale white flesh. The main production areas are Hirado, Goto, and Tsushima. It is caught by longline fishing and is in season from fall to winter.

An example of cooking method  
The delicious taste of the skin and fat can be enjoyed in the highest quality of Longtooth Grouper hot pot or "shabu shabu".



## Red seabream

Beautifully colored and also called "sakura-dai" (cherry blossom sea bream), this is a high-end fish that represents spring. The flesh is light but has a rich flavor. It is caught in coastal fisheries such as fishing and net fishing.

An example of cooking method  
Sashimi, grilled with salt, boiled head, and soup.



## Conger eel

It is The Tsushima area is a good fishing ground, and Nagasaki Prefecture has the largest catch in Japan. The summer season is light and refreshing, while the winter season is fatty and rich.

No.1

An example of cooking method  
Sushi topping, lightly grilled, kabayaki, and tempura.



## Yellowback seabream

There are good fishing grounds around Nagasaki, and the beautiful color of the fish makes it an ideal material for celebratory dishes whole grilled.

No.1

An example of cooking method  
Sashimi, grilled with salt, simmered, deep-fried, and nanbanzuke.

## Horsehead tilefish

It is caught mainly in coastal and offshore fisheries from fall to winter. There are three varieties : red, white and yellow. It is a high-end white fish, and Nagasaki is one of the leading producers in Japan.

An example of cooking method  
Grilled, steamed, sashimi, and soup.



## Largehead hairtail

Good-sized fish are caught in the Goto Sea and around Tsushima. When sashimi is served, its silvery white flesh is a beautiful addition to the dinner table.

An example of cooking method  
Sashimi, grilled with salt, and simmered. Sashimi is savory when the skin is seared.



## Bigfin reef squid

The flesh is transparent and beautiful, and in Nagasaki it is also called "mizu-ika". The flesh is soft and sweet, and live squid is the best quality and is served in restaurants.

An example of cooking method  
Sashimi, sushi topping, stir-fried food.



This is Nagasaki's pride and joy !

"Fisheries products given to us by our bountiful oceans."  
The sea of Nagasaki is a treasure trove of various fish.



The vast sea area along the long and varied coastline is fed by the Tsushima Warm Current flowing northward from western Kyushu, as well as cold water from the Yellow Sea and coastal water from the Jeju Island area. The many islands and complex undersea topography create a marine environment that is conducive to the migration and proliferation of organisms, creating a good natural fishing ground.





### Red seabream

Fully cultured fish are raised from artificially hatched fry. Compared to wild-caught fish, this method has the advantage of stable quality for a longer period of time.

An example of cooking method

Sashimi, sushi topping, grilled with salt, boiled head, and soup.



### Mackerel

Mackerel that is ready to eat all year round. Some farmers produce it with a different feed for a fresher flavor.

An example of cooking method

Fresh ones are sashimi. It is also delicious simmered or grilled with salt.



### Striped jack

It is prized as one of the finest ingredients among horse mackerels. It is moderately fatty, moist, tasty, and sweet.

An example of cooking method

In addition to sashimi, it is also delicious grilled with salt, simmered, or meuniere.

# 養殖

## Aquaculture Marine Products

Nagasaki Prefecture has an intricate coastal topography with many sea areas suitable for aquaculture.

**The prefecture ranks first in Japan** in the cultivated production of Japanese pufferfish, a fish known as a high quality fish.

In addition, due to its favorable natural and geographical conditions,

**the prefecture ranks first in Japan** in both production and shipment of farmed bluefin tunas.



### Horse mackerel

It is cultivated in water with fast currents using juvenile fish caught in around Nagasaki sea area. It is characterized by its fatty and firm flesh.

An example of cooking method

Fresh horse mackerel is recommended as sashimi. Dried and other salted grilled fish are also popular.



### Oyster

An example of cooking method

It is used in a variety of dishes, including fried and hot pot, as well as raw.

It is widely cultivated in the prefecture and is the best season in winter. It is also called "milk of the sea" for its high nutritional value, and is used in a variety of dishes.





