

Risky dining in Japanese society: Should we eat pufferfish?

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Kansai University, Japan
Japanese Society (2022-秋学期-金曜日-3限-
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Poison!



Have you ever eaten puffer fish, or Torafugu ?



Outline

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Introduction

What is puffer fish ?

02

Ban of intake pufferfish

Some places eat it and
some places dont



03

History in Japan

Long-history ban

04

Current

Popular in Japan,
especially in Osaka

05

Conclusions

Puffer fish is edible only in
legit restaurant.

Introduction

What is puffer fish?

01



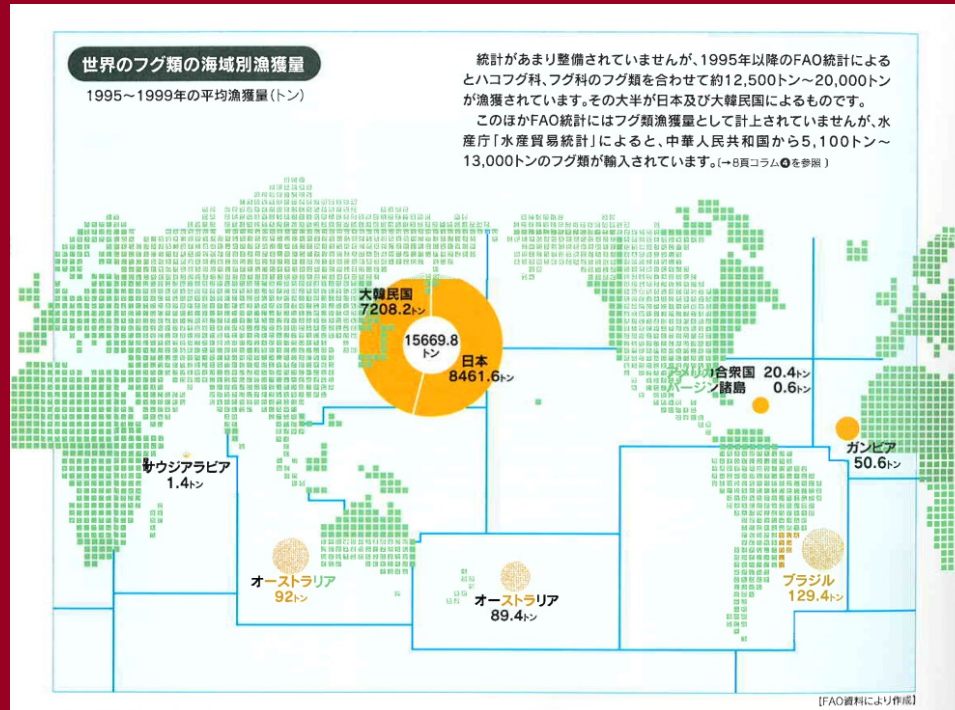


Special Eating pufferfish culture in Japan

“Fugu Are Poisonous, But You Can Enjoy Their Great Taste Safely in Japan”,
says Japanese government



Eating puffer fish in Japan



Source: <https://www.fish-jfrca.jp/02/pdf/pamphlet/074.pdf>

Puffer fish 1

1. Also called, blowfish.
2. The poisonous areas vary depending on the type of fugu, so it is extremely dangerous. There are about 22 types of fugu used for food in Japan.
3. Fugu are high in protein and low in calories.



Puffer fish 2

1. There are about 350 types of puffer fish around the world, and about 35 types of fugu in the seas around Japan.
2. Many types of fugu are highly poisonous. The poison called tetrodotoxin in fugu is said to be 1,000 times stronger than potassium cyanide.



02

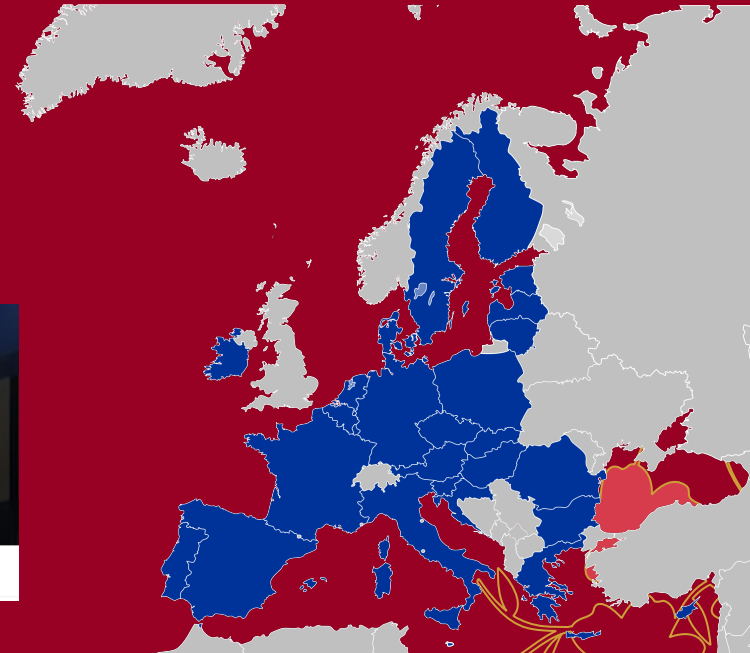
Ban or Eat?

