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Tobiko – Flying Fish Roe



Tobiko is the eggs, or roe, of Flying Fish. Flying Fish belong to the family *Exocoetidae* and are known for their ability to launch themselves out of the water and glide in the air using their tails and large, wing-like fins. They can be found in temperate and tropical oceans around the world. While wild-captured around the world, Flying Fish are often shipped to countries like Iceland, Japan and Taiwan for processing the roe. Tobiko is a popular garnish for sushi and holds up well in sauces and liquids. It also often has flavors, such as wasabi, added.

Tobiko and Flying Fish are not rated by the Monterey Bay Aquarium's Seafood Watch®.

Sources



Species Name

Family: Exocoetidae



Source

Tobiko comes from Flying Fish. Flying Fish live in temperate and tropical oceans around the world. They are caught around the world and often shipped to Japan, Taiwan and other countries for processing.



Seasonality

Available year-round.



Fishing Method

Wild-captured by dip nets, seines, gillnets and hook-and-line.

Features



Flavor

Tobiko is very finely grained, firm and crunchy with a salty and slightly sweet flavor. It is often seasoned with a range of flavors and colors like the green, mildly spicy Tobiko seasoned with wasabi and black, salty Tobiko seasoned with squid ink. Green, orange, red and black are the most common colors.



Appearance

Tobiko is naturally colored bright yellow-orange to red-orange and is often dyed to other colors like black and green. The tiny eggs are larger than Masago but smaller than Ikura.

Uses



Preparation

Tobiko is often used as a garnish or to add flavor and texture. Unlike Caviar, the texture and color of Tobiko do not change or soften when added to liquids, like sauces and dressings, even when heated.



Substitution

Masago is very similar to Tobiko and makes a good substitute.



Handling

Unlike Caviar, Tobiko holds up well frozen. Tobiko is best if kept frozen until ready to use as once thawed the shelf life is short.

Market



Pricing Scale

Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information and current pricing information.



Shelf Life

Tobiko which has been handled and stored properly should retain optimum quality for 3-4 days once thawed. Frozen can be commercially stored for up to 6 months.

Market Names
Tobiko, Flying Fish Roe
Where Caught
Warm Oceans around the World
How Caught
Wild-captured by dip nets, seines, gillnets and hook-and-line



