

Way of cooking of luminous shell

Shuzou Arakaki Okinawa Japan

URL <http://syuzou.awk.jp>

At the beginning We describe effective use of luminous shell to Sell nationwide marketing specialty products Mart running in earnest from August 1, 2011. We will deliver to your hand and frozen shipment to the country alive basically. Reason is limited to the reason, which marks the time power shortage is serious. Make the refrigerated shipment of viable as soon as normal power status is restored. For luminous shell that has been sent in refrigeration, we have created in the photograph description format the process know-how. Please use

1 Cooking procedure



Luminous Shell has lived has harvested, shellfish of Okinawa has sunk under a rock or coral during the day nocturnal many. Such as algae and sand so we stuck to the shell surface, so you drop the algae and sand washed with tap water while rubbing with a brush quickly so as not to weaken the living



The cold storage with PVC pack sprayed deep-ocean water remain living



I thawed in running water:
decompression process.

I unzip process 20 minutes in
water 5 liters of water at a
temperature of 25 degrees 1 kg
size

Cleaning effect is to increase it
and increase the pressure of tap
water



I can drop more neatly and rub
with a brush

This process is required if you
want to cook to put the whole
shellfish soup or stew

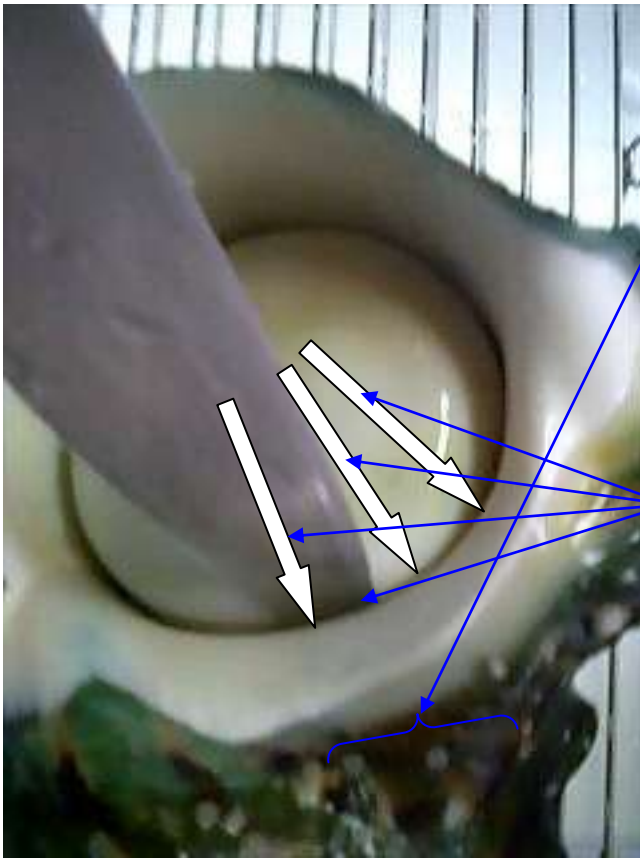


I will be immersed for 5 minutes in tap water for the purpose of lye Without sterilization



