

UNLOCK
THE SECRETS OF
SUSHI

SUSHI KIT
C O O K B O O K

翼 A L A S



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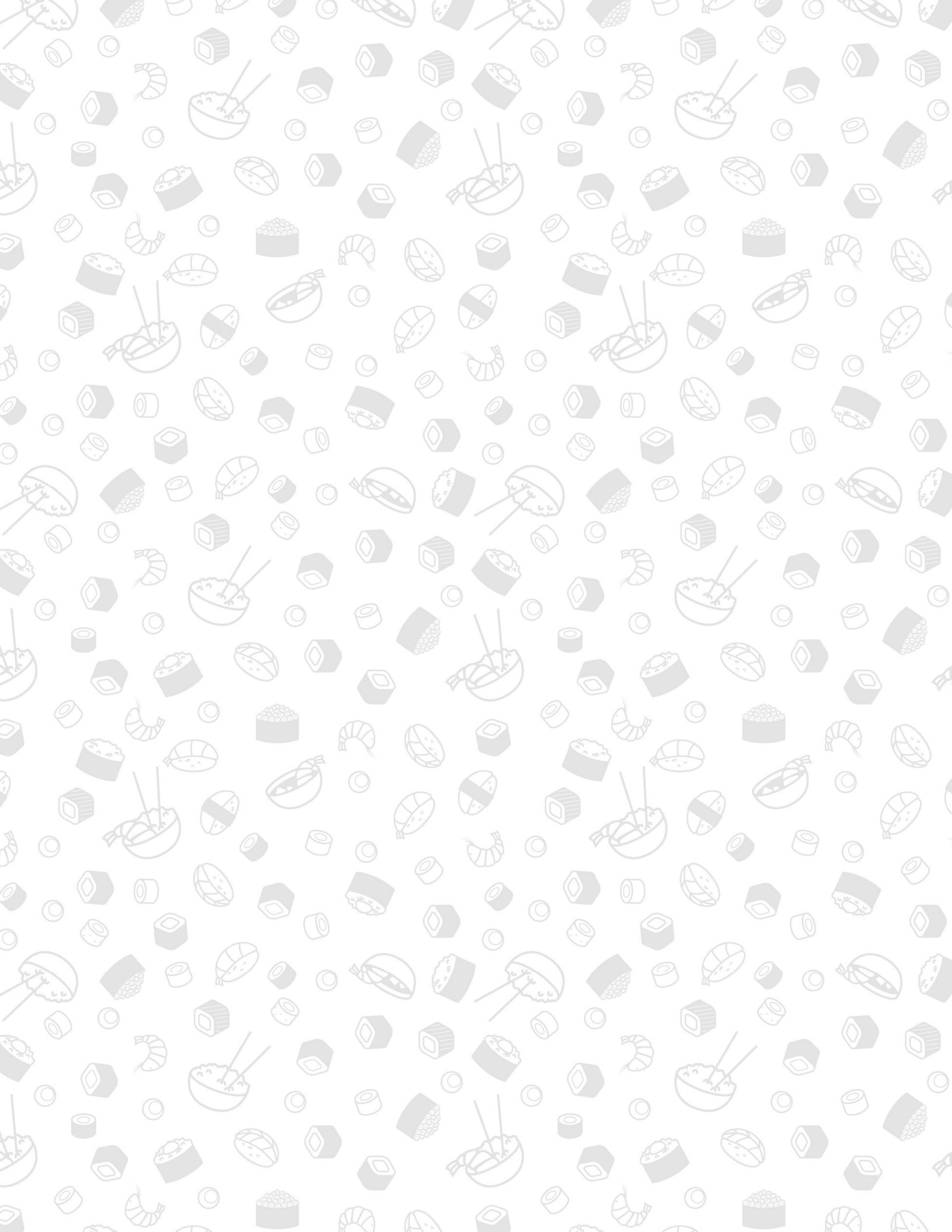


TABLE OF CONTENTS

TABLE OF CONTENTS	6	Chapter 6 : Sushi Essentials24
Chapter 1 : Introduction	7	1. Soy sauce25
Chapter 2 : Sushi Etymology	8	2. Rice vinegar25
Chapter 3 : history of sushi.	10	3. Japanese mayonnaise.25
Chapter 4 : types of sushi	12	4. Flour in Tempura25
• Nari-Sushi:13	5. Sesame seeds25
• Oshi Sushi13	6. Nori seaweed25
• Nigiri Sushi13	7. Pickled ginger25
• Gunkan Maki13	8. Sushi rice25
• Maki Sushi14	9. Massago.26
• Futo Maki.14	10. Japanese Horseradish or Wasabi26
• Temaki Sushi14	11. Kani (crab flavored pollock)26
• Inari Sushi14	12. Oil for frying26
• Temari Sushi15	13. Avocado26
• Sashimi.15	14. Shrimps26
• Uramaki - California Rolls15	Chapter 7 : Recipes.28
Chapter 5 : Sushi Kit Equipment.	16	Sushi Rice28
1. Traditional Sushi Knife:17	Sashimi Sushi29
2. Manekineko17	California Sushi Roll31
3. Chopsticks17	Tuna Roll33
4. Rice Paddle17	Maki Sushi35
5. Sushi Brush18	Temaki (Sushi Cones)37
6. Bamboo Mats18	Asparagus Gunkan Sushi39
7. Avocado Slicer18	Oshi Bagel Sushi41
8. Chopstick Bag.18	Chirashi Sushi42
9. Cucumber Cutter19	Souther Style Sushi44
9. Cucumber Cutter19	Tamago Sushi45
10. Bazooka19	Mango Sushi46
How to use the Bazooka:20	Cucumber Sushi48
Using The Sushi Mat22	salmon sushi roll49
Other Useful Sushi Equipments23	Quinoa Sushi50
1. Steel Grater23	Chakin Sushi52
2. Rice Mixer Bowl23	Final Words54
3. Fish Bone Tweezers23		
4. Wooden chopping board23		

CHAPTER 1 : INTRODUCTION

If you are a sushi lover, you may have ever wondered how this iconic dish was created. Indeed, we owe the creation of sushi to a man who was known as Yohei Hanaya. And while some people believe that Sushi has its origins in China, others believe that sushi originated in Japan. Indeed, it is a dish that was imported from ancient China where the fish was salted and then wrapped in fermented rice to prevent it from rotting. Thus, the fish could be stored for months before being consumed.

And in ancient times, sushi presentations were strictly made with medium grain white rice, but in modern times people tried to vary it with the use of short grain or brown rice. So, you are wondering what sushi rolls look like? Well, basically a sushi roll is a small piece of fish, meat, or vegetables wrapped in vinegar rice and a sheet of seaweed called Nori paper.

Seafood such as crabmeat, tuna, salmon, yellowtail, eel or squid; are essential types of meat side dishes for sushi. A significant number of types of sushi lean towards vegetarian ingredients. These vegan sushi dishes are usually served with soy sauce, wasabi, and pickled ginger (gari).

