

Shiogama Seafood Wholesale Market

This wholesale market is often the next stop for visitors who have watched the early morning tuna and fish auctions at the nearby Shiogama City Fish Market. Here, the freshly caught seafood is sliced and readied to be sold to customers. Unusually for a wholesale market, it is open not only to restaurateurs but also members of the public.

Established in Shiogama in 1965, the seafood market miraculously survived destruction from the tsunami that resulted from the 2011 Great East Japan Earthquake. It is the only market of its kind left in the Tohoku region and has an atmospheric retro feel. The market's broad roof shelters 93 stalls, many of which have been run by the same family for generations.

One highlight at the market is the chance to make one's own *kaisendon* (rice bowl topped with seafood). The vendors have posted clear signs that identify which types of seafood can be eaten raw, so even first-time visitors can easily and safely select their choice of ingredients. A thick slice of *tamagoyaki* (rolled omelet), available from a specialized stall, is considered the perfect way to end a meal of sushi or sashimi.

For those who prefer their seafood cooked, there are charcoal grills available to rent. Freshly fried tempura, light nibbles, and drinks are also on offer.

Visitors who wish to see the tuna-cutting are most likely to catch the skilled workers on Friday and Saturday, around 8:00 a.m. to 9:00 a.m.