

KITCHWISE GUIDE TO SUSHI MAKING



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Introduction

Hello there, sushi lover! We know how much you love sushi and how eager you are to make one at the comfort of your home. Gone are the days of finding the best sushi chef in town, because believe it or not, you can be a great chef yourself! The good thing is, you don't need access to the fanciest tools and ingredients to plan a great sushi meal. All you need is a good practice, the right tools, fresh ingredients from your nearest source, easy-peasy recipes and voila, enjoy a great sushi with your family and friends!

This Ebook aims to provide you with the basic sushi knowledge, tools you need and essential tips and tricks. We also included helpful images and YouTube tutorial links to make sushi making easier and more convenient especially for beginners. Sit back and ready to get started!

What is Sushi

Originated from Japanese culture, the sushi industry has travelled across countries and created innovations from one country to another. Sushi is more than just a roll of rice, vegetables, seafood, and flavoring. It became a culinary masterpiece that evolved overtime, embracing cultural and ethnic backgrounds, inspired by renowned chefs who poured their love and passion into bringing this Japanese cuisine into a global market. Through the years, people adored sushi from Asian origins to American Sushi bars.



Essential Tools for Sushi Making

Sushi Bazooka

Sushi Bazooka allows you to make big amounts of sushi quick and easy. This tool is perfect for making sushi with a custom choice of ingredients.



How to Use a Sushi Bazooka:

1. Open the bazooka and place rice on both sides. Don't put too much rice on it.
2. Place other ingredients on both sides, on top of the rice.

3. Close the sushi bazooka and put the cap on the end(see figure on the right) and twist the



plunger rod to press into the container(see



figure on the left). This will create firm and solid sushi.

Skipping this step will cause sushi roll falling apart.



4. After step 3, open the cap and pump the sushi onto the seaweed(nori) sheets.

6. Slice according to your desired size!

Bamboo Rolling Mat

This tool is traditionally used for sushi making. It is a good choice for beginners who would like to learn rolling sushi at home.

Tip: Make sure it is completely dried before use.



How to Use a Rolling Mat:

1. Lay the bamboo mat and line with food-grade plastic sheet. It helps to prevent rice from sticking into the bamboo slit.
2. Place the Nori sheet, making sure the rough side is on top.
3. Add some rice and spread evenly across the sheet, making sure you leave a space on top and at the bottom. This makes sure you won't spill the rice when you roll it.
4. Place your chosen ingredients. Put them in one vertical line.
5. Hold the bamboo mat right, placing your thumb underneath the mat. Lift the edge a little.
6. Make a rolling motion by curving the rest of your finger. Hold firmly to prevent spilling.
7. Roll the sushi until you reach the other end of the nori sheet.
8. Unroll the mat and slice according to your liking.

Bowls

Having a variety of bowls is essential for easy storage and preparation. It also helps in maintaining an organized workspace.



Bone Picker

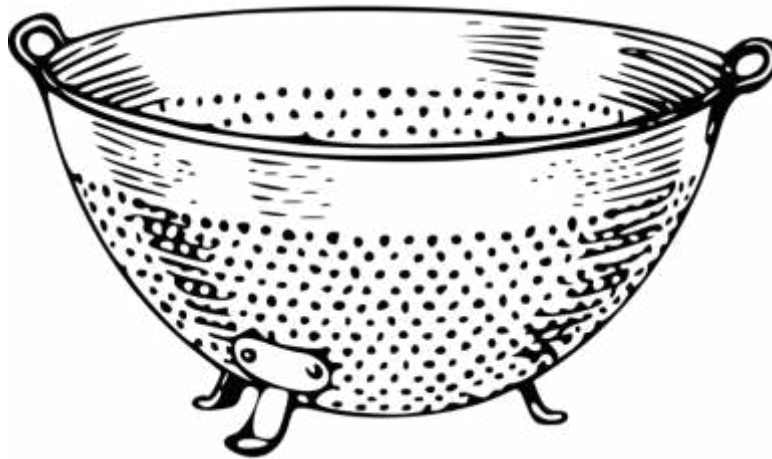
Sushi making means you'll be handling different kinds of fish. Thus, having a bone picker makes preparation easier and hassle free. It helps in quickly removing bones without damaging fish flesh.



