



SUSHI

book



SUSHI

table of contents

introduction

history

modern sushi bar

equipment & utensils

ingredients

sushi rice

sushi fish and seafood

saki and japanese

glossary

step by step

california rolls

gunkan-maki sushi

inari sushi

maki sushi

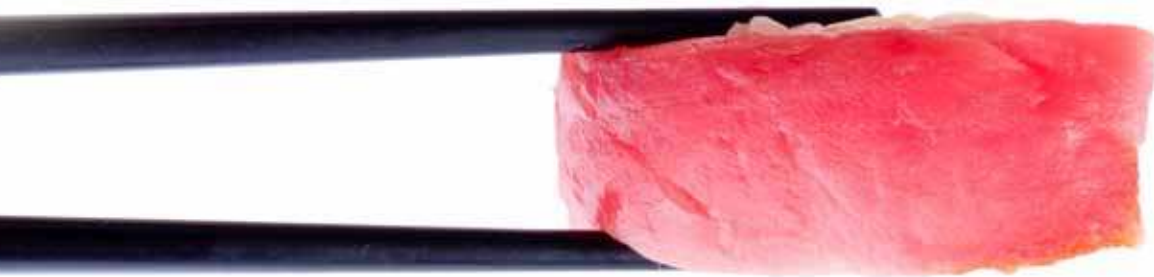
nigiri sushi

temaki sushi

chirashi sushi, hako sushi, and kodemari



INTRODUCTION



INTRODUCTION

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The epitome of cross-cultural cuisine, Sushi has gone from a Japanese phenomenon of the 1970's to a mainstream staple in global dining. The growth of Sushi is no surprise given the popularity of Asian and Japanese culture, ingredients and cooking styles. The term "Sushi" really refers to rice. "Sashimi" is a term for raw fish and shellfish and although often served in conjunction with sushi, is not the primary ingredient of sushi.

Enclosed are procedures, ingredients, equipment, and quality indicators that are important to safely and properly execute Sushi. Handling procedures and fish types are explained in detail. Hotels planning to open a Sushi Bar, offer sushi stations in catering, or need information to choose a Sushi third party partnership will find the information on this site useful. There is however, no substitute for the skill of a properly trained Sushi Chef, and it should be noted that the purpose of this site is to provide a good overview of knowledge, but not be a substitute for a properly trained Sushi chef.

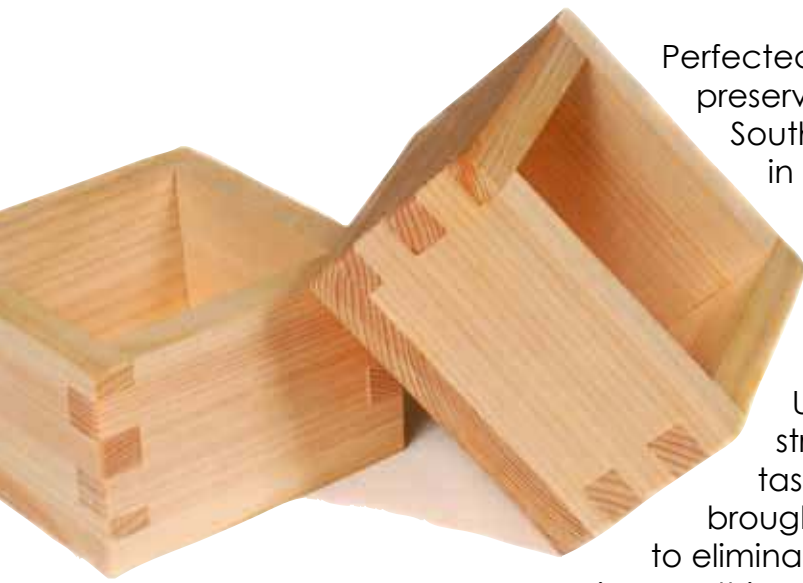




HISTORY

HISTORY

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Perfected over a century ago in Japan as a method of preserving fish, sushi originated in the countries of Southeast Asia. Layers of rice and fish were stored in a jar and weighted with a stone to press into a manageable shape. After a few months the fermented fish and rice were considered ready to eat. Termed “**narezushi**”, there are still restaurants in Tokyo serving this original style of sushi made with freshwater carp. Unrecognizable to today's sushi, the flavor is so strong that narezushi is something of an acquired taste, even for the connoisseur. The early 1700's brought a creative chef named Yohei who decided to eliminate the fermentation process and serve sushi in something resembling its present form. Two distinct styles emerged from this experimentation:

Kansai style from the city of Osaka

Traditionally the commercial center of Japan, Osaka rice merchants preferred sushi with subtler flavors

Edo style from Tokyo

The classical origins of nigiri-zushi with bold flavors of miso, wasabi and soy



HISTORY

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Making sushi is both easy and yet so complicated that it takes years for the professional chef to master. Sushi chefs begin training traditionally as young as 15 years old. He learns to be a sushi chef by carefully watching his teacher at work and then repeatedly experimenting on his own. A good sushi chef, in addition to having mastered a diverse sushi repertoire, will also be a creative artist. He will be able to create an extensive range of decorative sushi and sashimi to be served on special occasions.



Sushi is a simple, light and healthy food. The Japanese diet produces one of the lowest levels of heart disease in the world. Oily fish, such as tuna and salmon, are a rich source of omega-3 fatty acids, which are beneficial in prevention of heart disease and stroke.



MODERN SUSHI BAR

MODERN SUSHI BAR

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Sushi bars are intimate places. The extraordinary personal service offered there cannot be extended to many people at once, so sushi bars are usually small. Ten to twenty stools face a tiered, sloping counter, usually of polished light wood. Along the top of the counter, in an immaculately polished glass case, the day's fresh fish selections are displayed lightly covered with plastic. The case is kept chilled without a forced air system to prevent the fresh fish from drying out. Cooked items such as Ebi (shrimp) and Tamago (sweet egg omelet) are kept separated from the raw foods. Stand-up menus or colorful placemats are placed on the bar, with pictures of various sushi and their names in both Japanese and English. The best sushi bars have a sense of visual order and dignity, though the atmosphere may be quite festive. The fish on display in the sushi case should have the vibrant look of freshness.

Cooked meals are generally not served at the bar because the aromas interfere with the delicate flavors of the fresh fish.

MODERN SUSHI BAR

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Etiquette and Order of Service

There is a formality in all Japanese restaurants, and although many sushi chefs will greet any new diners with a loud “**ko ni chi wa**” or “**welcome**” there are certain elements of etiquette that signify a well run sushi bar.

- Once seated, the server will arrive bearing an **oshibori** - a moist towel - in a basket or on a tray. The towel is used to wipe hands, and is then placed back, loosely folded on the tray.
- The paper wrapper is removed from the chopsticks and separated into the two sticks. If the placesetting includes a hashi oki (chopstick rest), it should be positioned with the chopsticks about two inches away from and parallel to the edge of the counter.
- A server, not the sushi chef, takes orders for drinks, soups, tsukemono (pickles), and certain other snacks. Often the diners are brought complementary **edamame** or boiled salted soy beans still in the pod.
- Sake is generally served warm, although sake of high quality is served at room temperature. Sake is also generally served before sushi is served, not while and not after. Green tea is served during the whole meal and is essential for the full enjoyment of sushi, as it removes after tastes and cleanses the palate.
- A steaming bowl of miso soup is brought by the server.
- Finally, sushi chef will accept requests for sushi. There is no set order in which the various kinds of sushi is eaten but the nori-wrapped pieces are best eaten first, since the crispness of nori seaweed does not last long once it comes in contact with the damp rice. Sushi is finger food designed to be picked up, **dipped in soy sauce fish side only**, and then eaten in one or two bites with or without chopsticks. If dipped in the rice, it will fall apart and the taste of soy will dominate.
- Wasabi and pickled ginger, classic accompaniments to sushi, are eaten sparingly so as to not overpower the flavors of the sushi and in amounts determined by the diners' preference.