Daikon radish or pickled daikon (takuan); are popular garnishes for the dish. People are often confused between sushi and sashimi, although this is understandable since most of their ingredients are strangely similar.

If you want to take sushi to the next level, you have found the perfect cookbook guide that will teach you everything you need to know about sushi, its history, its types, its benefits and different sorts of recipes that will take you to an enjoyable trip into the world of sushi. With the help of the kit we are providing, you will be able to master sushi making in a short time without the need for any help. This guiding book to sushi use makes a great place to start. It's also a good way to make the most of your knowledge for some amazing recipes. Besides, with the help of this cookbook, you will also learn more about the different types of sushi and other guides and you will be able to learn the use of each of the equipments you will find in the Sushi Kit we are offering.



CHAPTER 2 : SUSHI ETYMOLOGY

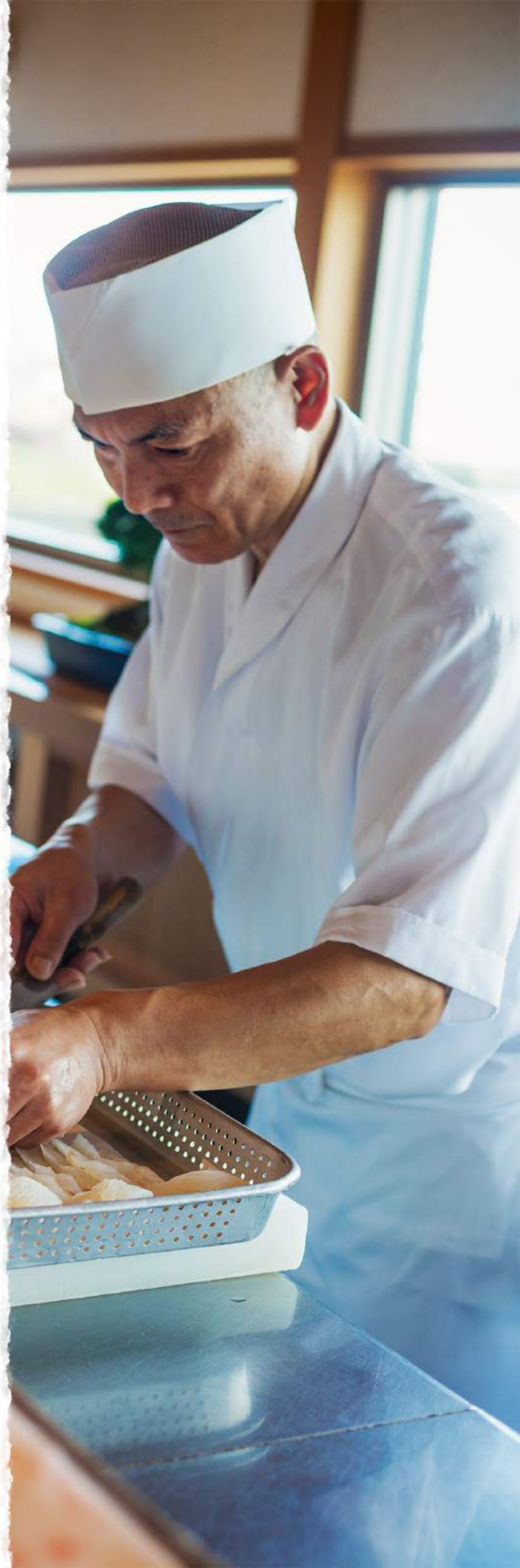
In Japan, making and tasting sushi is an art. Originally synonymous with prestigious cuisine, it is now commonplace and can be found in both the East and the West. It is supposed to be eaten as a snack, although Japanese and Europeans often make it a meal.

The translation of the term sushi in English is “rice vinaigrette accompanied by raw, cooked or marinated fish, shellfish, vegetables or eggs”. Sushi (or zushi) refers to a slice of fish coated with vinegar rice and coated with Japanese horseradish (wasabi). It can be surrounded by a sheet of seaweed called nori. There are endless varieties of sushi. The most popular are nigiri-sushi and maki-sushi and different types that we will explain more. Sushi can be garnished with raw fish (tuna, salmon or sea bream), seafood (shrimp), omelet or even vegetables (cucumber, avocado).

In ancient times in Japan, some Japanese foods had to be preserved before consumption. This was the case with a type of Japanese fish that was preserved in rice that was soaked in vinegar. In those ancient times only fish was eaten and rice wasted.

A Japanese man decided to eat this vinegar rice, which he garnished with fish. Everyone knows that rice is the staple food in Japan. They then tried to expand the sides with different Japanese ingredients. This was the beginning of “sushi”, the term “sushi” comes from the marriage of pickled rice and other ingredients.

There are many kinds of Japanese sushi because it can be accompanied with a lot of Japanese ingredients. People are often mistaken about the term sushi and associate it with raw fish, but this is not necessarily the case. There are, and this is true, a lot of Japanese sushi that is served with fish or seafood. Maybe that’s why sushi is paired with raw fish over vinegar rice. And if you want to learn more about sushi, all you need to do is to keep reading so that you have an idea on the history of its history.





CHAPTER 3 : HISTORY OF SUSHI

As with many ancient foods, the history of sushi is shrouded in legends and folklore. In one of the most popular stories on the subject, an elderly woman began to hide her pots of rice in osprey nests, fearing that thieves would steal them. Over time, she picked up her pots and found that the rice had started to ferment. She also discovered that leftover fish from the osprey meal had been mixed into the rice. Not only was the mixture tasty, but the rice also helped preserve the fish and created a new way to extend the shelf life of seafood.

The appearance of sushi seems to date back to the arrival of rice cultivation in Southeast Asia in the 3rd century BC. Rice was used at the time by people far from the coast to preserve fish during the dry season. Indeed, fermented rice is rich in lactic acid which optimizes the preservation of food. The fish was then kept between different layers of rice. This very effective conservation allowed the fish to be eaten for almost a year. The rice was simply thrown away.

And the actual Sushi as we know it today first appeared in the 17th century in Edo (Tokyo). At this time, the Japanese wanted to speed up the fermentation process of rice. So they added vinegar. Very quickly the combination of fish, rice and vinegar met with great success. From a conservation method, sushi quickly becomes an accompaniment and then a real dish. It is spreading throughout Japan and is constantly evolving. The rice is covered with fish, seaweed, vegetables, shellfish.... A multitude of kinds of sushi are born generation after generation. Today, each region of Japan has unique sushi using local produce and different manufacturing methods.

But the evolution of sushi is not confined to the Asian continent. To satisfy people in the west who are reluctant to consume seaweed and raw fish, sushi was adapted according to the needs of people. So sushi is inspired by Western influences. The California rolls, where rice covers seaweed and fish, are notably born in the United States. Today, it is even possible to find sushi made with surimi, chicken, and egg or even in France, made with foie gras! Family celebrations, meals with friends, sushi is part of every meal. Sushi restaurants are ubiquitous in Japan and cater for all social classes.