Figure 1 YouTube Video Link on How to remove the pin bones from salmon, trout or char - YouTube Channel "Becky Selengut"

Colander

Draining rice is very important in sushi making. Opt for a colander with fine mesh as it helps in draining the rice completely.



Fish Scaler

In case you were not able to have your fish scaled at the market, it is essential to have your own fish scaler. It helps in completely removing scales while keeping the skin intact.



Figure 2 YouTube Video Link on How to Use a Fish Scaler - YouTube Channel "1filletman"

Cutting Board

Having 2-3 cutting boards would help to prevent cross contamination between ingredients. It is recommended to have one cutting board for cutting seafood, another one for cutting sushi rolls and the like.



Knife

While there are a lot of Japanese Sushi knives available, you don't need to own them. A single super sharp 10-inch blade will do the trick.



Rice Cooker

For best sushi rice results, having a rice cooker is a game changer. It perfectly cooks your rice with just a push of the button. It also gives perfect sushi consistency.



Paddle

Essential for marinating the sushi rice. You may opt for a plastic or wooden paddle. Most rice cookers come with a free plastic paddle.

Buying Sushi Fish

Choosing fish for your sushi meal is an easy task. You may check its freshness by considering the following:

1. It should smell fresh. You'll know by smell if it's a fresh catch.
2. Color should be vibrant and not looking dry.
3. It should have a non-grainy texture when you taste it.



Fish Cutting Methods

1. Angle Cut

Prepare fish fillet. Place in your cutting board at around 45-degree angle and make vertical cuts, preferably sized $\frac{1}{4}$ inch.



Figure 3 YouTube Link on How to Cut Shime Saba for Nigiri Sushi - YouTube Channel "Ebisu Sushi Bar & Delivery Service"

2. Block Cut

This works best for fish bought in blocks such as tuna. Position the block horizontally on your cutting board. Starting with the heel of the knife, cut the fish across at around $\frac{1}{4}$ inch thickness.



Figure 4 YouTube Link on How to Cut Soshimi - YouTube Channel "HMSAnow"

Common Fish Types for Sushi Making

Salmon

Prepare your salmon fish a few days before use. Marinate with thick layer of salt for about 5 minutes, and rinse with cold water. Wrap with wax paper, a plastic wrap and refrigerate. Freeze for up to 2 days or 48 hours.



Sardines

It's best to fillet and grill sardines before use.



Shrimp

When buying shrimps, make sure the tail is still intact. You may also cook them before making sushi.



Yellowfin Tuna

When buying a yellowfin tuna, buy a block and choose one with bright red color and no odor.

Mackerel

When buying a mackerel, you may opt for a whole fish and have it marinated. They may come in light pink to faint red.

Itaki

Salmon roe should be plump and moist. Do not use those that looks hardened or deflated.

Common Sushi Ingredients You'll Need

Ingredients vary from one sushi to another. However, here are tips on buying a few common sushi ingredients:

Rice	Buy short/medium grain white rice or long grain brown rice.
Avocado	Buy those with vibrant green color.
English Cucumber	Thin skins and less seeds. Japanese cucumbers are also a great alternative.
Nori	Nori sheets are around 8 x 7 inch in size. Fold and cut them in half for a sushi-appropriate size. Keep them sealed after opening.
Rice Vingar	This ingredient is readily available at your local supermarkets. Opt for those that are not pre-seasoned.
Miso	Fermented soy bean paste. The lighter the color, the lighter the flavor.
Tofu:	Some sushi recipes call for tofu. Buy those that are water-packed in the refrigerated section. For tofu storage, only keep it for 2-3 days and change the water daily.
Shiitake Mushrooms:	Buy fresh ones instead of dried mushrooms.
Wasabi Powder:	Choose those with 100% real wasabi.