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Omakase

The true test of a sushi chef is for his guests trust his skill so well, that they will simply ask him to choose what they are to eat. This tradition, known as “**omakase**” is taken from the Japanese verb “**omakaseru**” meaning to trust or leave the decision up to someone or something else. If a customer can't decide what to order, he may say “**omakase shimasu**” meaning “I leave it up to you”. “**Sashimi omakase shimasu**” might be used if the choice is sashimi, which is fish without the rice. Guests will also let the chef know if there are any items they don't like or don't want as it is bad form not to eat all that the chef has chosen. It is also customary, although not expected, to offer the chef a beer or sake. If he accepts, order it from the server. When served, he will raise it and toast “**kanpai**” which means “**to your health**”.



staff and

the servers.

When finished, chopsticks should be placed on the small soy saucer, parallel to the sushi bar. This will alert the chef that the guest is finished. It is best not to leave food unfinished as that is considered rude. The server, not the chef, is asked for the check. The chef will total the sushi bill and give it to the server to add the drinks and other items. In Japanese restaurants, people who handle food never handle money. A tip should be left and guests should consider the quality of service the fact that the tip will be shared by the chefs, the kitchen



**EQUIPMENT &
UTENSILS**

EQUIPMENT & UTENSILS

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The following items are commonly used when making sushi. Many items can be substituted but a bamboo rolling mat (makisu) is essential for making maki-sushi (rolls). And if you have high quality knives you will find filleting fish a great deal easier. See the resource section for information on equipment vendors.

Hangiri and Shamoji

A wooden tub and paddle used for cooling the vinegared rice. It is made of cypress bound with copper hoops, but any wooden or plastic vessel can be used.



Makisu

A small mat made of bamboo woven together with cotton string used to make rolled sushi. The sushi mat must be dry before using.



Manaita

A chopping board traditionally made of wood and used for a variety of tasks, from preparing fish and vegetables to presenting sushi. A resin board can also be used and it is easier to keep free of odors.



Rice Press

Used for making Oshi sushi "pressed" or "layered" sushi. Alternating layers of roasted seaweed, rice, seafood, and vegetables are pressed together into a firm and formed sushi. The outer wooden piece can then be removed with the formed sushi still remaining in the block to be sliced for service.



Saibashi

Chopsticks used for cooking. They are two to three times longer than chopsticks used for eating.

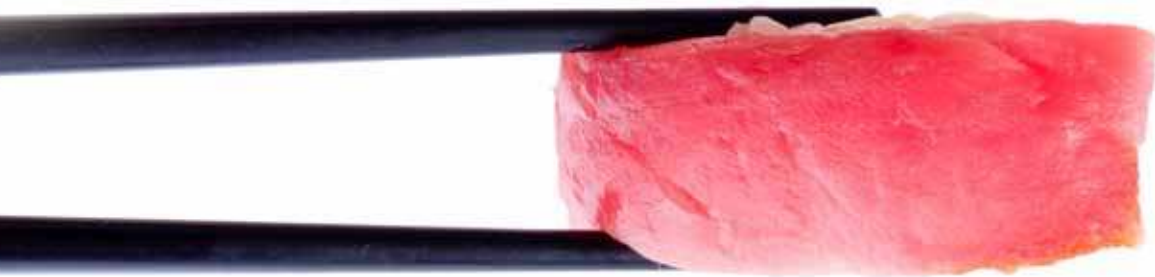


Sashimi-bocho

A fish knife that is long and slender. The pointed type is most popular in Osaka while the blunt-ended type is most popular in Tokyo. Excellent for filleting and slicing fish as well as slicing rolled sushi.



INGREDIENTS



INGREDIENTS

sushi book

Kampyo

A dried gourd or squash, cut in long ribbons or shavings. Kampyo is soaked in water for up to 24 hours (the longer it is soaked the better the texture). It is then boiled in the same soaking water for ten minutes. Drained, the gourd strips are seasoned with dashi, soy sauce, and sugar, and boiled again for five minutes. Drained and cooled, it is then used for maki-zushi or most often Chirashi-zushi.



Kombu

A long dark brown to grayish-black dried kelp. It has a natural white-powder covering that delivers considerable flavor. The surface should be lightly wiped off. Avoid kombu that is wrinkled and thin. Used to flavor dashi as well as sushi rice.



Mirin

Made from short-grain rice, glutinous rice and distilled alcohol. The combination of alcohol and sugars gives mirin its distinctive flavor and sweetness - and also provides it with two characteristics: the ability to mask strong odors and the sheen it imparts to food. Mirin should be stored in a dark, cool place.



Miso

A flavoring staple of the Japanese kitchen. A fermented mixture of soybeans, salt, water and a fermenting agent of soy barley or rice "koji". Three basic categories of miso are available: sweet, non-sweet, and salty. White miso is the sweetest, yellow miso is golden colored and mild. Red miso is saltier and more fully flavored.



Nori

Dried, toasted seaweed used for wrapping sushi rolls. Generally sold in sheets 7.5 x 8 inches (19 x 20.5 cm). Harvested on special farms, it is dried and roasted to keep crisp. Purchase the dark green precooked "yaki-nori". The black or purple types of nori are raw and must be toasted over a flame before using.



Sesame Seeds

Sesame seeds add a nice flavor and presentation to sushi. These specially prepared seeds are either black (kuro) or tan (shiro). They are most often mixed with sauces or sprinkled on top of rolls. The white sesame seeds are always toasted before using.



INGREDIENTS

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Sushi can be made from nearly any ingredient, once the base of seasoned rice is made. The ingredients on this list are the primary items that a sushi bar must stock and most can be obtained from approved vendors, Asian or Japanese specialty stores and larger supermarkets. Some of these foods are made traditionally to suit Japanese foods - soy sauce, sake, sushi vinegar - and substituting these ingredients will result in different flavors.

Awasezu

A mild-tasting vinegar made from rice and specifically made for sushi. This is also known as rice vinegar. Other types of vinegar are too strong and cannot be used in place of sushi vinegar. Also available, Seasoned Vinegar especially formulated for sushi rice.



Cucumber

Japanese cucumbers are about six to eight inches long. They are less watery than American cucumbers and have fewer seeds, firmer insides and softer skins. If Japanese cucumbers are unavailable, substitute with English or hot house cucumbers.



Daikon

This vegetable is a large Asian radish with a sweet, fresh flavor. The daikon's flesh is crisp, juicy and white, while the skin can be either creamy white or black. Choose those that are firm and unwrinkled. Once cut, refrigerate and wrap in a plastic bag for up to a week.



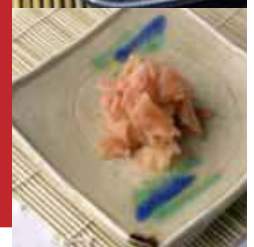
Enoki Mushroom

Enoki have an appealingly crunchy texture and mild-almost fruity-taste, unlike most mushrooms. Choose fresh mushrooms that are firm, dry and white. If used in a cooked dish, add at the last minute, as heat tends to make them tough.



Gari

A tender ginger root which has been pickled for flavor. It is eaten in small amounts to cleanse the palate between different sushi or be used in a variety of other preparations. Usually pink but available in white also. The bright red ginger root is not used with sushi.



