

# Let's eat pufferfish from Shimonoseki!!

河豚

Pufferfish, known as “Fugu” in Japanese, have been a delicacy in Japan since ancient times. The relationship between pufferfish and Japan as a food source stretches back almost 4,000 years and represents a culinary process refined through trial and error to separate the delicious edible parts of the fish from those which are poisonous and potentially deadly. It is not an exaggeration to say that this knowledge came at the cost of many lives.



Shimonoseki is the most famous producer of pufferfish related products in Japan. There is a wholesale market devoted entirely to pufferfish as well as many pufferfish-themed restaurants throughout the city. In addition, Shimonoseki is the main pufferfish distribution center for all of Japan.



Pufferfish are an extremely versatile fish and can be prepared in a variety of ways both hot and cold such as sashimi, deep-fried, crock-pot, etc. Displayed in the picture below is perhaps the most famous and elegant style of preparation whereby individual slices of pufferfish are cut paper-thin, arranged in a flower-like pattern, and eaten raw. Proper preparation techniques may take many years to master.

While consuming pufferfish has been outlawed at times throughout Japanese history due to its potentially deadly nature, pufferfish has been a delicacy in modern Japan since the last ban was removed by Ito Hirobumi the first Prime Minister of Japan in Yamaguchi Prefecture. Perhaps the most significant reason for the lifting of the ban and the revival of interest in pufferfish cuisine is the fascination, both domestically and internationally, with the skill involved in properly processing the edible fish and the unique tastes and presentation styles of the resulting dishes.



Nowadays all chefs that wish to prepare pufferfish for consumption must be trained and licensed by the proper authorities and all such pufferfish preparation is subject to stringent safety guidelines.

Pufferfish from Shimonoseki are safe, delicious, and offer a unique culinary experience.

Let's Eat!!