How to Perfectly Cook a Sushi Rice

Rice is the foundation of a well-made sushi. Follow these easy steps on how to create a perfectly cooked rice.

1. Choose only a short-grain Japanese rice. Compared to other kinds, this has a better flavor and consistency.
2. Prepare 1 cup of rice and wash at around 3-4 times.
3. When starch is already gone, soak rice into water for about 30 mins.
4. Grab your colander, transfer the rice into it and drain completely.
5. Place rice inside the rice cooker, add water up to the 3-cup line. You may add Kombu on top. It helps adding more flavor into it. Then cook.
6. While waiting for rice to be ready, prepare rice vinegar, salt and sugar. Combine these ingredients and let it boil in a saucepan.
7. Once your rice is cooked, transfer into a bowl. Pour your sushi vinegar mixture. Mix gently using the rice paddle. You're done!



Figure 5 YouTube Video Link on How to Make Sushi Rice Recipe - YouTube Channel "Just One Cookbook"

Types of Sushi

For beginners in sushi making, there are a number of sushi variants that you should know about. Hence, pause that sushi-rolling eagerness for a bit and get to know these basic sushi goodness:

1. Nigiri Sushi

It is one of the most-traditional type of sushi. A hand-formed sushi finger where colorful cuts of fresh seafood is placed over a small pod of hand-squeezed seasoned rice.



Figure 6 YouTube Video Link on How to Make Nigiri Sushi - YouTube Channel "How To Sushi"

How to Prepare:

1. Dip your fingertips into the water, and wet your palms.
2. Grab around 2 tablespoons of sushi rice and form into a rectangular shape with a flat bottom. To shape the sides, you may use both your forefinger and thumb.
3. Position the rice bed on your left palm and place a seafood slice on top. You may use your left thumb to shape the top of the fish.

2. Oishi Sushi

Also known as Pressed Sushi, or commonly referred as sushi-sandwich. It consists of pressed rice, layered with various fillings. You may use a sushi press device called “Oshibako” box or if you don’t have it, you may mold using a bowl, then unmold and cut.

How to Prepare:

1. Grab your sushi mold or Oshibako box and lay flat on a surface.
2. Add a layer of tuna or salmon and top with a layer of rice.
3. If you wish to make multiple layers, add another choice of filling and top it off with another layer of rice.
5. Place the sushi press on top, and press down gently.
6. Using your sharp knife, cut sushi into pieces.

Tip:

To make it look fancier, you may create a checkered pattern by adding colorful toppings.



Figure 7 YouTube Video Link on How to Make Oishizushi - YouTube Channel "How To Sushi"

3. Gunkan Maki

Battleship sushi or Gunkan Maki is similar to Nigiri, being a hand-squeezed bed of rice. The difference would be a nori sheet wrapped around the bed of rice. Ideal for various filling.

How to Prepare:

1. Cut a Nori Sheet into a long strip.
2. Create the sushi base by forming a ball of rice. Place at the center of the nori.
3. Glue the Nori by covering it around the rice ball.
4. Take a tablespoon of fish roe and place on top. Done!



Figure 8 YouTube Video Link on How to Make Gunkan Maki - YouTube Channel "The Telegraph"

4. Futo Maki

Also known as Thick Rolls, it is the easiest type of sushi that you could make at home. In case fresh seafood isn't available, you may use cooked fillings for thick rolls.

How to Make Thick Rolls:

Using a Sushi Bazooka

1. Open the bazooka.
2. Spread sushi rice on both sides. Take the plunger rod and press on each side. Now you have more room for your other ingredients.
3. Add your desired toppings. Close the bazooka.
5. Using the plunger rod, pump the sushi roll unto the Nori Sheet. Slice and serve.