SUSHI RICE



SUSHI RICE

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The Japanese word for rice, gohan, translates as “honorable food”. Rice is eaten with every meal and is the national staple. It is judged for quality and texture with the same discerning affection the French bring to wine. The skillful preparation of a good batch of rice is the measure of every Japanese cook. Precise timing and control of heat is essential, and gas or electric rice cookers, which guarantee perfect results, have become standard equipment in most kitchens. Short-grained rice is used exclusively in Japan. In the U.S. and other countries though, medium grain Japanese-style rice is widely used. Tender and moist, it is clingy enough to be eaten with

chef has his own recipe but sushi rice is always steamed and then tossed in a dressing made of rice vinegar, sugar and salt. Contrary to popular belief, it is actually the rice that is the most important component in deciding the skill of the sushi chef. Great pride is taken in the correct and gentle handling of each grain of rice. It is said that the first Edo Sushi chefs in old Tokyo could tell exactly how many grains of rice were in each rice ball simply by feel.

The following recipe if closely followed will result in consistent sushi rice for all of the preparations explained in this publication. Keep in mind that using top quality ingredients is most important. Top quality medium grain white Calrose rice such as Nishiki or Kohaku should be used.



SUSHI RICE

sushi book

Procedures

1. Wash the rice under cold, running water until the water runs clear.
2. Drain the rice into a colander and let drain for ½ to one hour to allow the rice to absorb some of the moisture and swell the grains.
3. Place into a rice cooker with the water and the Kombu. Cover and bring to a simmer. (Alternatively, place into a 4" hotel pan. Steam in a standard steamer uncovered for 25-30 minutes or until the rice is tender).
4. Remove the Kombu after the water has begun to simmer.
5. Simmer for 10 to 15 minutes or until the water has been mostly absorbed.
6. Turn off the heat and place a clean towel or triple folded cheesecloth over the rice. Place the cover back on and let the rice steam for 15-20 minutes.
7. Mix the Sushi Vinegar ingredients together. Heat in a microwave or over low heat until the sugar begins to melt. Pour the sushi vinegar into a chilled bowl to reduce the heat immediately and prevent the vinegar from losing flavor.
8. Moisten the bottom and sides of a wooden Hangiri with a damp towel. Pour the cooked rice into the Hangiri.
9. Using a wooden rice paddle (Shamoji) cut the Sushi Vinegar into the rice in right to left and then top to bottom motions, trying not to crush any grains of rice. The Hangiri is especially useful as it is very wide and shallow. Do not overcrowd the rice during this process and if necessary break up rice into smaller batches.
10. Fan the rice several times to help cool. This process of mixing and cooling the rice and vinegar can take up to 10 minutes. The rice should be at room temperature when finished. Perform a PH test on the rice and document as prescribed in the HACCP procedures.

Procedure for Calibrating the pH Meter and for the Checking of the pH Level of Acidified Rice and Corrective Actions

It is very important to ensure that the pH meter is very accurate and kept clean and in proper working order. For a detailed outline of these procedures, please note the manufacturers operating instructions that are located in the Executive Chefs office. Always make sure that there is a back-up set of batteries available in the event the ones in the unit are drained. A pH meter that is accurate to !0.02 pH will be used for all pH measurements.

Calibration and Measurement Instructions:

1. Remove the cap from the probe tip and turn on the meter by pushing on the red oval (POWER) button at the large end of the meter.
2. Rinse the probe under warm tap water and blot dry with a dry paper towel.
3. Apply one drop of 4.0 buffer solution. (yellow liquid) on to the probe (small) end of the meter. Make sure that you cover both the reference junction and the pH sensor.
4. Using the end of the probe cap, depress the small round blue (CAL) button.
5. The CAL icon will flash in the small gray window until a stable reading is obtained. When the CAL icon disappears, the meter is successfully calibrated
6. Rinse the probe again under warm tap water and blot dry with a dry paper towel.

Ingredients

13 cups Uncooked Sushi Rice
3 Quarts Cold Water
2" strip Kombu - (Dried Kelp)

Tezu (Sushi Vinegar)

2 1/2 cups Rice Vinegar
3/4 cup Granulated Sugar
1/2 Tablespoon Salt, non iodized

[Procedures for Calibrating pH
Acidification Mixture Recipe
Rice pH Log
Source for the pH meter](#)

SUSHI RICE

sushi book

Procedures continued

Measuring the pH of the Acidified Sushi Rice:

1. Once you have completed step 1 under "Procedure for acidifying rice" in document #2 Recipe/Procedure for Acidification Mixture and Acidification of Sushi Rice" place approximately 1 tablespoon of rice into a clean plastic cup.
 2. Add enough distilled water to cover the rice thoroughly.
 3. Mash and mix up the rice and water mixture with a clean spoon until most of the grains have been crushed.
 4. On Document #4 Acidified Rice pH Log, under the column heading Time, place the current time as you begin step #4 below.
 5. Calibrate the pH meter and note that on Document #4 Acidified Rice pH Log, under the column heading pH Meter Calibrated (yes/no) by placing a yes in the box.
 6. Once the meter is calibrated, stir the rice/water mixture once and place the probe end of the meter into the mixture for approximately 10 seconds to get a stable and accurate reading.
 7. Once the reading has stabilized, note the reading on Document #4 Acidified Rice pH Log, under the column heading pH of Acidified Rice.
 8. CCP:
 - A. If the reading on the meter is above 4.6, the rice is not acidic enough. The Corrective Action is to add additional Acidification Mixture to the rice, by adding a quarter of a cup at a time. Note this step on Document #4 under the column heading "Corrective Actions". After each addition of mixture to the rice, repeat steps 1 – 5 on this document. It is not necessary to recalibrate the meter again. Only once per shift.
 - B. Once a reading of below 4.6 is obtained. Note the final reading in the "Corrective Actions" column and note the amount of additional Acidification Mixture that was added.
 - C. If the reading is below 4.6, note the reading on Document #4 Acidified Rice pH Log, under the column heading pH of Acidified Rice. In the "Corrective Actions" column, note that "No Corrective Action is required".
 9. Once you have filled out the complete line for your shift, It needs to be signed by the Certified Food Protection Manager on duty. Keep the pH log on file in the Executive Chefs office for 45 days.
 10. Once you have completed the process, rinse the probe again under warm, clean running water and blot dry with a paper towel. Replace the probe cap and place the meter back in the manufacture's storage container.
- Note: handle the meter very carefully. Keep it clean and stored properly between uses. Always make sure you have back-up batteries and 4.0 buffer solution on hand at all times.

Recipe/Procedure for Acidification Mixture and Acidification of Sushi Rice:

Acidification Mixture for 15 lbs. of cooked sushi rice:

Ingredients:	Rice Vinegar	(Mitsukan)	2 ½ Cups
	Granulated white sugar	(Domino)	¾ Cup
	Iodized salt	(Crystal Diamond)	½ Tbs.

Procedure:

1. Dissolve 2 ½ cups of rice vinegar, ¾ cup granulated sugar, and ½ Tbs. salt and bring to a boil over medium heat until all solids have dissolved.
2. Remove mixture from heat and allow to cool to between 85 - 90 degrees F.
3. Add to rice as instructed below.

Procedure for acidifying rice:

1. Place 15 lbs. of cooked sushi rice at 190 degrees F into a large 6" deep plastic container. Slowly add in the acidification mixture mixing thoroughly and slowly until all rice grains are evenly and completely coated with the mixture.
2. Check the pH of the rice with a pH meter calibrated to 4.0 to ensure that the rice acidity is at the required level below 4.6 or lower. (See Document #3 Procedure for checking pH of acidified rice and corrective action steps).
3. Document pH of rice on the Acidified Rice pH Log including corrective actions where necessary and manager signature.
4. Allow rice to cool to between 85 and 90 degrees F.
5. Once cooled, store the rice in a stainless steel rice holder units between 85 degrees F. and 95 degrees F.
6. Discard all leftover acidified rice at the end of each day.