Puffer fish is so poisonous
that the government made a
law to ban it ?



NO in UK and EU

Because of the potential for death, fugu is banned across the EU and in the UK.



8 Foods That Are Completely Banned in The UK

How have we survived without pink slime and arsenic-laced chicken all this time?!

8 Foods That Are Completely Banned in The UK

<https://www.tastemade.co.uk/articles/8-foods-that-are-completely-banned-in-the-uk/>

NO in Vietnam and Thailand

1. Vietnam has banned the sale and consumption of them since 2013
2. Thailand has banned selling puffers in Thailand has been forbidden since 2002.
3. Poisoning incidents have been reported due to unfamiliarity with how to handle the fish.



Yes in USA

1. Highly restricted in the US to a few specialist restaurants.
2. Only 17 restaurants are allowed to put it on a menu, 12 of them being in New York City.

At Suzuki, traditional fugu tessa—thinly sliced sashimi—is served with skin for \$75 for eight pieces and \$145 for 16 slices



FOOD & DRINK / DINING

DECEMBER 15, 20

Fugu, the Delicacy That Could Kill You, Is Now Being Served in NYC

A Michelin-starred sushi bar has added pufferfish to its menu.

By JEREMY REPANICH



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為什麼會顯示這則廣告？

Yes in Mexico

1. In Mexico, **fugu** was called **Botete** , also known as a **pufferfish**.
2. **Botete** steaks are prepared for breakfast or lunch with garlic sauce, breaded, and fish ceviche.



"FAJITAS DE BOTETE"

In Mexico



Yes in China, South Korea, Taiwan, Hongkong

Pufferfish are among some of the most poisonous vertebrates in the world, yet are eaten as a delicacy in many Asian countries, including China, , South Korea, Taiwan, Hongkong



In South Korea

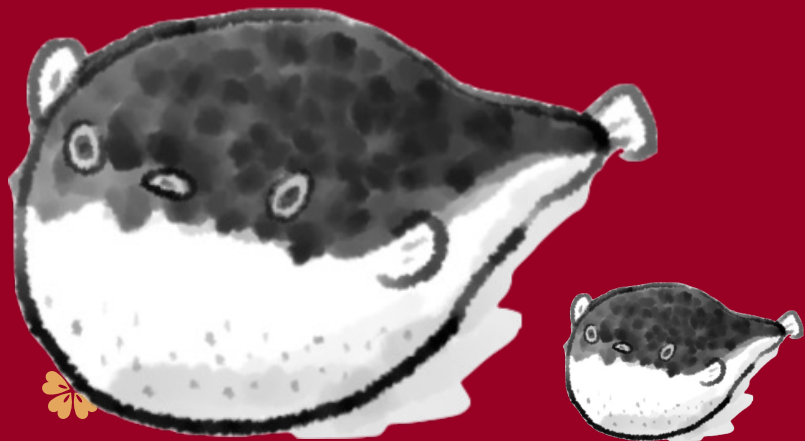


In China

Yes in Japan

1. Japanese Government manages a system for training fugu handlers.
2. There is a legal obligation where only qualified fugu handlers can serve fugu meals, so you can safely eat dishes with fugu at restaurants in Japan.





03

History of eating puffer fish

In Japan

In 4th century BC

Fugu teeth bones have been found in several shell middens, called kaizuka, from the Jōmon period that date back more than 2,800 years.

縄文時代の貝塚からふぐの歯骨が出土したことからすでに縄文時代から他の魚と同様に漁獲され食用にされていたふぐ。(約1万6000年前から約3000年前まで続いた縄文時代)



2018年6月16日

縄文時代の湾奥貝塚より出土するフグ科魚類をめぐって
日本動物考古学会第6回研究大会

植月学

記述言語	日本語	会議種別	口頭発表 (一般)
主催者	日本動物考古学会		
開催地	崎山貝塚縄文の森公園複合施設		

奥東京湾に位置する埼玉県神明貝塚(後期前半)で多産したフグ遺体の由来を検討した。大きさは様々だが、形態は共通しており、フグ科魚類の分布、体長、顎骨形態と比較検討した結果、トラフグが主体と推定された。体長分布は連続的ではなく、複数のピークを持つ。複数年齢群に由来し、漁獲季節が限定されていたことを示す。貝類組成はほぼヤマトシジミのみからなり、魚類はコイ科、ボラ科、クロダイ属、スズキなど、淡水・汽水域～浅海域生息種が主体である。大型トラフグが生息する湾外に由来する種は他に見当たらない。一方、より下流の現東京湾沿岸貝塚群ではフグ科の多産は知られていない。トラフグは産卵のために湾奥部へ進入するため、これらの個体群を捕獲した可能性がある。小宮孟(2005)は東関東の縄文後期にフグ科を多産する遺跡が霞ヶ浦周辺と、東京湾奥部に分布することを指摘している。霞ヶ浦周辺では湾奥の上高津貝塚でも大型フグ科が出土しており、大型マダイとともに搬入された可能性も論じられている。そこで、奥東京湾へも霞ヶ浦周辺のフグ科濃密分布域からもたらされた可能性が浮上する。しかし、神明貝塚では当歳魚クラスの小型魚がもっとも多く、大型魚の選択的な流通というイメージにはそぐわない。したがって、神明の住人自身、あるいは奥東京湾奥部の他のフグ科多産遺跡の集団が、産卵のために季節的に湾奥に來遊した個体群を捕獲していた可能性が高い。





