

烏魚（烏魚子）

Mullet (Striped Mullet)

【主要產地】：竹北拔子窟

Major Production Area : Ba-tze-cao, Jhubei

【主要產期】：10月中旬～次年2月中旬

Major Production Period :

Mid-October to Mid-February the following year.



產銷單位、訂購專線

鄉鎮別	產銷單位	訂購專線
竹北市	新竹區漁會烏魚產銷班	03 - 5568690 0910295205

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Phone Line Purchasing
Jhubei City	Mullet Production and Marketing Squad, Fishing Association of Hsinchu Area	03-5568690 0910295205

📦 產品特色

烏魚是高經濟價值的魚種，其營養價值極高且肉質鮮美，母烏魚的卵巢可製作成烏魚子，公烏魚的精巢以及烏魚肉和烏魚肫也都各具實用價值，素有「烏金」之稱。

🛒 選購指南

新鮮烏魚胸鰭基部有一塊明顯的藍色斑點。

烏魚子選購方法：

1. 外形美觀、大小厚一致，沒有殘肉或其它附著物。
2. 卵粒均齊、色澤亦黃而有透明感。
3. 乾溼度適中、軟硬合宜。

🍳 食用方式

烏魚子料理時切成薄片、蒸熟或油炸搭配青蒜、白蘿蔔片最爽口。

📌 營養成份

烏魚子含有豐富的蛋白質、維生素B和礦物質，魚卵則含有豐富之DHA。

📦 Product Features

Mullet is a highly diction species, and it is possessed with considerable nutrients. Mullet eggs are often reprocessed into striped mullet. It is called “black gold” because of its excellent commercial value.

🛒 Pointers for Purchase

On fresh mullet, there is a distinctive blue dot under its ventral fin.

To select striped mullet:

1. Beautiful outward appearance, even size and thickness, and no residual flesh or other attachments.
2. Eggs are evenly aligned, is bright yellow and transparent.
3. Dryness and humidity in equal amounts; not too hard, nor too soft.

🍳 Preparation Methods with all

Cut the striped mullet into thin slices, steam them until well done, or deep-fry them. It is very tasty if cooked with green garlic and/or white turnips.

📌 Nutritional Value

Mullet contains abundant proteins, vitamin B and minerals while its eggs contain a large amount of DHA.