SUSHI RICE

sushi book

Procedures continued

Acidified Rice pH Log

pH of the Acidified Rice should be lower than 4.6. If not the corrective action should be to add additional acidification mixture to the cooked rice

Week Start Date:		Week End Date:		
Day	Time	pH Meter Calibrated (yes/no)	Corrective Actions	Certified Food Protection Manager Signature
Sunday	AM			
Sunday	PM			
Monday	AM			
Monday	PM			
Tuesday	AM			
Tuesday	PM			
Wednesday	AM			
Wednesday	PM			
Thursday	AM			
Thursday	PM			
Friday	AM			
Friday	PM			
Saturday	AM			
Saturday	PM			

11. Place into an appropriate sized bowl and cover with a damp cloth for service.
Sushi rice should be used within hours of preparation and never held over to the next day.

FISH & SEAFOOD

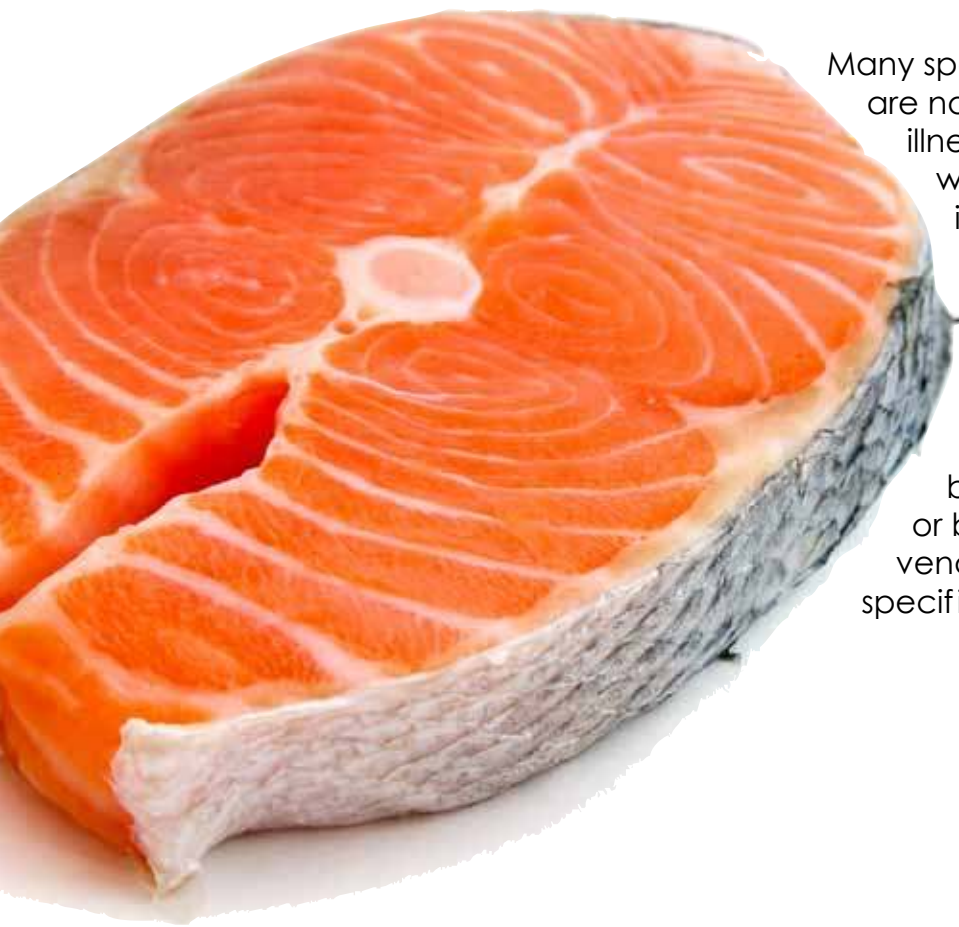


FISH & SEAFOOD

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Buying and Handling Absolute freshness is of the utmost importance when preparing fish for sushi. Though many feel the term “fresh” is a superior quality indicator, the reality is that if not handled properly, fresh fish can be a liability. HACCP guidelines must be followed during all preparation steps.

“Fresh” VS. “Raw” Fish



Many species of fish contain parasites that are not harmful to the fish but can cause illness with humans. Because freezing will kill parasites, **all** fish used for sushi is required to be frozen before being served raw. In the U.S., the Food and Drug Administration requires that the fish be frozen at **-4°F for 7 days** or at **-15°F for 15 hours** before being considered safe for service. This freezing can be addressed either by buying fresh fish and freezing on site or by buying from an approved sushi vendor that distributes fish frozen specifically for sushi.



FISH & SEAFOOD

sushi book

Buying whole fresh fish

A whole fresh fish has bright, bulging eyes with no evidence of blood. The tail and fins should not be dried or curled up at the end. The scales should be glossy and still firmly attached to the skin. The gills should be bright red and have no sign of white slime. When pressed, the flesh will spring back and not hold the indentation. Above all, and obviously, the fish will lack any trace of a fishy smell. Maintain proper HACCP documentation. These records must be kept a minimum of 90 days and be readily available for review by the Local Department of Health

Buying from a specialty fish vendor

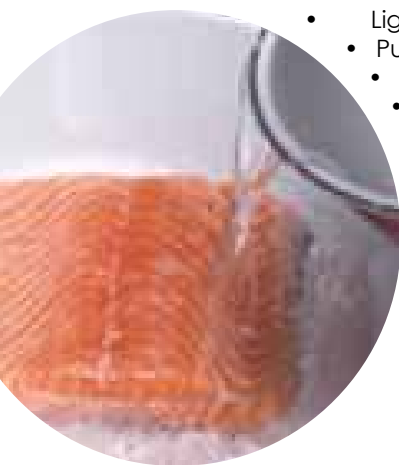
- Fish purchased from an approved and inspected seafood or sushi vendor must be frozen and handled under strict guidelines. Buying fish already filleted and frozen under HACCP guidelines is a distinct advantage.
- Often the manufacturing capabilities of commercial seafood suppliers are superior to what can be accomplished on a day to day basis in the hotel environment.
- Obtain a letter from the supplier stating that all fish purchased was frozen according to the required time and temperature specifications.



Special instructions for handling Salmon, Mackerel, and other fish prone to parasites.

Fresh salmon requires additional handling to insure that no parasitic activity exists in the fish to be served. Again, if buying frozen fish from an approved sushi vendor, these steps may not be necessary. If buying fresh salmon, the following process must be used.

- Lightly wash the fillets under cold running water to remove any scales or blood.
- Pull the pin bones from the fillets using food safe fish tweezers.
- Sprinkle the fillets lightly with kosher salt and let rest for 30 minutes under refrigeration.
- Cover the fish with a brine solution of 1 quart cold water, 3 Tablespoons rice vinegar, and 1 Tablespoon kosher salt. Let the salmon fillet soak in this brine, refrigerated between 34°F-40°F for 12-24 hours.
- Remove from the brine and rinse lightly. Using a disposable food safe cloth, pat the salmon dry and wrap tightly in plastic wrap.
- Freeze as for all other fresh fish at least Seven days at -4°F or 15 hours at -15°F.



