



HANAKATSUO
花かつお



花かつお



HANAKATSUO

PRODUCT OF
PT. PACIFIC OCEAN FISHERIES
WWW.PACIFICOCEANFISHERIES.COM
ANZ Tower, 18th Floor Jl. Jend. Sudirman Kav. 33A, Jakarta 10220



Have you ever seen a block of katsuobushi - a wood-like block of dried and smoked katsuo? You might be more familiar with kezuribushi, or dried bonito flakes, which are shavings of katsuobushi. This booklet is your guide to katsuobushi, one of the world's hardest food products.

Enjoy!

Katsuo

The Katsuo is a pelagic fish that is commonly found the tropical and warm temperature regions of the worlds ocean. It is known by its English common name, Skipjack Tuna (Katsuwonus Pelamis).

The Katsuo can be grown to be one meter size, but mostly caught whet it is 50 centimeter. The Katsuo's body is spindle-shaped, with a deep indigo blue back silvery white flank and stomach.

In Japan, The Katsuo inhabits the water off the Pacific coast. Migrating north on the Black current in spring, and moving south in autumn. Therefore, it has been a part of Japanese's people diet from the ancient times.

The Katsuo is enjoyed as sashimi, or seared that served with spices and herb.

A Traditional Gift for Celebrations

Katsuobushi has traditionally been sent in return for various gift, such as wedding gifts, baby gifts, gifts for children starting school, and gifts to celebrate recovery from illness. This is because the obushi (back side) and mebushi (stomach side) fit perfectly together, like a close couple.

The two parts locked together resemble a tortoise shell, a symbol of long life.



Making Katsuobushi from Katsuo

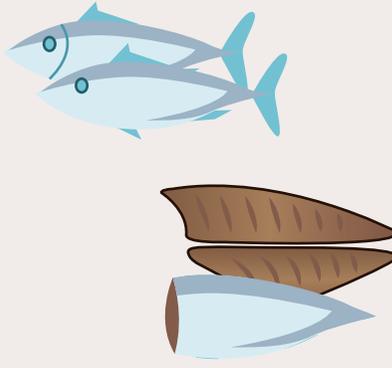
How
Katsuobushi
is made



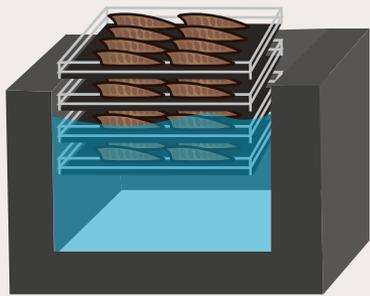
Katsuobushi is a fermented food product unique to Japan, Fine shavings dressed with a dash of soy sauce can be an excellent side dish alone, or can be served as toppings for tofu and ohitashi (seasoned boiled greens) to complement their flavor. Most importantly, dashi soup stock made using katsuobushi shavings has formed the basis of Japanese cuisine, just as fond and bouillon have in Western cuisine, and tang, in Chinese cuisine. Katsuobushi is a key ingredient in healthy, savory and highly diversified Japanese cuisine.

*Hanakatsuo and katsuo-kezuribushi are made from arabushi.

1 **Filleting**
The katsuo is beheaded, gutted and filleted into two or four block



2 **Laying and Simmering**
The fillets are arranged and simmered



3 **Deboning**
The bones are removed



4 **Smoking and Drying**
The fillets are smoked. At this stage the fillets are called arabushi



*Katsuobushi-kezuribushi is made from honkarebushi.



Pacific Ocean Fisheries factory is located in Halmahera Island

