



## Sushi Starter Set

Recipes





## The highest precision and dexterity while cooking

The special properties of Kyocera ceramic knives make cooking a pleasure. The dense and smooth surface of the blade allows for the most precise cuts. The extreme hardness of the material ensures above-average edge retention. Plus they are amazingly light, extremely flexible, and corrosion-free. The ergonomic handle makes these knives comfortable, easy to hold, and essential in any kitchen.



## You don't have to be Japanese to make perfect Sushi!

Sushi is becoming very popular. In this recipe book, Sushi chef Timo Koennecke of moSushi explains step by step how to make the Japanese specialty yourself. With the help of a few tricks, the right kitchen tools, and fresh ingredients it can be easy.

The owners of moSushi, Timo Koennecke and Michael Baisch, have learned their cooking skills from numerous Sushi masters. MoSushi has been present at different events throughout Europe since 2006. They coach top restaurants and offer Sushi cooking classes at their cooking school in Meerbusch, Germany.

Thank you for purchasing our high quality Kyocera Sushi Starter Set. Please enjoy making Sushi with our products, and enjoy your meal!

# Simple Sushi basic recipe

Ingredients for Sushi rice (serves 2 persons)

- ▶ 300g Sushi rice
- ▶ 10 x 10 cm Konbu seaweed
- ▶ 35 ml Rice vinegar
- ▶ 10 g Sea salt
- ▶ 20 g Sugar

Ingredients for filling

- ▶ 2 pcs Nori
- ▶ Fish e. g. Sashimi quality salmon, yellow tail fish, perch
- ▶ Crab meat
- ▶ Vegetable for Maki filling (e.g. cucumber, radish, carrot)
- ▶ Avocado
- ▶ Roasted sesame seeds
  
- ▶ Soy sauce
- ▶ Gari (pickled ginger)
- ▶ Wasabi paste
- ▶ Cling film





## Rice Preparation

Sushi rice should be washed in cold water as many times as needed so the water runs clear. Afterwards, drain the rice in a strainer. Cook the rice in a rice cooker as per instructions, or in a normal pot according to the below steps:

Put the rice in a pot, with water in ratio of 1:1, and let it soak for 15-20 minutes. Put a piece of Konbu seaweed in the pot and remove it after cooking. Then, bring the rice to a boil and simmer it at the lowest heat with the lid on until the rice has absorbed the water completely.

In the meantime, prepare Sushi-Su, which is the vinegar mixture for Sushi rice. This has to be mixed with the rice immediately after the rice has finished cooking. Heat up 35 ml of Rice vinegar in a small pot. Dissolve 10 g Sea salt and 20 g white sugar in the vinegar. Then pour the Sushi-Su into a measuring cup.

Put the cooked, hot rice in a bowl, add 35 ml of the Sushi-Su and mix it consistently into the rice with a wooden spoon (Shamoji). Make sure to mix the rice thoroughly so that the kernels don't stick together too much. Leave the finished Sushi rice to cool slowly for about 30 minutes. To avoid it drying out, the rice should be covered after 15 minutes with a damp cotton towel.

## Filling Preparation

For the Maki filling the ingredients need to be cut in approx. 24 cm long, 1 cm wide strips. Round, long vegetables such as cucumber, radish and carrot need to be peeled in the traditional Japanese way called "Katsura Muki". The goal is to carefully peel the vegetable and afterwards to cut into thin, fine bars.

The Kyocera ceramic knife is an ideal tool for this step thanks to its light weight and precision cutting edge. Alternatively you can use the Kyocera ceramic slicer for this step.



## Hoso-Maki

These are the small Sushi rolls which usually have only one kind of filling. Depending on your personal preference, the filling can vary - traditionally fish is used, but there are many great tasting vegetable Maki too.

Place half a Nori sheet on the front edge of the Maki mat and cover with warm Sushi rice by taking an egg sized rice ball and placing it in the middle of the bottom half of the Nori sheet.

► **Tip:** The rice is easier to form with wet fingers.

Then spread the rice to both sides evenly in a layer approx. 5 mm height. Leave a 1 cm strip at the top side of the Nori uncovered by the rice.

The filling should be placed in the middle of the rice layer, and you can add Wasabi if you like.



Take the front side of Maki mat and roll it over the filling. Put the bottom edge together with the top edge. The rice free strip should be still visible. Finally, roll the Maki mat one more time so that the Maki lies on the fold.



Before serving, cut the Maki into 6 pieces.