Using a Bamboo Mat

1. Place Nori Sheet vertically on top of the mat.
2. Spread the sushi rice evenly over the bottom.
3. Across the center of the rice, layer your sushi fillings evenly.
4. Roll the sushi completely. Slice and serve.



Figure 9 YouTube Video Link on How to make Futomaki Thick Sushi Roll - YouTube Channel "rahmantoelfian besik"

5. Hoso Maki

This type of sushi, known as thin roll, could serve as an appetizer. One or more fillings are cut into a bite-sized goodness.

How to prepare:

1. Dip fingertips into water. Prepare a Nori Sheet and place on top of your bamboo mat.
2. Evenly spread the rice filling up to around $\frac{3}{4}$ of the bottom of Nori.
3. Using approximately 2 fillings, arrange in a thin line.
4. Start rolling. You may create a rectangular shape. Just press using your forefingers on top, while your thumb and middle finger on the sides.
5. Slice and serve.



Figure 10 YouTube Video Link on How to Make Sushi Rolls - YouTube Channel "Just One Cookbook"

6. Ura Maki

Also called Inside-Out Rolls. It is one of the most common sushi type.

How to Prepare:

1. Prepare your nori sheet. Place sushi rice on the seaweed and spread evenly.
2. Carefully flip the Nori seaweed and sushi rice. On the center, add wasabi, cucumber and sashimi grade fish. You may choose your desired fillings into it.
3. Roll your sushi and slice according to your desired size.



Figure 11 YouTube Video Link on How to Make Inside Out Sushi Rolls - YouTube Channel "TheOfficialHungry"

7. Te Maki

Te Maki or hand rolls is perfect for those who doesn't want to cut their sushi. Simply roll and eat. You won't need to use a rolling mat or sushi bazooka for this.

How to Prepare:

1. With the rough side of nori sheet facing up, align horizontally on your left palm.
2. Evenly spread the rice vertically down the left 1/3 of Nori sheet.
3. Vertically add your desired filling down to the center of your sushi rice.
4. Using your right palm, fold the bottom left corner to the top edge of your nori sheet.
5. Roll until the end part and bind the edges.
6. Serve and consume immediately.



Figure 12 YouTube Video Link on How to make Temaki - YouTube Channel "The Telegraph"

8. Chirashi

Also called bowl sushi or “sushi salad”. It starts off with a base of sushi rice topped with your favorite ingredients.

How to Prepare:

1. Chop your desired ingredients.
2. Add sushi rice into a bowl.
3. Top with your sliced ingredients.
4. Add your Favorite dressing.

Tip:

Use of chopsticks is essential for this type of sushi. If you aren't skilled with chopsticks yet, you may use a fork.



Figure 13 YouTube Video Link on Chirashi Sushi - YouTube Channel "COOKAT"

Tips and Tricks for Sushi Making

- Keep a bowl of water and a kitchen towel beside you while making sushi.
- Roll the sushi as soon as you opened the nori from packaging. Moisture absorbed nori sheet doesn't stick so well.
- Don't be afraid to try sushi flavors. When it comes to sushi, stranger flavor combinations would work well together.
- If you experience your sushi roll to fall apart when slicing, usually the reason behind is being overstuffed. Adding a small amount of rice will do the trick.
- The shiny side of the Nori Sheet should always be on the outside of the sushi.
- You can be creative with sushi making. Add your desired toppings and impress your family and friends with a delightful dish.
- Dip your super sharp knife into water before slicing. It helps to prevent sticking.
- Perfectly cooked sushi rice should be fluffy and firm.
- Consume sushi immediately. Nori sheets won't be as crispy as it is and will become chewy if left for long.
- If it's your first time making your own sushi and it didn't work well, don't give up! Practice more and you'll soon master the skills.



Enjoy Sushi Making!