The sushi craze is growing despite the controversy surrounding the overfishing of bluefin tuna once widely used by sushi bars. Today, salmon is preferred over tuna and sushi is becoming more diverse.





CHAPTER 4 : TYPES OF SUSHI

There are so many types of sushi that you might be wondering what to order. Sushi is known to be highly skilled and artistic Japanese cuisine, which has become very popular and common in Western countries. We can distinguish between Different types of sushi and if you're having trouble differentiating between different types of sushi, then here is a list of the most important types of sushi that you can find and that you need to understand.

• Nari-Sushi:

Also called Narezushi, is a type of Sushi made from fermented rice. Some stories report that this is the very first Sushi created, made from the rice that was originally used to preserve whole and gutted fish. This Sushi has not been consumed for many centuries and is not on the menu in any restaurant.

• Oshi Sushi

Also called Oshizushi and from Fukuoka, this is the first Sushi whose shape has been worked on, it is a pressed sushi originally composed of 3 layers, two layers of rice between which is a layer of fish. This type of sushi is not very aesthetic, it was quickly replaced by the version of Oshi Sushi which is now composed of Sumeshi rice on which we place fish, the whole is pressed in a wooden mold and then cut in squares or rectangles before serving.



• Nigiri Sushi

Nigiri Sushi Also known as Nigirizushi, is actually the traditional Sushi made with a thin slice of raw fish on a cylinder of hand-shaped Sumeshi rice. They are mainly made from finely sliced finely cut fish than Sashimi, but they are also found in Japanese omelet (Tamago) held by a strip of Nori seaweed leaf. In some countries, it is not uncommon to also see Nigiri Sushi decked out with a slice of avocado.



• Gunkan Maki

Gunkan Maki More commonly known as Gunkan, this is the first variation of Sushi to include Nori seaweed leaf in its recipe, hence the term Maki in its name. In its type of sushi, the Gunkan takes the Sumeshi rice circular shape from the Nigiri from which it is derived, which is surrounded by a piece of Nori and then added to it with an ingredient. The most common being salmon roe, you can also find sea urchin coral, salmon tartare, etc.



• Maki Sushi

Maki Sushi is simply known as Maki, although its real name is Makizushi, in some restaurants we can also see the term Nori Maki, which refers to the name of the type of seaweed leaf that surrounds it (the Nori sheet). This Sushi is a roll, which could be the cousin of the sandwich if eaten without being cut. Traditionally composed of a single ingredient, once rolled it is cut into 6 to 8 equal pieces before ending up on our plates.



• Futo Maki

Futo Maki In some restaurants it is also called Sumo Maki, relative to its size. This is a very large Maki made up of many ingredients and cut into thin rounds before serving. It stands out from other Sushis by its appearance and the many colors of the ingredients that compose it. Although very pretty to look at, its consumption is not easy due to its thick diameter.



• Temaki Sushi

Temaki Sushi Also known as Temakizushi, this is the equivalent of a sandwich! This is a maki that looks like a cone or a cone, filled with rice and two ingredients (usually avocado and salmon or cooked shrimp) and often sprinkled with golden sesame seeds.



• Inari Sushi

Inari Sushi or Inarizushi Also known as Inarizushi, is a pocket of fried tofu with Shoyu that is filled with Sumeshi rice. It is the only Sushi that does not contain fish or vegetables, which is probably the main reason why there are very few establishments in France that serve it. Inarisushi may also consist of Tamagoyaki in place of the Abura Age in some areas of Japan.



• Temari Sushi

Temari Sushi or Temarizushi is the direct cousin of Nigiri Sushi, and is very similar to the latter, except that the rice is shaped into a ball. Once the ball is rolled by hand, we place a slice of fish on it. This preparation method is commonly used in Japan during family meals; it allows children to participate in this simple, fun and time-saving preparation.



• Sashimi

Strictly speaking, it is not a Sushi, but it is a type of Sushi, a bit like ravioli that are associated with pasta. They are simply slices of raw fish, usually served on a bed of Daikon. The slice of raw fish is cut thicker than for the preparation of Nigiri. To be reserved for true lovers of raw fish!



• Uramaki - California Rolls

California Rolls Uramaki, better known as California Roll, is the most consumed Sushi although it is not actually a Sushi! Well no, contrary to popular belief, this variety of “Sushi” if you like, comes from the United States and more exactly from the city of Los Angeles in California. It was created by a Sushi chef



翼 ALAS



CHAPTER 5 : SUSHI KIT EQUIPMENT

This kit above, known as ALAS sushi kit is one of the best sushi making kits. The ALAS sushi making kit contains everything you need to prepare delicious sushi at home. And with the help of this manual, you will be able to come up with mesmerizing recipes. In the next page is a list of the equipments that you will find in our sushi kit.

1. Traditional Sushi Knife

Also called Yanagiba, the sushi knife is a staple of Japanese cuisine. Long and asymmetrical blade (sharpened on one side), the expert sushi blade knife we are offering allows the cutting of raw fish fillets and sushi. The sushi blade we are offering allows you to make very beautiful cuts with great precision.



2. Manekineko

Together with the chopsticks, we are offering you cute shaped chopstick holder that will excite you to eat even more sushi than you can imagine and to enjoy each bite of your mesmerizing sushi dish.



3. Chopsticks

With the help of the high-quality sushi Chopsticks we are offering in our sushi kit, you will be able to eat sushi with great ease. There is nothing as enjoyable as eating sushi with the elegant sushi chopsticks that we offer you.



4. Rice Paddle

The rice paddle will help you fluff the rice and prevent the rice from sticking. Besides, you can use the paddle to mix vinegar into the rice while preparing sushi.



5. Sushi Brush

Furthermore, we offer you a sushi brush with which you can brush soy sauce, vinegar or any other of liquid ingredients that you want to apply on sushi rice.



6. Bamboo Mats

With other essential tools, we are also offering you two sushi bamboo mats. A bamboo sushi mat is also called makisu in Japanese. Rolling your sushi on these bamboo mats will be much easier. While making sushi at home, this kind of mat will help you prepare your dish with less effort. On top of that, you don't need to make any additional purchases!



7. Avocado Slicer

Our 3-in-1 avocado slicer allows you to slice, pit, and split avocados with minimal effort. You can use its amazing plastic blade to quickly cut the fruit. And with a simple twist of your wrist can effortlessly pit avocados using the pitting tool. You can also slice the fruit into seven pieces with this safe but useful accessory.



8. Chopstick Bag

In our sushi kit, we are offering you a chopstick bag that will help you protect your chopsticks from falling here and there. And the bag will keep your chopsticks new and intact for a long time. Indeed, the chopstick bag we offer is a beautifully designed fabric bag for storage



9. Bamboo Dipping Plate

Our dipping plate can become your perfect sushi tableware. Serve your sushi, seasoning, sauce and other add-ons on this bamboo plate and create a traditional vibe. A lightweight, eco-friendly tableware like this one can become an ideal alternative to one-time plastic. Besides, this bamboo plate looks amazing with neatly arranged sushi preparation.