I enter the handling now

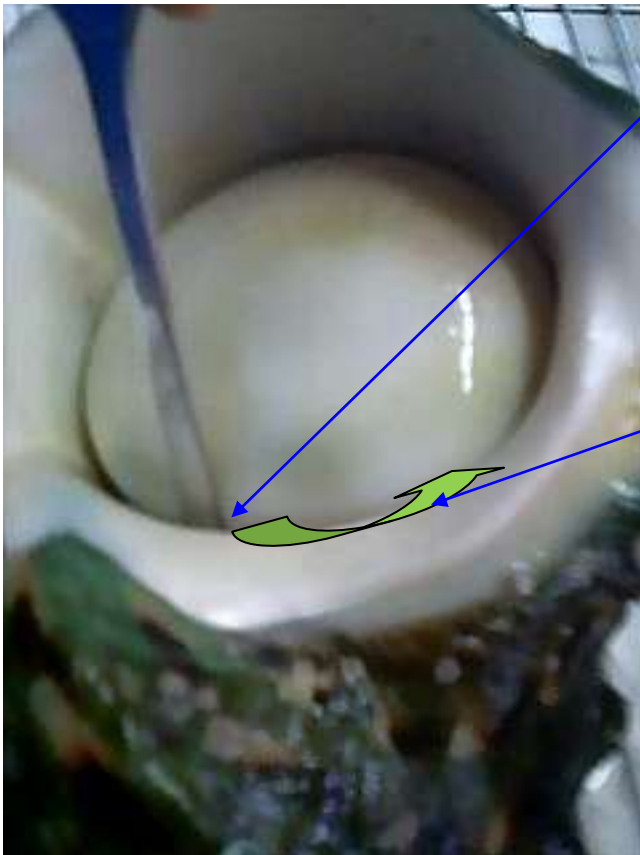
(It's closed completely from less 2 kg size) may cover the shell is closed tightly so frozen alive



I peeled off from the shell adductor muscle

Adductor muscle is attached to take root in the shell inner surface of this area

We will continue by cutting the surface to put a kitchen knife in the gap



When you create a gap, we will peel off the scallops 3 centimeters Insert the flat device, such as a spoon

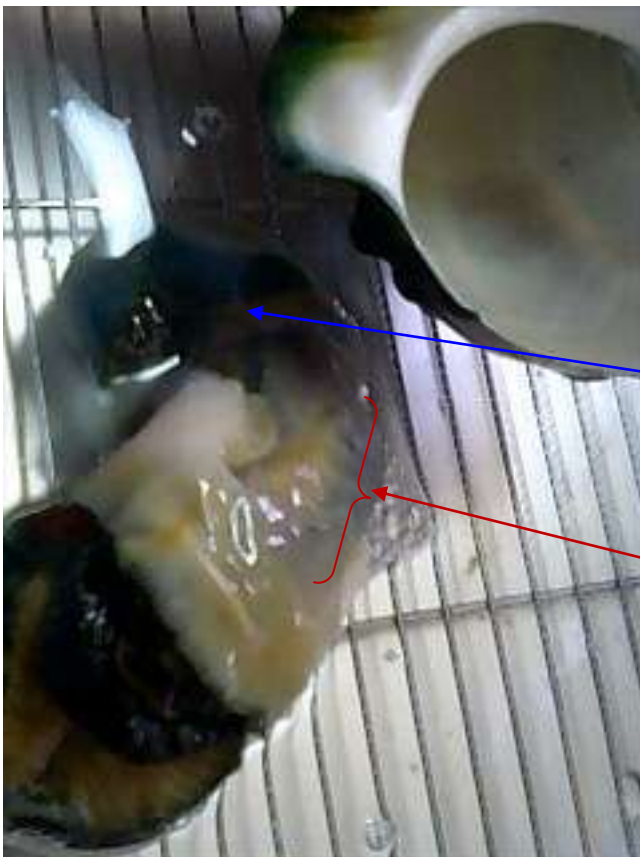
We will slide the spoon along the inner surface of the shell the area of green arrow in 3 cm depth



Lid is loose If you turn off the adductor muscle.

We will remove the body while causing the lid slowly than the other side of the adductor muscle with a spoon

To exit the body, even shaking the Note) shell, but it flies in the direction which is not rough. Also likely to crush the liver also increases



I unplug themselves from shell Part of the liver (you can use to take out in Okinawa, but there is no habit to eat this part)

Pebbles and sand contains many parts of the intestine



Thing good about living
remains somewhat hard to
come off the adductor muscle in
this way.

