

How do we make Kamaboko?



① First, we fillet the fish, removing skin and bones.

② Next, we wash the fish meat with pure natural water coming from the Hakone Mountains. This process removes the fat and blood from the fish meat. As a result Kamaboko lasts much longer than normal fish.

③ Then, we pound the washed fish meat with salt and add seasonings. As a result, the fish meat turns into a sticky paste. The coagulation of the fish protein caused by the sea salt is one of the most important steps in the production of Kamaboko. This difficult process gives Kamaboko a unique texture and a delicious taste and must be done by veteran craftsmen with years of experience. The veteran craftsmen determine how much salt to add and how long the fish meat should be pounded, based on the specific characteristics of each fish.

④ Next, we shape the fish paste into the traditional shape of Kamaboko. This process is also a very important step in the production of Kamaboko. The length of time that the craftsmen take in this step helps determine the taste, texture, and shape of the final Kamaboko. Only veteran craftsmen who have trained for more than 20 years are allowed to deal with some important parts of this process.

⑤ Finally, we steam, fry, grill or poach the shaped Kamaboko and chill it. In Odawara, the familiar Kamaboko is steamed on wooden boards. The wooden boards control the level of moisture in the Kamaboko so that it stays delicious for a long time.



Kamaboko is healthy

Five to seven fish are used for each steamed Kamaboko. Kamaboko contains little fat, relatively large amounts of minerals, and a large amount of well-balanced proteins. Proteins, which are necessary for health, are made up of substances called “amino acids”. The human body can produce some of these, but there are nine types of amino acids that are considered “indispensable,” or “essential,” because humans need them but the body cannot make them. These amino acids can only be obtained from food. Kamaboko includes a well-balanced array of amino acids, including all nine of these essential amino acids.