No.1

An example of cooking method

Recommended for fugu sashimi as well as grilled and hot pot.

## Japanese pufferfish

The meat is caught in rough seas and has a unique crunchy texture. Nagasaki Prefecture is Japan's largest producer of cultured Japanese pufferfish, a high-end fish that represents winter.



## Japanese tiger prawn

In recent years, farmed products are the mainstream, as they can be stably supplied. Its plump texture and sweetness are attractive.

An example of cooking method

It is prized as an ingredient for sushi topping and tempura.

## Thread-sail filefish

Farmed fish are available in larger sizes than wild caught fish, have larger livers, and are highly valued by the market.

An example of cooking method

The clear, thinly sliced fish served with liver soy sauce is delicious.



No.1

An example of cooking method

## Yellowtail amberjack

It resembles yellowtail in appearance and is a high-end fish with a taste as good as yellowtail. Wild caught fish by one-piece fishing, but in recent years, many are farm-raised.

Ideal for sashimi and sushi topping with little blood.

## Pacific bluefin tuna

Raised in the clear waters of Nagasaki, it is popular both in Japan and abroad for its firm flesh and fine fat. It is Japan's largest cultured product.

No.1

An example of cooking method

It is recommended to eat raw for sushi, sashimi, tuna bowls, etc.



## Japanese amberjack

It is the most farmed fish produced in Japan. Nagasaki Prefecture has many fast-flowing sea areas suitable for Japanese amberjack farming and is one of the leading producers in Japan.

An example of cooking method

Can be cooked in a variety of ways, including sashimi, shabushabu, teriyaki, etc.

This is Nagasaki's pride and joy !

## Holds an annual farmed tuna sashimi contest.



The prefectural tuna farming council and other organizations have been holding this event since FY 2012 to improve the quality of farmed bluefin tuna in the prefecture and to promote the event. About 30 experts and residents of the prefecture judge the tuna for "taste," "color," and "fat content," in an effort to maintain high quality.



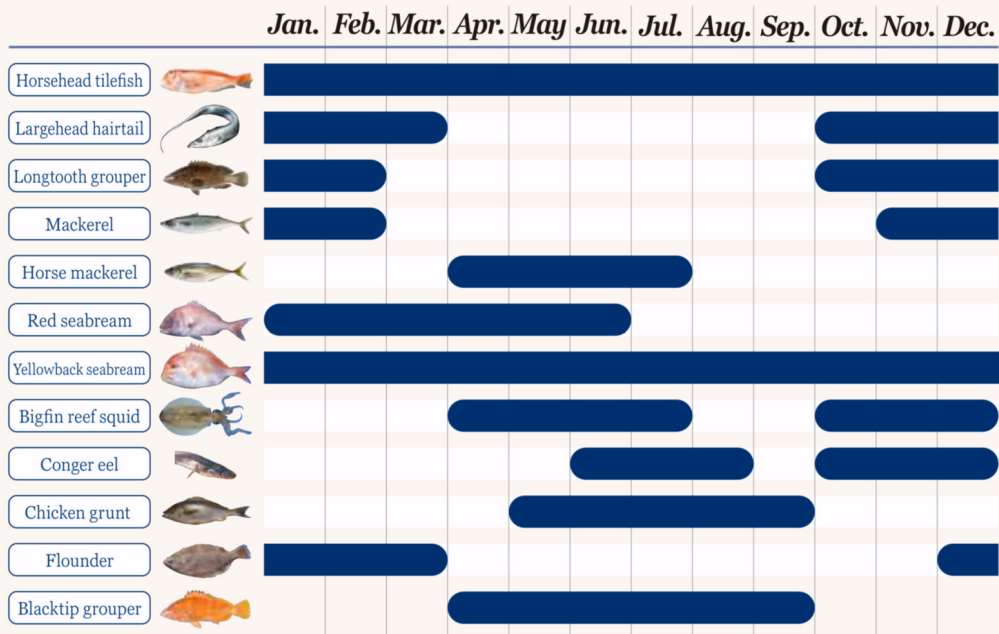
## Pearl

Nagasaki is one of Japan's leading pearl producers with over 30% of the national market share, and is also known as the "birthplace of pearls" since pearl cultivation began in 1871 and Japan's first "true round pearls" were presented to the Emperor Meiji.