Peel with a spoon



The base of the adductor muscle
that tore

It is a place delicious body so
soft finely



Area of liver

Black part is bitter as bile

Intestinal segment will include many pebbles and sand

Seen soft finely delicious part in pure white adductor muscle in part

(Hardness make it the degree of turban shell normal) lid color is hard part in dark blue

Lid is hard as stones

Area of liver

Black part is bitter as bile

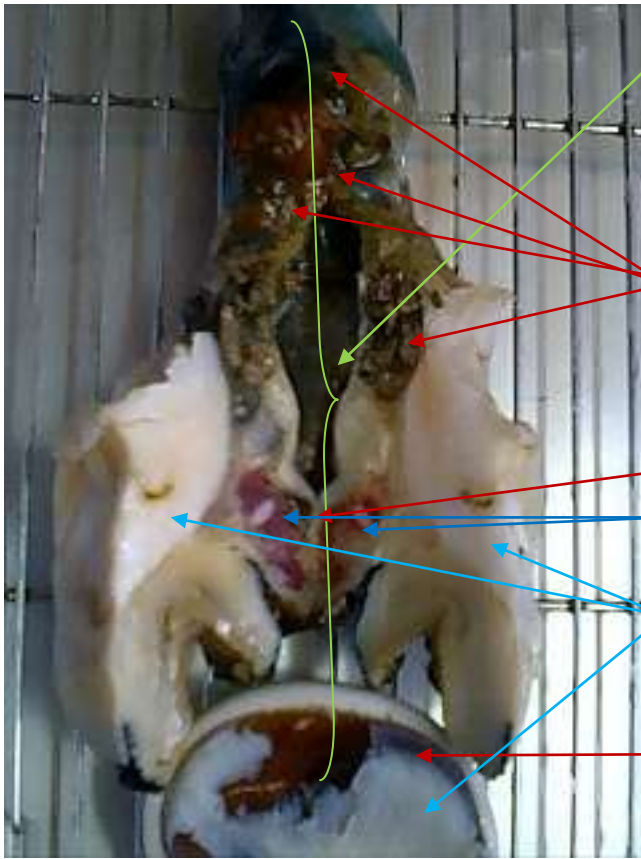


Intestinal segment will include many pebbles and sand

Seen soft finely delicious part in pure white adductor muscle in part

(Hardness make it the degree of turban shell normal) lid color is hard part in dark blue

Lid is hard as stones



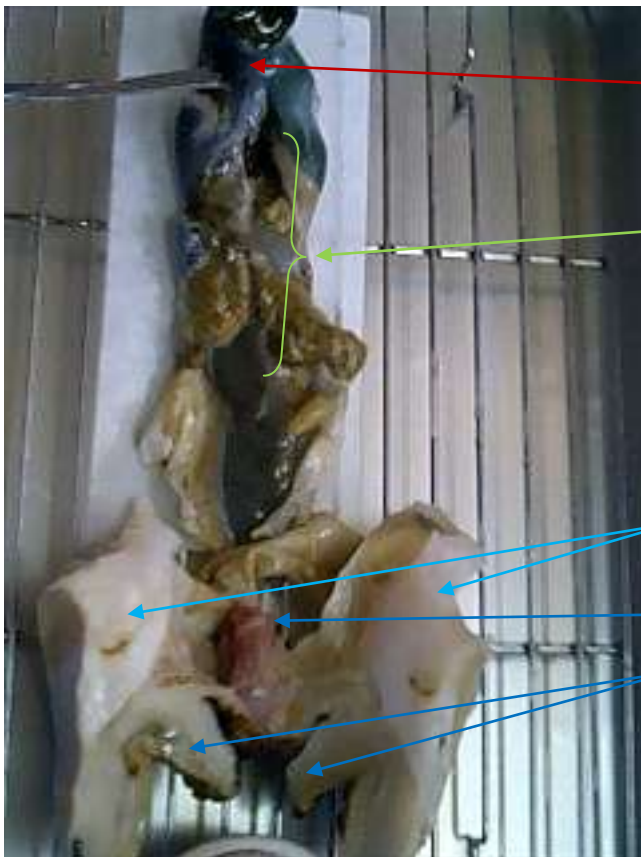
I opened to the left and right side from adductor muscle attachment

