



気仙沼鹿折加工協同組合
KESENNUMA SHISHIORI FISHERIES PROCESSING COOPERATIVE ASSOCIATION

Kesennuma Shishiori

SUSTAINABLE SEAFOOD

Recipe developed by Chef Takanobu Matsuto, aka Ninja Chef

While stock last!!



Ikura Don

Frozen Ikura K Type(Kawaki Foods Co., Ltd), Salted Salmon Goro Hogushi(Akafusa Co., Ltd)

The Ikuras are carefully selected by workers and proceed to frozen within 2 hours to keep its freshness. The ikura are fresh yet without any fishiness taste. It is an “mom and child” rice bowl, as salmon is the mom and ikura are her children, a.k.a OYAKO DON.

\$35



Shark Meat Ball With Seaweed And Vegetable Soup-with Yuzu Ponzu Vinegar

Shark Minced Meat(Fukuju Marine Product Co., Ltd), Cut Wakame Seaweed(Kawamura Co., Ltd)

Shark meats are rich with calcium and nutrients which are good for our body. In Kesennuma Shishiori, the sharks are sustainable and they appreciate every part of the shark, without any waste.

\$18



Grilled Pacific Saury with Garlic Oil

Sanma Kun(MARUTOYO Co.,Ltd)

The sanma was smoked till the bones are soft and tasty. Grilled with garlic oil. Best to serve with sake and beers.

\$15



Seared Bonito Sushi

Frozen Seared Bonito Fish(Kesennuma Hotei Co., Ltd)

Seared Bonito nigiri sushi. The bonito fish is carefully selected and delivered to the factory directly from the ship. The fish was baked with a gas burner to keep the juicy taste and remove the fishiness taste. It was frozen immediately to keep it fresh.

~~\$16~~ → **\$12**



Classic Salted Squid Guts With Cream Cheese

~~\$6~~ → \$5

Classic Salted Squid Guts(Nagura Bussan Co., Ltd)

Homemade salted squid guts with cream cheese by Chef Taka. Salted Squid Guts is very popular in Japan for adults, elderly even children. The reason why cream Cheese was used to match with the salted squid guts is because the squid guts contain very fishy smell and taste, cream cheese is able to reduce the fishiness of the squid guts, to create a well balance taste.



Spicy Tuna Hand-Rolled Sushi

~~\$15~~ → \$12

Spicy White Tuna In Can(MiyaCan Co., Ltd), Spicy Tuna In Can(MiyaCan Co., Ltd)

Hand-roll spicy tuna sushi, perfect for tuna lovers. The tuna are Japanese Albacore Tuna caught in Kesenuma, processed without using any preservatives and additives



Tuna Wasabi Croquette

\$5

Spicy White Tuna In Can(MiyaCan Co., Ltd), Spicy Tuna In Can(MiyaCan Co., Ltd)

Tuna with wasabi mayonnaise croquette, the tuna are Japanese Albacore Tuna caught in Kesenuma, processed without using any preservatives and additives



Salmon Flake Rice Ball With Tororo Konbu(Tangle Shavings) Flake

~~\$13~~ → \$11

Tororo-konbu (Tangle shavings) Flake(NAGURA BUSSAN.Co.,Ltd), Salmon Flake(Kanaefoods Co.,Ltd), Sesame & Sea Tangle Boiled In Soy Sauce(KAWAMURA Co.,Ltd)

Rice ball contained salmon flake and sesame & sea tangle, covered with tororo konbu flakes.

What is sustainable seafood?

Sustainable seafood represents a healthy relationship with our oceans that can endure forever. When humans consume seafood, we leave an indelible mark on the ecosystem. It is critically important for our own well-being—and that of the oceans—that we understand the impacts of our choices. Sustainable wild fisheries must be well managed, with accurate population monitoring and regulations that can track seafood from the fishing boat to the dinner table.

Souces: nationalgeographic.com

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