# Full of fresh seas

## Nagasaki Seasonal Calendar for Fisheries Products

**"natural" fishery products are in season**



\*This is a general trend and varies from year to year and region to region.

## We deliver rich "seafood" with reliable quality.



**We deliver high freshness and high quality seafood by professional connoisseurs.**

The Nagasaki Fish Market gathers a large volume of seafood from all over Nagasaki Prefecture. In order to meet the diverse needs of our customers, we carefully select and purchase only the freshest and highest quality fish and shellfish based on our expert staff's excellent eye for quality.

Packing operations is done in a delicate facility with room temperature control for advanced hygiene management. Our strength is that we can deliver fresh seafood safely and securely to our overseas customers because we can ship in a state of freshness.



Nagasaki Fish Market Co.  
Mr. Tada, President and CEO



# Seasonal delicacies

Nagasaki, which has the largest variety of fish in Japan, has seasonal seafood in every season of the year, and has the know-how of local producers refined for delicious eating. Please enjoy the delicious seafood of spring, summer, fall, winter, and each of the four seasons to the fullest.



## Time of shipment of "farmed" marine products

	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Pacific bluefin tuna	[Shipment period bar]											
Japanese amberjack	[Shipment period bar]											
Red seabream	[Shipment period bar]											
Striped jack	[Shipment period bar]											
Japanese pufferfish	[Shipment period bar]											
Yellowtail amberjack	[Shipment period bar]											
Thread-sail filefish	[Shipment period bar]											
Oyster	[Shipment period bar]											
Japanese tiger prawn	[Shipment period bar]											
Horse mackerel	[Shipment period bar]											
Mackerel	[Shipment period bar]											

\*The timing of farmed product shipments is a general trend, and some farmers are able to adjust their rearing periods to meet a wide range of seasonal demands.



The high level of awareness and skill of each and every producer supports the deliciousness of Nagasaki's sea.

In Nagasaki Prefecture, approximately 10,000 producers belong to 64 fishermen's cooperatives and engage in a variety of fisheries ranging from fishing, netting, basketry, and diving to aquaculture.

In order to deliver "safe, secure, and delicious" products to our customers, we strive to maintain high freshness by fastening fish live at the production site and placing emphasis on distribution temperatures. In addition, we are the first in Japan to implement a "proper aquaculture operator certification system" that allows us to track the production history of our aquaculture.



Nagasaki Prefecture Of Fisheries Co-operative Association.  
Chairman Takahira

# Full of gems loved by the people of the prefecture Nagasaki's food culture by the richness of the

Nagasaki Prefecture, known as one of the best fisheries prefectures in Japan, is also full of proud processed seafood products made from the finest seafood.



## Dried flying fish broth

Freshness is excellent and full of flavor

The flying fish, known as "Ago" in Nagasaki (Kyushu), is abundantly caught in Nagasaki Prefecture and migrates to the Nagasaki area with the north wind that starts blowing around September. The flying fish is low in fat, which is the source of undesirable flavors and thus produces a "ago dashi" (broth) with a clean and elegant flavor.

It has long been an ingredient in Nagasaki, and is used in the soup of Goto Udon, a specialty of the Goto Islands, and in the soup stock for New Year's ozoni (soup stock). It is also a good match for ramen noodles, and has been gaining popularity in recent years.



## Karasumi (dried mullet roe)

One of Japan's three greatest delicacies

"Karasumi" is made by salting and drying ovaries of stripes mullet. Along with "sea urchin from Echizen" and "konowata from Mikawa", "Nagasaki's karasumi" is one of Japan's three most prized delicacies, and has been prized for centuries.