10. Cucumber Cutter

With the help of the cucumber cutter we are offering with this sushi kit, you will be able to cut the cucumber into chunks of the same size. The use of this cutter is very safe, easy and will make the process of making sushi much easier for you.



11. Bazooka

Our bazooka sushi maker lets you make mouthwatering sushi rolls without using sushi mats. Prepare perfect sushi rolls using the fun features of the bazooka tool. No need to follow complex steps. First of all, fill in the sushi tube with rice and put your filling inside. Then, prepare nori sheets, plunge the rice from the tube on the sheet, and it's done!



To sum it up, we can say that the outstanding features and build quality of our sushi kit make it an ideal accessory for your kitchen. You can now make delicious sushi at home without losing too much time and effort. We guarantee our kit will allow you to make sushi professionally. Plus, this kit is made with food-grade components that are safe for everyone. ALAS sushi Kit can also be an awesome gift for sushi lovers and home cooks.



How to use the Bazooka:

If you are about to start making sushi, you should gather the most useful utensils that make this process easier. Bazooka has become one of the most used sushi cooking utensils you can ever find. This sushi bazooka can become your best answer for eating sushi without heading off to a café.

Our bazooka kit will help you try an effortless approach to make such a complex kind of dish, like sushi. This kit comes with a sushi roller tool that permits you to make your moves in a short period. It will save you time and energy as well as many trials and errors while making sushi.

A sushi bazooka looks like a plastic gun and can be defined as a molded kitchen gadget. But how does it work?

Using a bazooka is as easy as pie; all you need to do is to follow the steps below:

1. Open your sushi Bazooka and grease the inside with oil.
2. Wet your hands with oil before putting the rice inside the tube.
3. Ensure the unclogger bar is sitting in the screw string position.
4. Fill 1/2 cup of Sushi rice blend into one portion of the bazooka.
5. Then repeat with another 1/2 cup into the other half, ensuring the unclogger bar is in the screw string position.



6. Lift out the unclogger pole and lay it in the focal point of one portion of the rice. Press immovably down, ensuring that the end plate is in position at the screw string end. Rehash for the other half. This will give a flawless, straight depression. Lay your fixings into the scores.

7. Supplant the unclogger into the string end in the screw channel with the end plate against the finish of the string.

8. Delicately close the two parts together, beginning at a 45° edge.

9. Clasp the locks shut. Fit the end top by arranging the imprints and ensure it is secure by curving to secure.

10. Hold the sushi bazooka in one hand and turn the unclogger handle until the imprint on the bar is reached (approx. 5 full turns). This will pack the rice blend to the correct consistency.

11. Turn the end top to open and eliminate the top. On a seat or tabletop, place a nori sheet reflexive side face down with the longest edge nearest to you. Push the unclogger directly through. Position the recently framed rice move on to the nori sheet.

12. Move up the nori sheet; then wet the nori sheet at the getting end together with a little water to guarantee that the cover sticks.

13. To permit the nori sheet to relax, leave for 15 minutes before cutting.

14. Soak the edge of a sharp blade with water; then cut through and wipe the sharp edge of the blade clean after each cut.

15. Using the cutting special tool will make your sushi equitably molded and proficient in appearance.



HOW TO ROLL SUSHI WITH BAMBOO MAT

If you are intending to make sushi rolls at home, using a bamboo mat is compulsory if you don't have access to a sushi bazooka. Using a tea towel is also required. But no matter which tool you can use; you should know the right method for rolling sushi no matter which tool you will use.

Rolling Sushi with the help of a traditional Bamboo Mat:

Lay the bamboo mat with the help of an optional piece of plastic wrap over the top; so that you keep the mat clean. Make sure that the dried nori seaweed has the rough side upward. First evenly spread the rice on top of the nori and make sure to leave the nori while leaving a little space right over the top of the rice and the bottom of the nori sheet.

Place the chosen ingredients right into the center, halfway between the bottom and the top of the seaweed. Place both your thumbs under the bamboo mat; then lift the closest edge to you; then cover the filling into the center.

Try to curve your fingers on top of the bamboo mat; then gently press along the length of the obtained "log." This step can prevent the roll from being loose. Try to gently pull the edge of the bamboo towards you; then fold underneath both your hands; then continue to roll the sushi away from where you stand until you have rolled past the edge of the seaweed sheet.



OTHER USEFUL SUSHI EQUIPMENTS

1. Steel Grater

The Sharkskin steel grater is also very important that will help you to grate the fresh wasabi. It is believed that the steel grater helps keeping the most aromatic ingredients of the food.

2. Rice Mixer Bowl

When you cook the rice to make sushi, you need to use a wooden bowl. The bowl needs to be large to facilitate the seasoning process of seasoning the sushi and cooling it too.

3. Fish Bone Tweezers

This tool is a very important tool that you should use in order to fillet a fish like Tai snapper or salmon. Without the help of this tool, cutting the fish without breaking its flesh can be very difficult.

4. Wooden chopping board

Using a chopping board is substantial t so that you can preserve the sharpness of your knives; but, not all the chopping boards are suitable for sushi. Indeed, the Japanese wooden board is the best cutting board to use as it doesn't cause any damage for to your knife and your chopping board.



CHAPTER 6 : SUSHI ESSENTIALS

Have you ever wondered about the secrets of sushi? How about learning some secret tips and ingredients that will help you master the art of sushi in no time? This chapter will reveal to you the secrets to preparing real beautiful sushi. After this little sushi lesson, and with the following list of sushi ingredients you will be able to come up with a large array of mesmerizing sushi recipes that you will love.

1. Soy sauce

Soy sauce should enhance, not dominate, the taste of sushi. Too strong a scent would tarnish the main flavors. Kikkoman is recognized as the best soy sauce brewer in Japan.

2. Rice vinegar

This is the sweetest variety of all western vinegars. Choose rice vinegar pre-seasoned with sugar and salt, the two additional ingredients needed to season the rice. The Marukan and Mitsukan brands are excellent.

3. Japanese mayonnaise

Japanese mayonnaise can be purchased already prepared in specialized grocery stores and is used for making certain maki.

4. Flour in Tempura

The Hime brand is very good as a type of flour used as Tempura for making sushi.

5. Sesame seeds

An essential element in making sushi, roasted sesame seeds are sprinkled inside and / or outside the maki. We use two varieties, white and black. They should be dry roasted in a non-stick pan before using them. This process will enhance their taste by making them fragrant and crunchy.

6. Nori seaweed

This seaweed is used for the preparation of makis (rolled sushi). To facilitate the preparation of sushi, it is best to use already baked seaweed. Note that the better the quality of the seaweed, the tastier it is... and the more expensive it is.

