

香魚 Sweet Fish

【主要產地】：尖石鄉

Major Production Area : Jianshih Township

【主要產期】：
6～10月（生鮮）、1～12月（低溫冷凍）

Major Production Period : June to October (fresh) ;
January to December (frozen at low temperature)



產銷單位、訂購專線

鄉鎮別	產銷單位	訂購專線
尖石鄉	新竹區漁會高冷水產養殖產銷班	03 - 5856239

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Phone Line Purchasing
Jianshih Township	Highland Marine Farming Production and Marketing Squad, Fishing Association of Hsinchu Area	03-5856239

📄 產品特色

鯪魚因獨特的香味而被稱為香魚，亦有河魚之王的雅號。體背部呈青黑色。體側面由上半部至下半部逐漸帶黃色，並漸向腹部顏色漸淡，腹部成銀白色，各鱗皆為淡黃色，在胸鰭後方有一鮮黃色斑點。香魚本身肉質細膩、細骨頭小，深受日本料理店的青睞。

📄 選購指南

優質的香魚會有一股似哈密瓜般香甜的香味。鮮豔的帶狀黃褐色布滿全身。

📄 食用方式

為了不損香魚的新鮮度，所以要以冷涼的手來處理。料理方式以鹽烤最為美味，微苦的內臟也能食用

📄 營養成份

香魚是極佳的蛋白質與礦物質來源，含有人體必須的多種胺基酸、飽和脂肪酸，含碘量也很豐富。可將香魚整尾進食，是極佳的鈣質來源，常吃具有很好的滋補功能，食用價值高。

📄 Products Features

Because of its unique fragrance, this fish is called "sweet fish." It is nicknamed the "Lord of the River." The back of the fish appears to be livid black which gradually turns yellow until it reaches the stomach where the color becomes light silver white while its fins remain light yellow. Behind the ventral fin, there is a bright yellow spot. The fish has tender flesh, tiny bones and a small head, which is greatly favored by Japanese tourists.

📄 Pointers for Purchase

Quality sweet fish disperses a honey-dew-like fragrance. If you see a bright yellow brown belt wrapping around the body, it is good the one.

📄 Preparation Methods with all

To avoid losing the freshness of the sweet fish, kitchen handlers need to keep their hands cold. The best preparation method for sweet fish remains salt-roasting. Then even the slightly bitter internal organs can be a delicious treat.

📄 Nutritional Value

Sweet fish is a good source of protein and minerals. It contains amino acid and saturated fat t. It is also rich in iodine and its tail, if eaten, provides calcium.