## "Hatoshi" (Shrimp toast)

Unique Flavor of Nagasaki

Shrimp paste and other ingredients are sandwiched between two pieces of bread and deep fried. It is a traditional taste that can be eaten like fast food. We have inherited a food culture rooted in history and climate.

We have inherited a food culture rooted in history and climate.



## Nagasaki Tawaramono (Nagasaki straw bags)

At the end of the 17th century, Nagasaki seafood shipped in bales was called "Tawaramono" and was well received. The "Nagasaki Tawaramono" was created in honor of this. Only the best products selected by a panel of academic experts, consumer representatives, the seafood processing industry, and the culinary and distribution industries are certified as "Nagasaki Tawaramono" a sign of Nagasaki's current representative seafood products.



# ! Proud of our marine products Culture is nurtured in the sea and its history



## Nagasaki Kanboko (boiled fish-paste)

Nagasaki's unique fish cake with a difference

"Kamaboko" is generally made from Alaska Pollack throughout Japan. In Nagasaki, it is made from a wide variety of ingredients such as horse mackerel, flying fish, Lizardfish, and sardines, which gives it a rich flavor.



## Dried fish

Abundant and high quality dried sea food that shows the abundance of the sea

Dried fish made from fresh, seasonal seafood caught in the seas around Nagasaki is available in a wide variety of varieties and flavors, and appears in a wide range of products from everyday dining to gift-giving. In Nagasaki, horse mackerel, chicken grunt, flying fish, bigfin reef squid, slender sprat and barracuda are standard items, while brightly colored horsehead tilefish, yellowback seabream, and red bigeye are called "colored" and are characteristic of Nagasaki's dried fish.



## Iriko (dried sardines)

The freshness of the ingredients comes alive.

Nagasaki's seas are rich in sardines, which are used as raw materials. "Iriko", or dried sardines full of flavor, is one of Nagasaki's specialties, boasting the largest production in Japan.



## "Shippoku"

"Shippoku" is a banquet cuisine unique to Nagasaki, born from the fusion of foreign cuisines such as Chinese, Dutch, and Portuguese, and Japanese cuisine. The basic style is to eat food served on a large platter around a round table, which is said to express the intention that "there is no upper seat and no lower seat".

The first dish that is always served is "Ohire", a soup containing sea bream meat and fins. This is meant to express the meaning of "one person is treated with whole of the sea bream".

Delivering outstanding freshness and peace of mind

# Main Fish Markets in Nagasaki

In Nagasaki Prefecture, there is a fish market where fresh seafood from coastal and offshore fishing grounds is gathered. The market is a hub where a wide variety of seafood is gathered daily from producers and quickly distributed to domestic and overseas distribution networks through lively "auctions". The market, with its brightly colored fresh fish shining in the ice, is a place where one can truly experience "Nagasaki, the Treasure of Seafood".

**Export brand**  
"Nagasaki Fresh Fish" for China

## Nagasaki Fish Market (Nagasaki City)

**Inquiry** 3-3-1 Kyodomari, Nagasaki-city, 851-2211 Japan  
**Phone** +81-95-850-3600



With a vast site area (approx. 220,000 m2), it is one of the largest fish markets in Japan, boasting one of the highest transaction volumes in Japan. Fresh seafood is gathered from all over the prefecture, and there are more than 350 varieties of fish. The market is equipped with a system from landing to shipping in a closed facility with advanced sanitary management, and supplies safe and secure marine products not only to the whole of Japan, but also to overseas markets.



### Overseas deployment

Combining farmed fish that can be stably supplied with a variety of seasonal wild fish, the "Nagasaki Fresh Fish" brand is well established, shipped directly to China in high freshness.





**First EU-HACCP certified market in Western Japan**

## Matsuura Fish Market (Matsuura City)

**Inquiry** 365 Satomen, Shisa-cho, Matsuura-city, 859-4598 Japan  
**Phone** +81-956-72-1111

The market has developed as a landing base for mainly horse mackerel, mackerel, and sardines caught by purse seine fishing. Connected to the freezer of the adjacent, JAPAN PURSE SEINER'S ASSOCIATION, it is the first highly sanitized closed-type cargo handling facility in Japan, where everything from landing to sorting, cargo handling, freezing, and shipping is performed inside the facility. In 2022, we received EU-HACCP facility certification, and have established a system that can respond to the needs of consumers for safety and security, including overseas.