7. Pickled ginger

Also called gari, this pink-colored ginger is sold already prepared in oriental grocery stores. Its tangy and slightly fresh taste on the palate makes it the perfect accompaniment to refresh the palate between bites. It is, along with wasabi, the food that is almost always paired with sushi.

8. Sushi rice

Rice is the most important ingredient in making sushi. It is he who defines and characterizes the taste of a good sushi. Medium grain Japanese rice should always be used. The most common varieties are pink Kokuho; matsu, nishiki, and tamaki. To ensure perfect cooking, I advise you to invest in a rice cooker, also called a "rice field".

9. Massago

Massago is a type of caviar that is sprinkled both inside and outside rolls filled with rice. Its slightly crunchy texture is greatly appreciated by sushi lovers.

10. Japanese Horseradish or Wasabi

Recognized as the strongest spice in Japanese cuisine, wasabi is used to accompany sushi and is sold as a cream or powder. For this, simply mix 30 ml (2 tablespoons) of powder with a little water, to taste, to obtain dough that is neither too liquid nor too firm.

11. Kani (crab flavored pollock)

Kani, in Japanese, means crab. For sushi, crab flavored pollock sticks are usually used. They can be replaced with fresh snow crab, in season (in spring).

12. Oil for frying

A neutral tasting vegetable oil, such as canola oil, is particularly recommended. Burns from hot oil can be very serious. That's why I recommend using a deep fryer, the temperature of which is controlled by a thermostat.

13. Avocado

This fruit is basically Chinese American that is widely used in almost all preparations associated with sushi. I advise you to buy the avocados in advance so that they are very ripe when you make your sushi. The silky texture of the flesh of the avocado goes very well with that of oily fish, salmon or tuna, for example.

14. Shrimps

As for the shrimp, you can use tempura the size 21/25.







CHAPTER 7 : RECIPES

COOKING SUSHI RICE

Prep time: 5 Minutes | **Cook Time:** 15 minutes | **Servings:** 4-5

CALORIES: 119 | FAT: 1G | CARBOHYDRATES: 25 G | PROTEIN: 1.8G

INGREDIENTS:

- 3 Heap cups of rice, sushi rice
 - 3 and ½ cups of water
 - ½ cup of Rice vinegar
- 2 Tablespoons of White sugar
 - 2 Teaspoon of Fine salt

DIRECTIONS:

1. Start with the seasoning and to do that; heat the rice vinegar with the sugar and the salt in a medium stove pot or a microwave; then mix very well until everything is fully dissolved.
2. Cook about 3 cups of sushi rice with the water in a rice cooker or in a thick bottom pot .
3. Once the rice is ready and cooked to perfection, transfer it to a wooden or plastic container but don't cover.
4. Pour the seasoning evenly over the rice; and combine with a wooden spoon over a cutting motion.
5. Let the rice cool down to the room temperature by placing it in the window or with help of a fan.



SASHIMI SUSHI

Prep time: 10 Minutes | **Cook Time:** 20 minutes | **Servings:** 6

CALORIES: 60 | FAT: 0.5G | CARBOHYDRATES: 11 G | PROTEIN: 5G

INGREDIENTS:

- 1 and ½ cups of sushi rice
 - 2 Cups of water
- ¼ Cup of seasoned rice vinegar
- 1 lb of peeled and deveined large shrimp
 - Tempura batter
- 1 Package of imitation crab sticks
 - 2 tbsp of mayonnaise
 - 1 Ripened Avocado
 - 1 English cucumber
 - 4 Oz of cream cheese
- 5 Sheets of toasted nori seaweed
- White and black sesame seeds
 - A bamboo sushi mat
 - Use corn oil for deep frying

DIRECTIONS:

1. Wash and rinse the rice about 3 times. Put the rice in the cooker and cook it with 2 and ½ cups of water.
2. Once the rice is cooked, transfer it to a baking sheet.
3. With the help of a rice paddle, cut the rice.
4. Spoon the rice and after that, flip it down; then drizzle with the rice vinegar and keep cutting through and until the rice becomes completely cold.
5. Prepare the tempura according to the instructions on the package and in a deep and large skillet, pour the oil (The oil should be around 2 inches of depth).
6. Dip the shrimps into the batter of the tempura and after that cook it over a medium heat.
7. Fry your shrimp into batches for around 2 to 3 minutes per each batch. Once you finish with frying the shrimps, set them aside to cool down.
8. Cut the imitation crab and mix it with the mayonnaise; then thinly slice the avocado and the cucumber. Cut the cream wheeze with a sharp knife into strips.
9. Evenly slice into half the tempura battered shrimp.
10. Cover your sushi mat with a plastic wrap and put one sheet of the toasted nori into the middle. Drench both your hands with water and pull a handful of rice. Now, start spreading your cooked rice on the nori; but remember not to press too hard.
11. Sprinkle with sesame seeds and then flip the nori down and into the middle of your nori sheet, put 2 tbsp of imitation crab with 2 slices of cucumber, around 2 slices of avocado and 1 strip of cream cheese.
12. Add 2 halves of tempura shrimp and when you turn the sushi, gently compress the ingredients and roll the sushi with the mat.
13. With a wet knife, cut the sushi roll into about 8 pieces of equal size.





CALIFORNIA SUSHI ROLL

Prep time: 12 Minutes | **Cook Time:** 15-20 minutes | **Servings:** 7-8

CALORIES: 129 | FAT: 4.7G | CARBOHYDRATES: 11 G | PROTEIN: 5.3 G

INGREDIENTS:

- Small package of imitation crab meat or of crab meat
 - 2 Tbsp of mayonnaise
- ½ Peeled and length side sliced avocado: don't forget to toss the avocado with lemon juice
 - ½ Peeled, cored and thinly sliced cucumber



DIRECTIONS:

1. Toss the imitation crab meat or the carb meat with mayonnaise to coat.
2. Lay the thin slices of avocado on the sushi rice in a horizontal way.
3. Add one layer of crab meat on its top.
4. The next step is to lay the long pieces of cucumber right on top of the meat of the crab.
5. Roll your mat over away from you and make sure to press lightly.
6. Keep rolling and gently press until you form a kind of firm roll.
7. Put the sushi cutter over you roll and with the help of a sharp knife; slice the California Sushi Roll into around 7 to 8 pieces.
8. Serve and enjoy your California rolls!