Residue of algae pebbles and sand, ate intestinal

Hard muscle is seen in red and purple around the mouth hard beak

Delicious part of the adductor muscle

Cover, such as stones



Intestine had accumulated plenty of sand and pebbles seen so far

Intestine were removed pebbles and sand, algae washed

Delicious part of the adductor muscle

Beak like bone hard I went past

Lid color is hard part in dark blue



Butterflies are also enters the interior of the liver. I will wash well, too here

I have cleaned



You sprayed deep water is returned to the liver shellfish Which is then used for purposes of revive as much as possible the body that caused the tap water burnt intended use of deep water

Only Note) was revived beginning to have a sense of transparency, fragrance look and I will be well



I was back to a delicious scallop shell section

Cut surface line



I cover with a lid



You sprayed plenty of deep water
Put a freshness sheet on top of the lid

You sprayed plenty of deep water
Put a freshness sheet on top of the lid

Preparation of luminous shell is complete. Wait for you to keep it in less than 5 degrees fridge

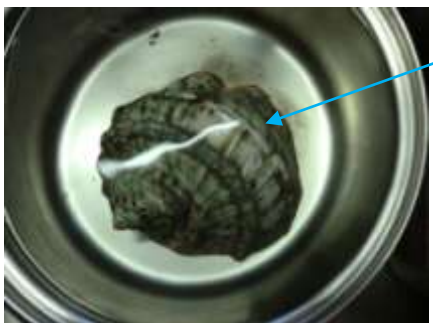
Can be stored cell destruction is a significant even minus 7 degrees because it spread the deep-ocean water