### Overseas deployment

We are promoting efforts to link mackerel and horse mackerel, which are among Japan's largest supplies, to overseas markets on the strength of our high-level hygiene management and frozen processing.



**Export brand "Hanami Aji" for the U.S.**

## Sasebo Fish Market (Sasebo City)

**Inquiry** 1563 Aiura-cho, Sasebo-city, 858-0918 Japan  
**Phone** 0956-48-6111

Located in Sasebo City, which is surrounded by some of the best fishing grounds in Japan, including a complex rias-style coastline and 208 islands floating on the Kujuku Islands, this fish market has been in business for more than 100 years.

More than 300 different types of seafood are landed, and even for fish that are difficult to obtain in lots, we are working to develop sales channels under an onsite sorting and processing system, and the market is also taking on the challenge of developing sales channels to the United States in cooperation with neighboring aquaculture companies.



### Overseas deployment

Farmed horse mackerel, natural barred knifejaw, red seabream, chicken grunt, octopus, yellowtail amberjack, etc. The brand name fish "Hanami Aji", which is large in size and coexists with good quality fat of tight flesh, is highly valued in the U.S. as a fresh fish by air transportation.





A treasure trove of diverse fish that benefit from the richness of the sea.

# Rich variety of fish caught in Nagasaki Prefecture

The sea of Nagasaki is surrounded by islands and peninsulas, and is highly diverse with the Goto-nada, Tsushima Strait, Genkai-nada, Tachibana Bay, Ariake Bay, Omura Bay, and the vast waters off the western coast of Goto. A wide variety of fish species live in the marine environment with different characteristics, forming one of the best fishing grounds in Japan.



**SUSTAINABLE DEVELOPMENT GOALS**



**To protect the rich and beautiful oceans. Nagasaki Prefecture's efforts to achieve the SDGs.**

To ensure the sustainable use of Nagasaki's marine bounty for years to come, Nagasaki Prefecture will work with fishermen to protect marine resources by releasing juvenile fish, regulating catch sizes, and establishing prohibited fishing areas.

In coastal and inner bay areas, fishermen are taking the initiative in improving the fishing environment through conservation activities to maintain and restore seaweed communities, which are spawning and growing grounds, and to improve bottom quality by plowing the seafloor.



NAGASAKI  
PREFECTURE



### Access to Nagasaki Pref.

Fly to Nagasaki Airport	Haneda Airport	Approx. 110 min.	Nagasaki Airport
JR to Nagasaki Station	Hakata Station	Approx. 80 min. (by Shinkansen)	Nagasaki Station
By bus to Nagasaki Station	Hakata Bus Terminal	Approx. 150 min.	In front of Nagasaki Station

### Access to Nagasaki Prefectural Government Office

From JR Nagasaki Station on foot	JR Nagasaki Station	Approx. 10 min. walk		Nagasaki Prefectural Government Office
By bus from Nagasaki Airport	Nagasaki Airport Limousine Bus Board via Dejima Road Nagasaki Prefectural Bus, Nagasaki Bus	Nagasaki Station	Approx. 10 min. walk	
Bus	Nagasaki Airport	Nagasaki Station	Approx. 10 min. walk	
Tramway	Nagasaki Airport	Nagasaki Station	Approx. 10 min. walk	
Car	Nagasaki Dejima Road	Shinchi Exit	Approx. 10 min.	

#### Inquiry.

Fisheries Processing and Distribution Division,  
Fisheries Department, Nagasaki Prefectural Government 3-1,  
Onouemachi, Nagasaki City, Nagasaki Prefecture  
Phone. +81-95-895-2873 Facsimile. +81-95-895-2585  
URL. <https://www.pref.nagasaki.jp/section/suisan-ka/>