TUNA ROLL

Prep time: 15 Minutes | **Cook Time:** 20 minutes | **Servings:** 6-7

CALORIES: 104 | FAT: 4.7G | CARBOHYDRATES: 11 G | PROTEIN: 5.3 G

INGREDIENTS:

- 1 Cup of uncooked short grain brown rice
 - 2 Cups of water
 - 1 Pinch of sea salt
 - 1 Tbsp of brown rice vinegar
- 1 Peeled, pitted and thinly sliced avocado
 - ¼ Red bell pepper, cut into sticks
 - ¼ Cup of alfalfa sprouts
- 4 Sheets of nori or dry seaweed

DIRECTIONS:

1. Start by rinsing and draining the brown rice and put it into a medium saucepan over a medium heat; then pour water into it.
2. Add the sea salt and let the rice boil; then simmer until rice for around 40 minutes
3. Set the rice aside to cool until it becomes warm; then add to it the brown rice vinegar
4. Take a bamboo sushi rolling mat with a plastic wrap and lay 1 sheet of nori with its rough side on top of its plastic wrap
5. Wet your fingers; then pat quiet a thick layer of the cooked brown rice on top of the seaweed (Make sure to leave the top edge with about ½-inch of depth remaining uncovered with the rice.
6. Put 2 slices of avocado with a small amount of strips of red bell pepper and sprouts into one line along the edge of the sheet
7. Now, take the edge of the bamboo rolling sheet with your hand and start folding the bottom edge of the sheet up; make sure to enclose the vegetables and after that tightly roll your sushi into a quite thick cylinder.
8. Dampen the edges of the bare nori with your wet fingers to seal your roll
9. Once you finish rolling the sushi, wrap it into the mat and after that squeeze it and set the rolls aside for around 5 minutes before proceeding to cut the roll into around 6 pieces
10. Serve and enjoy your tuna rolls





MAKI SUSHI

Prep time: 15 Minutes | **Cook Time:** 10 minutes | **Servings:** 6

CALORIES: 300 | FAT: 2 G | CARBOHYDRATES: 65 G | PROTEIN: 8 G

INGREDIENTS:

- 1 and ½ cups of sushi rice
- 1 and ½ cups of water
- ¼ Cup of rice vinegar
 - 1Tbsp of sugar
- ½ Teaspoon of salt
- 3 Sheets of Nori
 - Salmon
- Sesame seeds
 - Carrots
 - Shrimp
 - Avocado
- Crab sticks

DIRECTIONS:

1. Start by washing the rice and put it into a deep; then stir it with your hands and change the water a few times. Put the rice in a saucepan with the water and when it starts boiling, lower the heat
2. Cover you saucepan and let it simmer for around 10 minutes. Prepare the dressing of the rice by mixing the sugar, the rice vinegar, and the salt.
3. When the rice is perfectly cooked, remove it from your stove and set it aside to cool for around 10 minutes with the lid on. Dress your rice by adding the mixture of the vinegar over it and combine it very well
4. Time to line your bamboo mat with the plastic wrap. Put the nori or the seaweed on your bamboo mat; then wet both your hands and after that put a thin rice layer right on top of the algae and don't forget to leave 3 centimetres of the nori uncovered.
5. Put the filling like the crab sticks in the form of form a row right into the centre
6. Roll the sushi with a mat and keep the knife wet; then slice the roll into halves; then into quarters and then into eighths so that you have slices of the same thickness.
7. Now for your maki roll:
8. Put a layer of rice right onto the top of the algae and sprinkle the rice with sesame seeds
9. Turn over your roll over so that the rice will be placed at the bottom and the seaweed sheet on the top
10. Arrange the filling into the form of a row in the centre and close your roll with a bamboo mat. Place the filling in a row in the centre, in this case shrimp and salmon were used but any desired filling will do.
11. Push your roll towards the inside of your mat and create a firm edge. Cut the maki sushi with a sharp wet knife into eighths
12. Serve and enjoy your maki sushi with wasabi, ginger and soy sauce!





TEMAKI (SUSHI CONES)

Prep time: 6 Minutes | **Cook Time:** 10-15 minutes | **Servings:** 5

CALORIES: 220 | FAT: 11 G | CARBOHYDRATES: 20 G | PROTEIN: 9 G

INGREDIENTS:

- 2 Nori sheets
- 1 Cup of cooked sushi rice
- 6 Leaves of shiso
- 1 Julienned and seeded Japanese cucumber
 - ½ Sliced and cut avocado
- 1 Cup of shredded crab meat
 - Kewpie Mayo
 - 1 Tbsp of tobiko
- For garnishing; use wasabi, sesame seeds, ginger and soy sauce

DIRECTIONS:

1. Cut the sheets of nori evenly into around 3, then 6 rectangular sheets.
2. Lay the nori sheets with its shiny side down and press 2 tbsp of the cooked sushi rice on the left side of your nori sheet; you should make sure to shape the rice into squares
3. Put a shiso leaf with its side down in a diagonal way; then top it with two shreds of cucumber, a little bit of crab, a slice of avocado and kewpie mayo.
4. Time to shape the cones; start by folding up the left bottom corner of your nori sheet and pull it to the top of the sheet of nori so that you can form a cone
5. Continue the same procedure until you finish with making the cones; you can use the grain of rice right into the right bottom corner so that you stick the nori together
6. Top the sushi with the toasted sesame seeds and the tobiko
7. Enjoy your sushi with soy, wasabi and you can also add ginger!





ASPARAGUS GUNKAN SUSHI

Prep time: 8 Minutes | **Cook Time:** 10-15 minutes | **Servings:** 6-7

CALORIES: 161 | FAT: 11 G | CARBOHYDRATES: 36 G | PROTEIN: 3 G

INGREDIENTS:

- 1 Cup of very well - seasoned Sushi Rice
 - 1 Half- cut of sheets of Nori
 - Wrapped in cellophane Makisu
 - 2 to 6 pieces of Raw Asparagus

DIRECTIONS:

1. To cook the asparagus; cut it down to long cuts and boil it into a saucepan of water
2. While the water is boiling, make an ice bath by placing a few pieces of ice into a bowl and fill it with cold water
3. Once you realize the water is boiling, add to it the asparagus and after that boil it for around 90 seconds; the water will become green. Poke the asparagus with a fork and when it becomes tender; it is done; so with tongs, pull the asparagus off the water and put it into the ice bath.
4. When the asparagus is cool to your touch, pull it out of the bath and dry it out with paper towels
5. Now, time to make the Asparagus Roll; put 2tbsp of rice to the nori; make sure to lay it on its rough side.
6. Spread the rice across the nori sheet and slice the asparagus lengthwise into half
7. Put 2 halves of the asparagus in the center of the sushi rice. You should roll the sushi roll up before the nori sushi gets soggy
8. Keep your fingers wet with water and transfer it to the part that is exposed of the nori
9. Slide your fingers under your bamboo mat and roll it above the asparagus. Let the roll rest for 5 minutes
10. Slice your roll in half and after that stack the two halves and slice the halves into thirds. You can top the sushi roll with ginger, wasabi, and some garnishes of your choice
11. Serve and enjoy your sushi!