BEVERAGES



BEVERAGES

sushi book

Sake

Although there are many schools of thought, sake is most widely considered to be a rice wine. While similar in many respects to beer, sake is categorized by the U.S. Bureau of Alcohol, Tobacco and Firearms as "wine from other agricultural products". Further evidence of the wine association is the fact that sake ranges in alcohol level from 12% to 16%. Sake is a beverage fermented from rice that originated in Japan but is now becoming available throughout the world. Rich in complexity and tradition, sakes present an extraordinary range of flavors, tones and variations. There are four basic types of sake and each requires a different brewing method. Naturally, there are other special brewing techniques that are less common, but the four basic sake types are Junmai-shu, Honjozo-shu, Ginjo-shu, and Daiginjo-shu. There is also a special fifth designation for sake that is not pasteurized. This sake incorporates all four types of sake. Each of the four types of sake has a general flavor profile based on the brewing methods, however, there is a whole lot of overlap between them. Nonetheless, generalities can be useful.



Junmai

This can be translated as pure rice wine. This sake is made with only rice, water and koji which is the magical mold that converts the starch in the rice into fermentable and non-fermentable sugars. Junmai-shu is made with rice that has been polished (milled) so that at least 30% of the outer portion of each rice grain has been ground away. The taste of junmai-shu is usually a bit heavier and fuller than other types.

Honjozo

This is sake to which a very small amount of distilled ethyl alcohol has been added to smoothen and lighten the flavor, and to make the sake a bit more fragrant. Honjozo, like Junmai-shu, is made with rice that has been polished so that at least 30% of the outer portion of each rice grain has been ground away. Honjozo often makes a good candidate for warm sake.

Ginjo

This sake is made with rice that has been polished (milled) so that at least the outer 40% has been ground away. This removes things like fats and proteins and other things that impede fermentation and cause off-flavors. Ginjo-shu is also fermented at colder temperatures for a longer period of time. On top of that, special yeast and labor-intensive techniques make for a more complex and delicate flavor. Both the flavor and fragrance are often fruity and flowery.

Daiginjo

This is ginjo made with rice polished even more, so that at least 65% is ground away before brewing. Daiginjo is made in ever more painstaking ways, with even more labor-intensive steps than the ginjo-shu. High quality sake is served cold, in a vessel called a Masu. Legend has it that sake served in a Masu is filled to overflow as a sign of hospitality and good will.



BEVERAGES

sushi book

Green Tea, Long revered in Asia and now gaining in popularity around the world, Green Tea is more than just a cultural beverage with amazing health benefits. Japanese tea styles are derived from unfermented, thus green, tea. Tea throughout the world, whether it is green or black, is grown from the same basic plant - *Camellia sinensis*. The difference between green and black teas lay in whether or not the tea is allowed to ferment. Tea which is allowed to ferment becomes black tea. Green tea is such because it is treated to extreme high temperatures immediately after plucking by either steaming or pan-firing, which halts the fermentation process. In addition to fully fermented and unfermented tea, a third category exists known as semi-fermented tea, which is produced in China. Oolong tea is a most notable semi-fermented tea. The Japanese specialize in unfermented tea styles. The original tea style in Japan is *tencha*, which is the style from which *matcha* is derived. Later, the *gyokuro* style was developed. *Gyokuro* and *tencha* are similar in that the tea plant from which they are grown is covered for a period prior to plucking. These two styles are the highest quality, healthiest and most expensive teas produced in Japan.

Sencha is the most popular style of tea consumed in Japan. About 80% of the tea produced in Japan is produced in the *sencha* style. *Sencha* is steamed in various ways to bring forth the best flavor.

Bancha is a term that refers to teas plucked late in the year. Both *genmaicha* and *houjicha* are derived from *bancha*.

Matcha is a special finely powdered green tea. This is the style of tea the Japanese originally consumed, long before *sencha* or *gyokuro* were developed. Today *matcha* is most famously known as the tea used in *Sado*, the Japanese Tea Ceremony. The flavor is slightly bitter and at the same time sweet. *Matcha* is also used extensively as an ingredient in concoctions such as fancy confections and ice cream.

Gyokuro is considered the best of the Japanese teas. Often served in tiny cups, this tea is to be savored slowly. It has a deep sweetness and astringency which are part of its complex flavor, and should be lingered over and contemplated to be truly appreciated.

Genmai Cha is a roughly 50/50 blend of *bancha* and pan-fried rice, or *genmai*. *Genmai cha* possesses a strong toasty flavor, which is of course from the pan-fried rice. Many people who are primarily coffee drinkers find *genmai cha* to be a favorite tea because of the roasted taste. *Genmai cha* is also popular with people who wish to avoid caffeine.

Houji cha is the name given to roasted *bancha*. *Houji cha* is 100% roasted *bancha*. The color of *houji cha* ranges from a light to reddish brown. The flavor is a quite strong roast, which resembles coffee more than green tea. *Houji cha* can be served hot or cold. It makes a really tasty cold drink in the summertime.



GLOSSARY



GLOSSARY

sushi book

A

aburage fried tofu pouches, used to make inari-sushi, prepared by cooking in sweet cooking sake, soy, and water; available regular and mini

aemono vegetables or meats mixed with a dressing or sauce

agari a japanese sushi-bar term for green tea

agemono foods either deep-fat fried or pan-fried

aji horse mackerel

aji - ponzu ponzu, a lemon that is used to make a yellow-colored vinegar, plus soy sauce that is traditionally used to marinate fish and to make dipping sauce for sushi

ajitsuke kampyo seasoned dried gourd

aka miso red full flavored soy bean paste

aka oroshi a garnish for white-fish sushi made by combining japanese red chili paste and grated daikon

akagai peptonia clam, red in color

ama ebi sweet shrimp

ani sweetened puree of cooked red beans

anago salt water eel, a leaner version of unagi, freshwater eel

aoyagi red clam

atsuyaki tamago sweet egg omelet for sushi

awabi abalone

awase miso combination of red and white miso

ayu sweetfish

B

beni shoga red pickled ginger

buri toro fatty yellowtail

buzuguri chunk-style octopus

C

california roll rolls of cooked crab meat (or imitation), avocado, and cucumber

chirashi-sushi a bowl of sushi rice topped with a variety of sashimi, kampyo, and garnish

chutoro the belly area of the tuna, also toro, chutoro, o-toro



GLOSSARY

sushi book

D

daikon giant white radish, usually served grated as garnish for sashimi

dashi basic soup and cooking stock made with kombu and katsuoboshi

donburi a large bowl for noodle and rice dishes

E

ebi jumbo shrimp that are boiled in salted water, shelled and spread into butterfly shape leaving only the shell of the tails

F

futo-maki big, oversized rolls

G

gari pickled ginger used to freshen the palate between sushi

gobo long, slender burdock root

gohan plain boiled rice

goma sesame seeds

gunkan-maki type of nigiri-zushi made by wrapping a band of seaweed around a pad of rice and pressed down used for soft filling

H

hamachi young yellowtail or amberjack

hamaguri clam

hamo pike conger

hanakatsuo dried bonito fish, shaved or flaked

harusame thin, transparent bean gelatin noodles

hashi chopsticks

hatahata sandfish

hawara mackerel

hijiki black seaweed in tiny threads



GLOSSARY

sushi book

hirame halibut

hocho general term for knives

hokkigai surf clam, sort of a thorn-shaped piece, with red coloring on one side

hotate-gai scallops

I

ika squid

ikura salmon roe

inari-sushi aburage stuffed with sushi rice

iri shiro goma toasted white sesame seeds

K

kaibashira giant clam adductor muscle

kobashiri small scallops

kajiki swordfish

kaki oysters

kampyo dried gourd

kani crab meat

karei sole

katsuo bonito

kamaboko fish cake used in some soups and noodle dishes

kazunoko herring roe

kohada japanese shad

kuro goma black sesame seeds

kyuri cucumber wrapped with seaweed

M

maguro tuna

maki-sushi rice and seaweed rolls with fish and/or vegetables

makisu a mat made from bamboo sticks tied together with cotton string

masago small orange flying fish eggs

mirin sweet rice wine for cooking



GLOSSARY

sushi book

mirugai geoduck or horseneck clam

miso fermented soy, rice, or barley paste

mayshi bean sprouts

N

nasu eggplant

natto fermented soy beans

negi onion

neta piece of fish that is placed on top of the sushi rice for nigiri

nigiri-sushi little fingers of rice topped with wasabi and a filet of raw or cooked fish or shellfish

nori sheets of dried and roasted seaweed used to make rolls

O

oshibori wet towel used to clean one's hands with before the meal

ocha tea

oshiwaku wooden box with top

oshi-sushi sushi made from rice pressed in a box or mold

P

ponzu sauce made with Japanese citron (citrus vinegar)