Heian period (794-1185 AD)

Fugu is also mentioned in Honzo Wamyō, a herb book written in the Heian period.

平安時代の本草書である本草和名にも「布久」という名称でふぐが登場します。



Azuchi-Momoyama Period(1568-1603 AD)

Among samurai who gathered in Kyushu for the battles of Bunroku and Keicho, many died from fugu poisoning.

This resulted in the publication of prohibition on eating fugu by Toyotomi Hideyoshi in 1592.

豊臣秀吉は、1592年「河豚食用禁止令」を發布します。



Edo Era (1603 to 1868 AD)

In the Edo period, many clans prohibited its samurai to eat fugu (the prohibition was particularly stringent in the Choshu clan).

When eating fugu is uncovered, the family was confiscated of its hereditary stipend or underwent other harsh punishments.

その後江戸時代も武士に対してはふぐ食を禁じる藩が多く（特に長州藩は厳しく）、ふぐ食が発覚した場合には家禄没収などの厳しい処分が下されました。





Edo Era for civilian (1603 to 1868 AD)

On the other hand, fish eating culture was highly developed in the Edo Period. In a cooking story written in 1643 in the Edo Period, a fugu soup was mentioned as a way to cook fugu.

その傍らでは、武士以外の平民たちの間では、平然とふぐ食の文化が発展していきます。ことに、俳諧である松尾芭蕉のよんだ詩や浮世絵などにおいても、ふぐ食の文化が色濃く表れていました。



品川宿の料理屋でしょうか。2階の座敷からは海が見えます（『五十三次の内 品川』三代歌川豊国画）（1786-1865）



広重魚づくし いなだ・ふぐ・梅 歌川広重画 国立国会図書館所蔵
(1797-1858)

Meiji Period ~ (1868-1912)~

At the end of the 19th century, Western culture spread across Japan, the ban on eating fugu was removed in Yamaguchi Prefecture, owing to action from Prime Minister Hirobumi Ito.

The ban was taken away across Japan, bit by bit. This demonstrates how fugu have been an appealing type of food for Japanese people since ancient times.





04

Current

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Puffer fish Cuisine in Japan

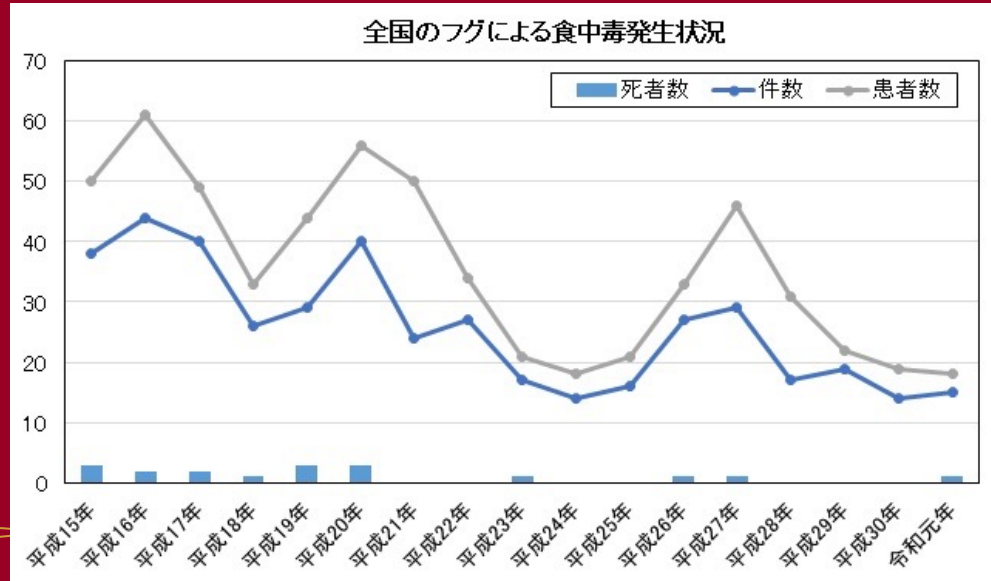


Puffer fish Cuisine in Japan



Safer and safer eating puffer fish

The intoxicated accidents by puffer fish are decreasing.





05

Conclusion

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Conclusion



Eating puffer fish is basically safe in Japan in the condition of eating in a qualified restaurant.





The End

Risky dining in Japanese society: Should we eat pufferfish?



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