OSHI BAGEL SUSHI

Prep time: 15 Minutes | **Cook Time:** 30 minutes | **Servings:** 8

CALORIES: 278 | FAT: 8 G | CARBOHYDRATES: 42 G | PROTEIN: 9 G

INGREDIENTS:

- Roasted seaweed or Nori
- ¼ cup of cream Cheese
 - Smoked salmon
 - Finely sliced Scallions
- Avocado, Cucumber and Asparagus
 - 1 Cup of sushi rice

DIRECTIONS:

1. Place the nori on its textured side down a hard surface and cover it with rice; remember to leave a space of 2 and ½ cm space right on top of the sushi bagel
2. Line the cream cheese; then some scallions. Slice the smoked salmon and place it on top of your cream cheese; then add the cucumber, the asparagus, or the avocado to your roll
3. Wet your fingers into the water and also wet the tops of the dried seaweed sheet
4. Set the roll aside for around 2 minutes
5. Roll the sushi roll and once you finish it, cut it into around 8 pieces
6. Serve and enjoy your bagel sushi



CHIRASHI SUSHI

Prep time: 6 Minutes | **Cook Time:** 13 minutes | **Servings:** 6

CALORIES: 505 | FAT: 3.4 G | CARBOHYDRATES: 90 G | PROTEIN: 17.34 G

INGREDIENTS:

- 1 Small julienned and thinly sliced carrot
- 1 Inch of julienned and peeled ginger
 - 2 Tbsp of vegetable oil
- ½ Teaspoon of toasted sesame oil
 - 1 Teaspoon of sesame seeds
- 1 Cup of chopped shiitake mushrooms into small chunks
 - 2 Teaspoons of soy sauce
 - 1 Teaspoon of sake
 - ½ Teaspoon of granulated sugar
 - 1 Sliced plum of tomato
 - 1 Tbsp of white miso paste
 - 1 Tbsp of extra virgin olive oil
- ½ Cup of finely chopped baby spinach
 - 2 Finely sliced scallions
 - 3 Tbsp of rice vinegar
- 4 Cups of cooked Japanese sushi rice
 - Shredded nori sheet

DIRECTIONS:

1. In a medium or a small pan and over a high heat, add around 1 tbsp of vegetable oil
2. Add the ginger and the carrots, and then fry it for about 3 minutes or until the ingredients become tender.
3. Add ½ teaspoon of sesame oil and turn off the heat; then sprinkle a little bit of salt
4. In the same saucepan and over a high heat; pour 1tbsp of oil and of shiitake mushrooms
5. Add the soy sauce, the sugar and the sake; then fry all the ingredients for around 3 minutes
6. Transfer the liquid you have obtained to a platter and set it aside.
7. Place the tomatoes in a small bowl and combine it very well until the tomatoes become completely coated
8. Heat up the sushi rice and pour the rice vinegar on it.
9. Divide the rice into 2 to 3 bowls; then top the bowls with the carrots, the tomatoes, the mushrooms, the scallions and the shredded nori
10. Serve and enjoy!





SOUTHERN STYLE SUSHI

Prep time: 6 Minutes | **Cook Time:** 13 minutes | **Servings:** 6

CALORIES: 505 | FAT: 3.4 G | CARBOHYDRATES: 90 G | PROTEIN: 17.34 G

INGREDIENTS:

- 3 ounces of low-fat softened cream cheese
- 1 and ½ tablespoons of seeded and finely chopped chipotle; in adobo
 - 1 large flour tortilla; plain flour
 - 1 Tomato-flavored tortilla, large
 - 1 Spinach-flavored tortilla, large
- ¾ cup of low-fat refried black beans
- tablespoons of pico de gallo salsa
- 1 and ½ medium Avocados, blank from Mexico, pitted; peeled, and chopped
 - ¾ cup of chopped cilantro leaves

DIRECTIONS:

1. Mix together the cream cheese and the chipotle.
2. Heat the tortillas in a microwave or an oven to soften it; then spread each of the tortilla with about 2 tablespoons of chipotle cream cheese, ¼ cup of black beans and about 2 tablespoons of salsa
3. Scatter 1/3 third of cilantro and avocado on top of each.
4. Roll up the tortillas tightly; then wrap into plastic wrap and refrigerate it
5. Unwrap and trim the ends; then cut each of the rolls across into about 6 pieces
6. Serve and enjoy your dish!



TAMAGO SUSHI

Prep time: 8 Minutes | **Cook Time:** 20 minutes | **Servings:** 6

CALORIES: 63 | FAT: 1 G | CARBOHYDRATES: 10 G | PROTEIN: 2 G

INGREDIENTS:

- 4 Large eggs
- 3 teaspoons of mirin
- 2 teaspoons of soy sauce
- 2 teaspoons of sugar
- A rectangular large pan

DIRECTIONS:

1. Stir all your ingredients together so that you can create a solid batter; then pick up a pan of rectangular shape and make sure to oil it
2. Cover the pan with the tamago batter of about 1cm of depth.
3. After about 2 to 3 minutes use a kitchen spoon so that you can fold the omelet twice
4. First start from the closer end; towards the middle; then towards the far end of the pan
5. Oil the pan again; and a second round of tamago batter
6. Repeat the same steps until you run out of tamago batter
7. Top with the topping of the nigiri sushi
8. Slice your sushi into 6 to 7 slices; then serve and enjoy it!



MANGO SUSHI

Prep time: 6 Minutes | **Cook Time:** 12 minutes | **Servings:** 6

CALORIES: 36 | FAT: 7 G | CARBOHYDRATES: 0 G | PROTEIN: 1 G

INGREDIENTS:

- 1 and ½ cups of sushi rice
 - 1 and ½ cup of water
- ½ cup of vinegar, rice vinegar
 - ½ teaspoon of salt
 - ¼ teaspoon of white sugar
- Half a mango, chopped into small cubes
 - ½ Medium jalapeños
- 3 to 4 Sheets of nori seaweed
 - 1 Julienned fried plantain
 - 1 Finely sliced avocado
- 4 fresh, cut into strips cheese

DIRECTIONS:

1. Wash the rice very well and place it into a large pot of water.
2. Cook the rice for about 12 minutes and make sure to stir with a wooden spoon
3. Cover the pan with a lid and lower the heat; then cook until the grains of the rice are completely open
4. Combine the vinegar with the salt; then mix all together the vinegar with the salt, and the sugar in a cup and stir very well
5. Heat the mixture over the stove or in the microwave for a short time; but don't let boil
6. Transfer the rice to a large container; then add in half of the mixture of the vinegar, the salt and the sugar and set the rest aside
7. Mix your ingredients very well; then let cool; and in the meantime, prepare the sauce; then combine the mango chops with the jalapenos
8. Drench your ingredients with the remaining mixture of vinegar; then set the sauce aside
9. Place one nori sheet over a sushi mat; then add some rice or just form a sphere at the size of a tennis ball and place into the middle of the mat; then flatten with a wooden spoon
10. Place the strips of plantain, avocado and cheese over the layer of the rice
11. Roll up with the use of the mat; then squeeze until you get a cylindrical shape
12. Cut the sushi into slices; then serve and enjoy it with the jalapeno and mango sauce!