R

renkon the crunchy root of the lotus plant

S

saba mackerel

sake rice wine



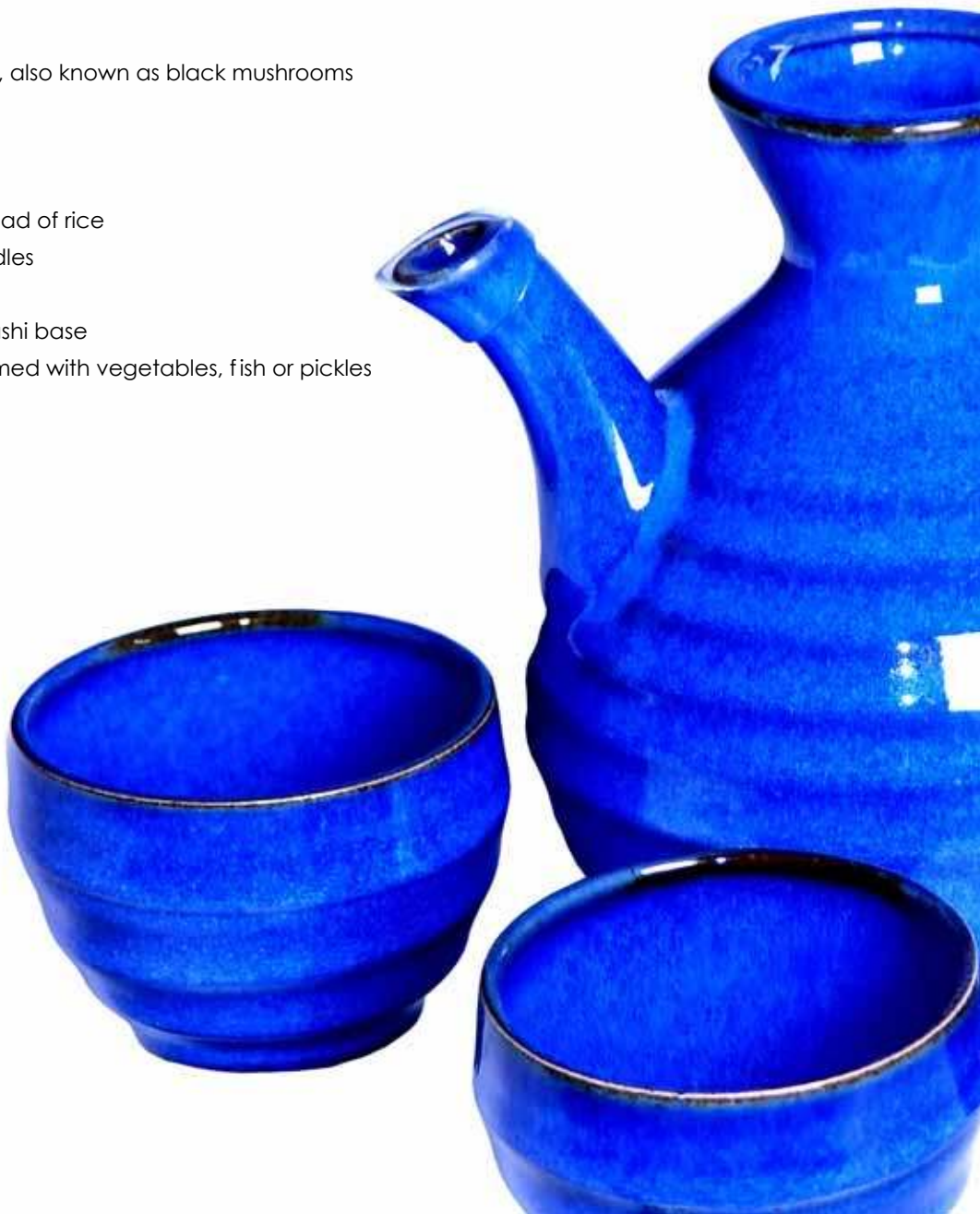
GLOSSARY

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sake salmon (pronounced shaké)
sashimi raw fish fillets eaten without rice
sansho japanese pepper
shiro maguro albacore tuna
shiratake translucent rubbery noodles
shiro goma white sesame seeds
shiro miso white soy bean paste
shiso the leaf of the Perilla plant
shiitake a type of japanese mushroom, also known as black mushrooms
shoga ginger root
shoyu japanese soy sauce
soba buckwheat noodles
soba-sushi sushi made with soba instead of rice
somen very thin Japanese wheat noodles
SU unseasoned rice vinegar
suimono a clear soup made with a dashi base
sushi Vinegared rice that is rolled or formed with vegetables, fish or pickles
suzuki striped bass or rockfish

T

tai sea bream or porgy
tako octopus
takuwan pickled daikon
tamago yaki fried egg
temaki-sushi a cone shaped sushi
tempura batter fried cooking method
tobiko flying fish roe
tofu soybean curd
tori chicken
torigai cockle clam
toro fatty tuna