► **Tip:** First cut the Maki in half and then cut these halves into three equal pieces. The wet blade of your Kyocera ceramic knife will cut smoothly through the sticky rice.

The easiest way of serving Maki is to place it with the cut side facing up. Serve with Soy sauce, Gari and Wasabi.



# Ura-Maki

Ura-Maki means, opposite rolls' - the rice is on the outside, and the Nori is on the inside.

Hier ist der Reis außen und das Norialgenblatt innen. The classic variation of Ura Maki is the 'California roll'. It is made with crab meat, avocado and cucumber sticks.

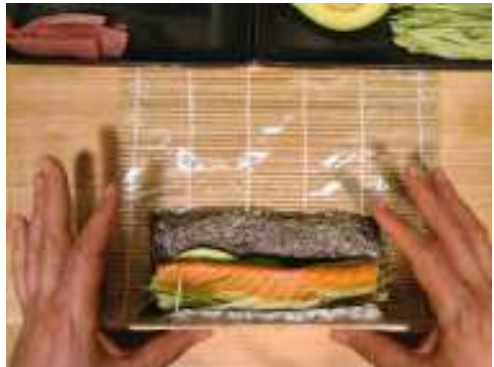
Cut the avocado in half, remove the seed, remove the skin. Slice the halves into thin strips.

Wrap the Maki mat with cling film to avoid the rice sticking.

Spread a tennis ball sized rice ball on a half sized Nori, completely covering one side with rice. Then flip this upside down, so that the rice covered side is on the bottom.

Place the ingredients in the middle of the upside down Nori and roll it the same way as when following the Hosomaki steps.

Dip the roll into roasted sesame seeds and cut the roll in half with a wet Kyocera knife. Both halves should be cut into three equal pieces or bite-size pieces.





# Nigiri

Nigiri are the original Japanese Sushi form, used to properly present and recognise the most beautiful and high value pieces of fish. The best fish to use for making Nigiri is an approximately 300 g, hand's-width cut of "Saku", which can be purchased from a fishmonger by special request.

Cut the Saku against the grain into a thumb thick sized fillet about 10 to 15 g. Rest the blade horizontally on the fillet, with the back of the blade in contact with the fish, to make sure you get a clean, smooth cut. The sharp Kyocera ceramic knife makes this easy.

If you like you can add some Wasabi under the fish fillet ("Neta").

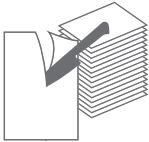
Place a fish fillet onto a thumb sized rice ball (about 20-25 g) – remember, having wet hands will make this easier. Hold the Nigiri inside your palm and lightly press to shape it.



## WHY KYOCERA CERAMICS



Hand-sharpened, finely honed blade made of zirconia ceramics



High-tech material with superior edge retention



Dense and smooth blade surface allows for absolutely precise cuts



Ultra-light knife with an ergonomic handle



Blade is extremely hard and corrosion-free, but at the same time extremely flexible

## DO'S + DONT'S

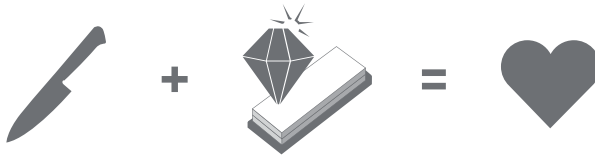
The special properties of Kyocera ceramic knives make cooking a true delight. To ensure that you have many years of pleasure from our high-quality knives, please note the following advice:

- ▶ ceramic knives are easy to clean and are best cleaned by hand.
- ▶ Knives with plastic handles are generally suitable for dishwashers.  
  
Please ensure, however, that the blades are stored so that they are protected against knocks.
- ▶ Only use cutting boards made of wood or plastic.
- ▶ Do not use ceramic knives for levering, chopping, boning or cutting frozen food.
- ▶ Do not let the blade fall on a hard surface.
- ▶ Store the knives in a knife block or other safe place.

We recommend using a Kyocera blade protector for this purpose.

You can find further tips at [www.kyocera.eu](http://www.kyocera.eu)

## RESHARPENING



Kyocera ceramic knives retain their exceptional sharpness for an extremely long time. Should they no longer satisfy your needs after years of use, the knives can be easily resharpened with special diamond grinding wheels. Here you can either use our diamond grinders or take advantage of our authorised Kyocera resharpening service for an expert result.

Further information is available at [www.kyocera.eu](http://www.kyocera.eu)





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