CUCUMBER SUSHI

Prep time: 6 Minutes | **Cook Time:** 10 minutes | **Servings:** 6

CALORIES: 54 | FAT: 2.2 G | CARBOHYDRATES: 5.2 G | PROTEIN: 4 G

INGREDIENTS:

- 1 Large cucumber
- ½ cup of plain Greek yogurt
- 2 teaspoons of lemon juice
 - 1 Minced garlic clove
- 1 tsp of chopped fresh dill chopped
- 1 pinch of Salt and 1 pinch of pepper to taste
 - ½ finely diced bell pepper
 - ¼ cup of finely diced red onion
 - ¼ cup of crumbled feta cheese

DIRECTIONS:

1. Peel the cucumber and chop off the ends with a peeler
2. Set the slices over some layers of paper towels; then cover with a few additional slices; then pat to dry and let sit aside while making the tzatziki.
3. To make the tzatziki by combining the yogurt, the lemon, the garlic, the dill, the salt and the pepper
4. For the roll; spread some of the tzatziki over a slice of cucumber
5. Top with the pepper, the onion, and the feta; then roll up and secure with the use of a toothpick. Continue the same process
6. Serve and enjoy your sushi!



SALMON SUSHI ROLL

Prep time: 10 Minutes | **Cook Time:** 15 minutes | **Servings:** 6

CALORIES: 391 | FAT: 14.1 G | CARBOHYDRATES: 55 G | PROTEIN: 11 G

INGREDIENTS:

- 2 Ounces of thinly sliced into long pieces smoked salmon
- 2 ounces of cold cream cheese, each rolled by hand
 - ¼ Small, peeled and thinly sliced onions
 - 1 Heap tablespoon of capers

DIRECTIONS:

1. Lay the thin slices of salmon on the sushi rice horizontally.
2. Add one layer of the cream cheese over the top.
3. Lay the long thin slices of red onion over the top of the cream cheese; then sprinkle with capers
4. Roll and slice; then serve and enjoy your sushi!



QUINOA SUSHI

Prep time: 10 Minutes | **Cook Time:** 20 minutes | **Servings:** 7

CALORIES: 231 | FAT: 9.37 G | CARBOHYDRATES: 33 G | PROTEIN: 7.2 G

INGREDIENTS:

- 1 Tbsp of water
- 2 Tbsp of brown rice vinegar
- 1 Teaspoon of raw honey
- 1 Teaspoon of sea salt
- For the quinoa sushi:
- 1 and 1/2 cups of quinoa
 - 3 cups of water
 - 1 avocado
 - 2-3 cucumbers
 - 3 Sliced radishes
 - Lettuce leaves
- Black and white sesame seeds, toasted
 - Nori sheets
 - Pickled ginger
- ¼ Cup of soy sauce

DIRECTIONS:

1. Combine all of your ingredients into a small bowl and after that mix it together and then set it aside and get ready to prepare the quinoa.
2. Mix the quinoa with water into a medium saucepan and boil it; then let it simmer for around 20 minutes. Once your quinoa is perfectly cooked, set it aside to cool down for around 10 minutes
3. Slice the cucumber into thin strips and with a sharp knife; thinly slice the radishes and the avocado.
4. Lay the vegetables onto your cutting board and stir in the Tezu to your cooled quinoa; then toss to evenly coat the quinoa; then set it aside to cool
5. Put the sushi mat over your cutting board and top it with a dry sheet of nori with its shiny side down.
6. Wet your hands and with it take a small quantity of quinoa; then spread it over the nori sheet
7. Arrange your vegetables into a very thin layer along the center of your mat and with wet fingers roll the ingredients gently and tighten the roll
8. Make sure to moist the sides of the nori sheet with water to seal it
9. Slice the roll with a sharp and wet knife into pieces
10. Serve your sushi with soy sauce and pickled ginger





CHAKIN SUSHI

Prep time: 5 Minutes | **Cook Time:** 10 minutes | **Servings:** 6

CALORIES: 217 | FAT: 6.7 G | CARBOHYDRATES: 33 G | PROTEIN: 7 G

INGREDIENTS:

- 1 cup of sushi rice, or of Japanese short-grain white rice
 - 3 large beaten eggs
 - ¼ teaspoon of salt
- 1 tablespoon of vegetable oil
- 3 tablespoons of rice vinegar
- 2 tablespoons of white sugar
 - 1 teaspoon of salt
- 2 tablespoons of black sesame seeds
- sprigs of Italian parsley with long stems

DIRECTIONS:

- 1 In a large saucepan; bring the water to a boil. Add in the rice and stir; then reduce the heat and cover to let simmer for about 20 minutes. Once perfectly cooked, spoon the rice into a large bowl and let cool until you can handle it
- 2 Meanwhile, beat the eggs together with about ¼ teaspoon of salt; then brush the bottom of a large non stick skillet with vegetable oil and place over a medium high heat; then once hot; add in about 1/6 of the egg mixture and evenly spread into the bottom of the pan
- 3 Cook until the egg firms up; then flip and cook for a few seconds and repeat the same process with the remaining quantity to create 6 thin sheets of eggs
- 4 Stir all together the vinegar, the sugar, and about 1 teaspoon of salt in a bowl; then microwave for a few seconds until the sugar is completely dissolved
- 5 Fold in the vinegar and the sesame seeds into the warm rice
- 6 Now to assemble; put a large spoonful of rice into the middle of each of the egg sheets; then fold into a square and tie with a sprig of Parsley
- 7 Serve and enjoy your dish!



FINAL WORDS

A hand is shown holding a small, round, woven basket filled with dried flowers. The entire scene is set against a solid red background. The text "FINAL WORDS" is overlaid in the center in a bold, white, sans-serif font.

Downloading your copy of the “Sushi Kit Guide Cookbook” will help you discover how to cook sumptuous sushi recipes at home without the help of any master chef, because you will be the master cook. Within the pages of this cookbook, you’ll learn a large array of sushi recipes from the sushi world.

The word sushi comes from su which means “vinegar”, and shi “rice”. The term is used to describe a piece of raw fish or shellfish on a bed of rice. The whole thing should not be bigger than the size of a finger. It can be eaten simply in one bite, or dipped in shoyu (Japanese soy sauce).

The art of sushi is often misunderstood abroad. There is a variety of sushi. Each piece is a work of art as much as a food.

And not only this book will offer you a large variety of recipes; but it will also master the different techniques of rolling sushi with the help of the kit that we are offering. You will greatly love the recipes that you will find in this book from the world of sushi to your tables and from the Japanese cuisine to your house.

The recipes in this cookbook include everything you need to know about sushi, its history, etymology and everything that will help you learn the secrets of sushi. Get ready because you are about to start one of the best cooking journeys that you will try.

We take pride in offering you this Sushi cookbook and we hope it has been a pleasant journey for you. We are really happy that I have been able to offer you this Sushi Kit Guide and cookbook and I hope that it will help you through your sushi cooking experience as a whole.

I could have never written this cookbook without your great help and inspirations. Last, but not least, I hope that you have benefited from this Cookbook. Please do never hesitate to share this sushi cookbook with your friends and your family and just get ready to cook your favourite sushi recipes anytime you want.



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