GLOSSARY

sushi book

U

unagi smoked freshwater eel

uni sea urchin oe

usukuchi shoyu light japanese soy sauce

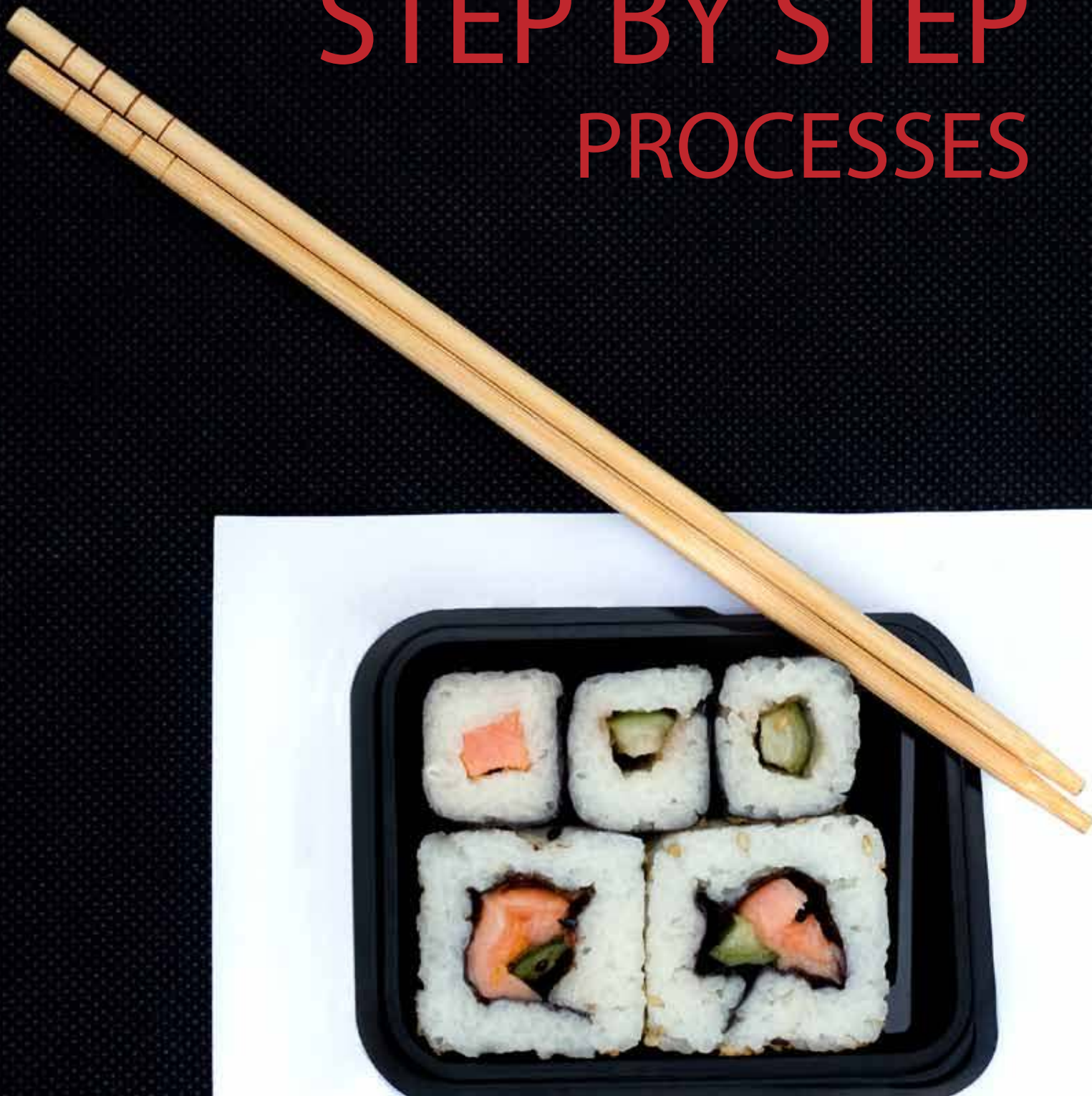
W

wakame a lobe leafed seaweed in long green strands. Sweet flavor, often in miso soup

wasabi japanese horseradish



STEP BY STEP PROCESSES



CALIFORNIA ROLL

step by step processes

Inside-Out California Rolls (Maki-Sushi)

As its name suggests, California Roll is hardly a classical sushi recipe. It is, however, extremely popular across the United States. It is a superb blend of textures - cooked crab, avocado and cucumber. Inside-out rolls allow for generous amounts of fillings. These can also be made vegetarian by using cucumber, cooked dried gourd (kampyo), finely-sliced parboiled carrot, snow peas and cream cheese.



1. Cover the sushi mat with the plastic wrap. Lay the seaweed paper on top and cover with a thin layer of sushi rice. Dip your fingers in a bowl of rice vinegar-water, then lightly press the rice with your fingers to secure it to the seaweed.



2. Smear rice with a little tobiko.



3. Turn the nori and rice over on the covered mat. Spread a small amount of wasabi through the middle of the nori.



4. Top with cucumber, avocado and crab meat or shrimp.



5. Carefully start to roll the mat, using your fingers and palms to keep the mat even and the ingredients in place.



6. Compress and shape the roll.



7. Slice the roll into eight slices and serve with wasabi and pickled ginger.

GUNKAN-MAKI SUSHI

step by step processes & varieties

Gunkan-Maki Sushi

Gunkan-maki which translates as “battleship roll” describes the shape of sushi used to “carry” soft fillings. One such soft filling is fish eggs or roe. One of the most common varieties of roe is large, golden-red salmon roe called ikura. This is sold ready-packed, like caviar, and is one of the largest of roes. Other types of roe include small, red-brown, salted cod roe, yellow, salted herring roe, lumpfish roe and sturgeon caviar. This shape is often used with soft fillings like sea urchin roe, loose salads, and quail egg.



1. Cut seaweed paper into strips about 5 inches by 1 1/2 inches. Lay the strip across your left hand, and use your right to pick up a ball of sushi rice.



2. Roll the ball around the rice tub to form the sausage-shape. Place the rice into the middle of the seaweed paper.



3. Roll the seaweed paper around the rice so that it is slightly skewed. This is not just to appeal to the Japanese love of asymmetry; it makes the roll easier to build. Fold the protruding edge of the seaweed paper to the underside of the “boat” and press it onto the rice.



4. Stand the gunkan-maki on a smooth surface and fill with salmon roe. Served garnished with a little Japanese horseradish.



Uni

Sea Urchin Roe. Soft textured and brimey, Sea Urchin is an acquired taste with highly priced ingredients.



Quail Egg

Separated from the white, the quail egg yolk is garnished with tobiko.



Tobiko

Flying fish eggs, orange in color. Used on the outside of inside-out rolls as well as gunkan style. The crisp eggs provide great texture and pop slightly when eaten.



Seaweed Salad

A vegetarian sushi. Prepared wakame salad offers great variety to common sushi selections.



Ikura Lightly salted Salmon Roe. Highly flavorful. Ikura has a brimy sea taste.

INARI-SUSHI

step by step processes

Inari-Sushi

Inari-sushi is named after the Japanese god of grains. Inari-sushi are a popular take-out food. It is slices of bean curd (aburage) that have been deep-fried and sliced open and used as pouches for sushi rice. They have a unique and intriguing flavor, the deep-fried tofu being both savory and sweet. The filling can be varied to accommodate personal taste or seasonal availability. Some add nothing to the rice while others like to flavor it with sesame seeds, vinegared lotus root, Japanese prickly ash pepper or lemon zest. Bean pouches are bought already deepfried from Japanese or specialty stores. Preparation includes braising in stock before stuffing with sushi rice, and sesame seeds or pickled ginger. Inari are an acquired taste; not because they are strongly flavored but because they are somewhat bland.



1. To open, slice the pouch in half.



2. Loosen the middle and pry open to create a deep pocket.



3. Fill with sushi rice and compress the rice with a thumb.
Sprinkle in sesame seeds or slivers of pickled ginger.



4. To serve, turn the filled pouch upside-down and tuck the flaps under and press them into the rice.
Serve garnished with pickled ginger.

MAKI-SUSHI

step by step processes

Maki-Sushi

Most people are introduced to sushi by the maki or sushi roll. Makisushi means "rolled sushi" and it is thin strips of fish and vegetables rolled in sushi rice and crisp sheets of toasted seaweed, and then sliced into bite-sized rounds. The seaweed used is called nori. Another name for makisushi is norimaki. Maki-sushi comes in two sizes at the sushi bar. Hosomaki, which means "slender roll," is the most familiar. It is about an inch in diameter and contains one or two ingredients plus rice. Hosomaki makes six bite-sized rounds. Chu-maki is in between hosomaki (thin) & futo (thick). Reverse rolls are a type of chu-maki. Almost anything can be rolled into makisushi, but there are a few standard varieties that you may want to try.

Futomaki: This is a fat, fancy roll served in Japanese restaurants as lunch or a snack. It has as many as six ingredients inside, including sweet bright pink fish powder, egg, strips of gourd, and other vegetables. California rolls and inside-out California rolls are two popular forms. Tekkamaki This has fresh raw tuna at the center. Tekka is the word for gambling parlors in Japan, where the snack originated as a quick, hand-held food that could be eaten at the gaming table.

Kappamaki: This has silvery cucumber, kyuri, in the middle and is a crunchy and refreshing sushi.

Oshinkomaki: This has bright yellow pickled crunchy daikon at the center. Vinegery in flavor.

Unakyu: This combines grilled freshwater eel and cucumber at the center of the roll.

Anakyu: This has grilled marine eel and cucumber at the center.