大型の夜光貝について（捌き方と諸注意事項）

1 この状態で夜光貝をお送りする理由は、美味しい肝部分を鮮度維持させるためです



10リットル30度の水道水で2キロの夜光貝を1時間漬け込み解凍します



時々回転させると良いです



解凍が進むと、写真黄色矢印の方向に軽く振ってみます
蓋が緩んだ音がします



貝柱部分に切れ込みを入れます

蟹スプーンなどでゆっくり貝柱をはがします

蓋が緩み少し隙間ができます



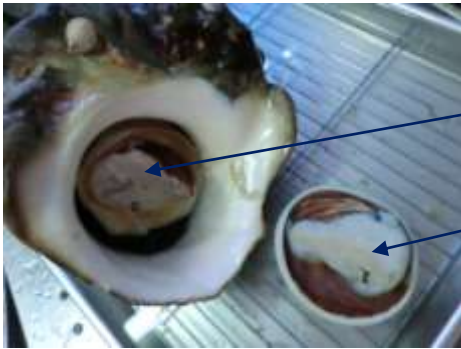


蓋を起こします

包丁を蓋内面に沿って切り込んでいきます



ゆっくり焦らず蓋をはがします



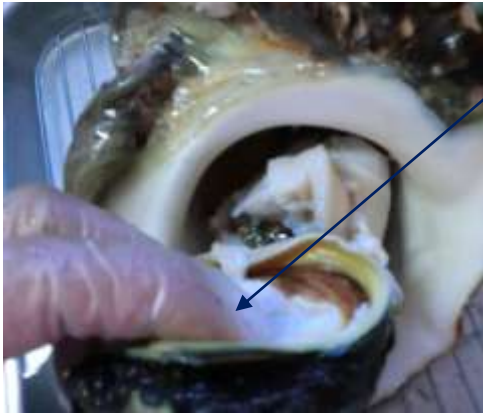
蓋をはがしました

蓋付着部

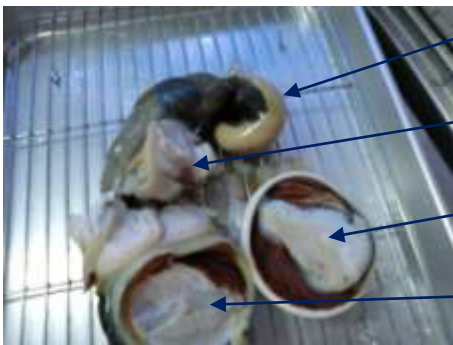
蓋



貝柱は深いところまで張り付いていますので指の第二関節まで挿入して貝柱をはがしましょう



完全にはがし終わると、するりと身が抜けてきます

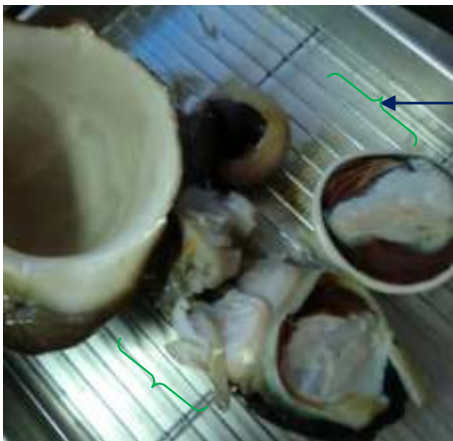


肝の部分

付着していた貝柱部分

蓋及び蓋に残ってしまった美味しい部分

蓋付着部



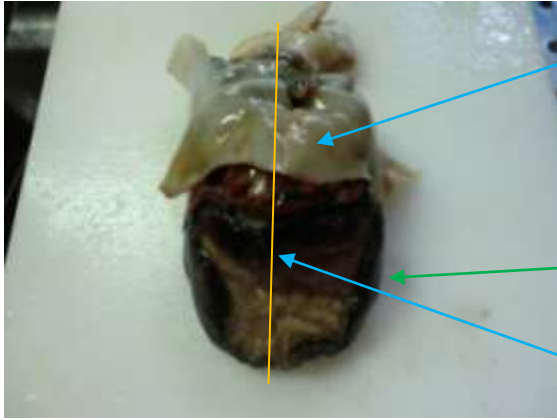
全体的にこのような感じに取り出せました



肝部分ここは湯引きして美味しくいただけます。

腸の部分は、捨てましょう

貝柱から蓋の部分はもっとも美味しくおつくりや刺身、すしネタにします



このように蓋付着部を下にして準備します

蓋部分はまな板に接している状態

黄色い線のセンターより包丁を入れます

開きました



口から内臓への通り道に食物残渣が多くあります

口の部分は硬く嘴があります



このように指でゆっくりつまみ取りましょう



きれいに取れました

できれば軽く塩を振ってあく取りをして、深層水を散布して臭みを飛ばしましょう



貝柱部分をカットしました

美味しい部分です通常、おつくりや刺身で賞味します



おつくりの器に貝殻を使います
氷を貝の中に敷きます

鮮度シートを敷きます



盛り付けしました

沸騰したお湯

肝を湯引きします

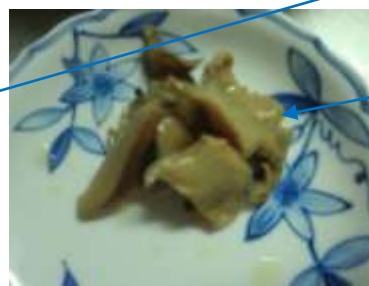


このような感じで御膳ができました

肝はポン酢や三杯酢にわけぎのたれにつけて賞味して美味しくいただけます。これで5人前ぐらいと考えると、一人で賞味すると胸やけや消化不良を起こすかもしれません。



大型の夜光貝は残ることが多いので炊き込みご飯のグザイ仕込みに入ります
麵つゆ300ccに
みりん、深層水1cc
シイタケを入れて薬膳効果を高めます
基本的にニンジンやヒジキなどのグザイを足します
圧力なべで15分沸騰、15分蒸らして



取り出したらこのように軟らかい夜光貝煮付けが出来上がりました

夜光貝の殻は盛り付け器に利用すると高級感を醸し出した照明で七色に輝き涼しさと食欲を向上させてくれます。殻は螺鈿細工や高級家具、高級衣類のボタンに利用される希少な自然の工芸材料ですので捨てる必要はないです。財産になるでしょう

夜光貝などの資料サイトは：<http://syu35300brog.seesaa.net>

貝の言い伝えや夜光貝螺鈿細工は：<http://yakoukaizaiku.seesaa.net>

ホームページサイト：<http://syuzou.awk.jp/>