

Konbuzume—Salmon Sashimi

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Serving suggestion. Photo credits: NPAFC Secretariat

If you like to eat sushi, eating raw fish (sashimi) is also a wonderful way to enjoy seafood. Preparing and consuming sashimi is now popular in Korea. *Konbuzume* is a method of food preparation known to remove the smell of the fish and to make the fish flavor milder. Besides salmon, the *Konbuzume* method of preparation can also be applied to other types of fish (tuna, yellowtail, halibut or flounder, seabass, and all types of fish used in sushi). Sashimi-grade sockeye salmon was used in this recipe, but any sashimi-grade salmon can be used. This recipe serves four people as an appetizer.

Editor’s note: Raw salmon (and other raw fish) is susceptible to contamination with bacteria and parasites. Be sure to use “sashimi-grade” fish that is handled using only clean and sanitized equipment to avoid bacterial cross-contamination. The U.S. Food and Drug Administration recommends at a minimum, freezing at -35°C (-31°F) or below for 15 hours or at -20°C (-4°F) or below for 7 days to kill parasites. For these reasons, sashimi is more popularly consumed in restaurants than at home.



Konbuzume ingredients

Ingredients

250 g (~½ pound)	salmon fillet (sashimi grade; approximate amount)
3–4 pieces	dried kelp cut into pieces large enough to wrap around the fish
5–9 teaspoons	roasted sea salt, or any salt (to taste)
1 ½–3 cups	cooking wine (red or white wine, or a mixture of sweetened rice wine and vinegar to taste)

Garnish

- raw onion thinly sliced
 - raw garlic cloves thinly sliced
 - raw jalapeño thinly sliced
 - lemon thinly sliced
- (An alternative is to roast the raw garlic and jalapeño in the oven with a little olive oil)





Place the salmon on top of the kelp



Add more salt on top of the salmon



Add more cooking wine to cover the wrapped salmon



Cut salmon into bite-size pieces across the grain

Instructions

1. Thaw, rinse, and pat dry the boneless, skinless, sashimi-grade salmon.
2. Place the kelp in a wide-bottom bowl. Add enough cooking wine to cover the kelp. The kelp will soften in the liquid. Add 3–5 teaspoons of roasted salt or to taste.
3. Place the salmon on top of the kelp and add more salt on top of the salmon (approximately 2–4 teaspoons or to taste). Carefully wrap the salmon with the softened kelp.
4. Add more cooking wine (approximately 1–3 cups) to cover the wrapped salmon in the bowl. Cover the bowl, place it in the refrigerator, and marinate for 4 to 6 hours or overnight.
5. While the fish is marinating, prepare the garnish by thinly slicing the garlic, onion, jalapeño, and lemon.
6. After marinating, remove the salmon from the kelp and liquid, and pat dry. Cut the salmon into bite-size pieces by slicing across the grain.
7. Place the sliced onion, garlic, jalapeño, and lemon on the serving plate and arrange the fish decoratively on the plate.
8. Serve with soy sauce, sweet pickled ginger, and wasabi. Any leftovers should be kept in the refrigerator and consumed shortly thereafter. (Usually there are no leftovers.)



Minho Kang graduated from Pukyong National University in Busan, Republic of Korea, with a MSc and from the University of Rhode Island in Kingston, Rhode Island, United States, with a MSc

in oceanography. Since 2004, he has conducted research on a variety of subjects including DNA stock identification of chum salmon, adaptive responses of chum salmon growth to environmental changes, predation and competition interactions using multispecies biomass dynamics models, and other statistical applications to analyze commercially important fish populations. Minho was the 2015 NPAFC Intern and co-authored an article in the NPAFC Newsletter (39:15–20) highlighting the biological monitoring of Namdae River chum salmon. In autumn 2016 he will start an internship at the North Pacific Marine Science Organization (PICES) in Sidney, BC, Canada.