Umekyu: Sushi rice rolled with cucumber and neri ume, a tart plum paste that clears the palate and leaves a pleasant aftertaste. If is a good way to end a sushi dinner.



Be prepared by having two whole sheets of nori. Cooled shrimp, avocado slices, cucumber cut into 1/4" strips and a ready quantity of rice, wasabi and tobiko.

1. Lay a sheet of seaweed paper onto the mat. Spread rice over the seaweed paper to a thickness of 3/8", leaving a little of the seaweed paper exposed.



2. Spread a small amount of tobiko over the middle of the roll.



3. Lay two avocado slices, cucumber slices and split shrimp over tobiko. Start rolling the mat from the edge nearest you. Use your fingers to hold the fillings in place. Roll as tightly and as evenly as possible, and tuck the bare ends of the seaweed paper into the body of the roll.



4. Compress the roll with the bamboo mat, pressing in the ends. You can re-shape the roll to be flat-sided or slightly oval.



4. Unroll the mat and remove the futo-maki onto a smooth surface. Cut it in half, then lay the pieces side-by-side, and cut in half again to serve.

MAKI-SUSHI

varieties



California Roll

California rolls, as their name suggests, were invented in California, although thick sushi rolls originated in the Osaka area. There are also inside-out California rolls. Having the roe on the outside of the roll results in the delightful effect of the roe popping as it touches your tongue. Traditional California rolls call for crab (often topped with a sweet Japanese mayonnaise), avocado and cucumber rolls in Futo-maki style.



Tuna Roll

In the old days, tekka were gambling dens where gangsters played traditional card games. When they got take-out sushi, the rice stuck to their fingers and the cards and made it easy to mark cards and cheat. So they suggested wrapping nori seaweed around the sushi rice so they could eat it without sticky fingers. This was a bit bland, so they added tuna. The rest is history!



Tuna Futo-Maki

Tuna, cut into 1/4" strips, wrapped in rice and nori with avocado and cucumber.



Rainbow Roll

An inside out roll, where a variety of sliced raw fish is formed on the outside of the rice. Very colorful with a variety of flavors.



Philly Roll

Salmon (sometimes fresh, sometimes smoked), cream cheese, and cucumber.

NIGIRI-SUSHI

step by step processes

Nigiri-Sushi

The best known and simplest form of sushi. Nigiri means "pressed in the hand". The chef forms a small oval, the size of a golf ball, of sushi rice in one hand. A strip of fish or shellfish is brushed with a bit of wasabi paste and then pressed on top of the rice ball. Fresh raw fish, shellfish and roe are the prime ingredients in nigiri-sushi. To prepare the sushi, have the tub of rice on your right side and a small amount of wasabi in a bowl. The procedures shown are done using salmon, but any sushi topping will be prepared in the same manner.



1. Pick up the sliced fish or topping with your left hand.



2. Form a ball of rice the size of a golf ball in the palm of your right hand.



3. Dip your right index finger into the horseradish and smear it down the center of the topping.



4. Lay the rice on the fish which should be lying flat in your left hand.



5. Lightly press the rice with your right index finger.



6. Hold the sushi with the thumb, while the fingers of the right hand compress the sides.



7. Curl your left hand around the sushi, positioning the thumb near the end of the topping. Use the first two fingers of your right hand to flatten the sushi. Then transfer the sushi to your right hand.



8. Return it to the left hand so that the end held by the thumb in step 7 is nearest you. Curl your left hand around the sushi, and repeat the method in step 7.



9. Roll the sushi onto the fingers of your left hand, so that the topping is uppermost. Use the fingers of your right hand to even out the shape. Serve as directed.

NIGIRI-SUSHI

varieties



Amaebi

Sweet shrimp. Eaten raw and accompanied by the crisp fried heads with a sweet soy dipping sauce.



Ebi Shrimp

Boiled shrimp. Not the same as Sweet Shrimp, as Ebi is cooked, while Ami Ebi is prepared by "curing" in a vinegar mixture.



Hamachi

Yellowtail. Small member of the Mackerel family. Both wild caught and farm raised are available to sushi bars. Farm raised fish are grain fed, producing milder, whiter meat than wild fish.



Maguro

Bluefin tuna or "Ahi" tuna. Known as maguro in sushi bars, it is one of the most popular items. The meat is bright red and translucent. The flavor is meaty but not fishy. Served raw as sashimi, in rolls (teppamaki), or on beds of rice (nigiri-zushi). Three "grades" of Tuna are used for different types of maguro sushi.



Makeral

Mackerel, almost always served after being lightly salted and marinated for a few days. Raw mackerel is sometimes served but it must be extremely fresh as it goes off quickly.



Red Clam

Red clam is available frozen. Score lightly to help tenderize the clam. Large Sea Scallops. Are highly priced as sushi. After removing the scallop from the shell, they must be washed in salt water. Then scallops are cut into thin slices.



Surimi

Imitation Crab. Often used in California rolls. It really is made with pollock or other white fish that is cooked, formed and dyed.



Tako

Octopus. Cooked and sliced into thin pieces. Somewhat tough, it has a sweet flavor and a chewy texture.



Tamago

Egg omelet, sweet and light. In Japan it is the trademark of each chef. Often potential customers in Japan will ask for a taste of the Tamago in order to judge the chef's proficiency.



Unagi

Eel (Freshwater) - grilled, and brushed with a teriyaki-like sauce, richer than salt water eel.

TEMAKI-SUSHI

step by step processes

Temaki-Sushi

Temaki, "hand roll," which is smaller than maki-sushi and loosely rolled by hand. It is given to you like an ice cream cone to be eaten in two or three bites. They make excellent party food. The nori is topped with rice and fillings such as cucumber, crab and avocado and rolled by hand. Temaki is not pressed with a bamboo mat. The following are instructions on how to make spicy tuna temaki-sushi.



1. Pick up a sheet of nori and hold it flat in your left hand, rough-side up.



2. Take a spoonful of rice and place an oblong ball of rice on left side of nori.



3. Flatten out rice and make a groove for other ingredients. Place a small amount of wasabi over the rice.



4. Add filling or fillings of choice. Here we are adding spicy tuna, cucumber and avocado.



5. Fold near corner of nori sheet over filling to make a pointed end.



6. Use fingers to roll nori into a cone shape.



7. Grasp nori to seal roll.

TEMAKI-SUSHI

varieties



Spicy Tuna

Hand diced tuna is served with chile paste and sometimes a little Japanese mayonnaise. Rolled temaki with cucumber and avocado.



Tempura Shrimp

Crisp fresh tempura shrimp rolled with avocado and bibb lettuce.



Ahi Tobiko

1/4" tuna stick rolled with cucumber and tobiko.

CHIRASHI, HAKO, KODEMARI

step by step processes

Chirashi-Sushi

Chirashi-sushi is a great one-dish sushi meal that is easy to prepare. Chirashi mean "scattered". To create chirashi-sushi, fill a bowl with sushi rice and then scatter the ingredients decoratively over the rice. Almost any fish or vegetable can be used but is most commonly made with sashimi. If sashimi are used, the dish is either accompanied with a dish of soy sauce or used to season the entire dish. Chirashi-sushi often contains ingredients not used in other forms of sushi such as kamaboko, baby corn, bamboo shoots, lotus root and soboro. Other ingredients that go well in chirashi-sushi are crab, avocado, carrot, green beans, bell peppers, scallions, unagi eel, squid, thick omelet slices, tofu, sardines and sesame seeds.

Hako-Sushi

Rice is spread over a pressing box until covered and then topped with Japanese horseradish and choice of topping. The lid is pressed down to form a block and then cut into pieces.

Kodemari

These are literally small handball sushi. Rice is rolled into a small ball and fish is cut in round pieces to fit delicately onto the rice.