

**miso**

# THE ART OF MAKING SUSHI



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# Introduction

Sushi is a well-known Japanese delicacy in the world. Sushi is characterized as any dish that's made with vinegared sushi rice. Since Japan is encompassed by the sea, Seafood has continuously been broadly devoured as well as rice. Initially, sushi was fermented fish with rice, and this was a staple dish in Japan for a thousand a long time until the Edo Period (1603 to 1868) when modern sushi was developed. The word "sushi" implies "it's sour," which reflects back to sushi's roots of being fermented in salt. Today's sushi was created to be sort of quick munch or as a fast food and remains so to this day.

# Types of Sushi



There are six main types of sushi found in restaurants. Below are the six different types of sushi and what their basics consist of.

- Sashimi
- Nigiri
- Chirashi
- Maki
- Uramaki
- Temaki



裏巻き  
うらまき  
Uramaki



手巻き  
てまき  
Temaki



巻き  
まき  
Maki



刺身  
さしみ  
Sashimi



握り  
にぎり  
Nigiri

## Sashimi

Sashimi is an immensely popular form of Sushi. Sashimi is raw fish usually Salmon, served with soy sauce and sometimes wasabi as well.

## Nigiri

Nigiri is a form of sushi consisting of vinegared rice topped with slices of either raw Tuna, Salt water Eel, Clam fish or cooked Abalone.

## Maki

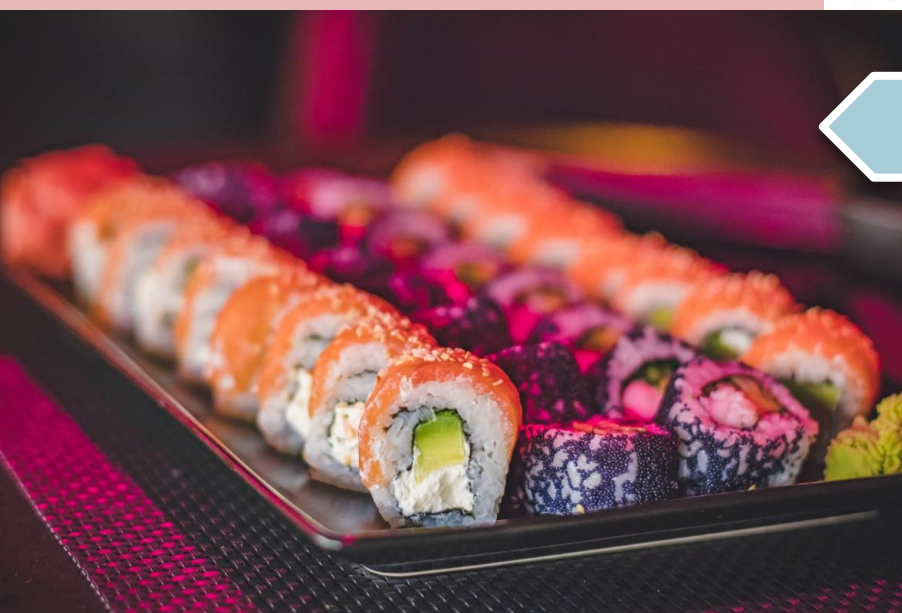
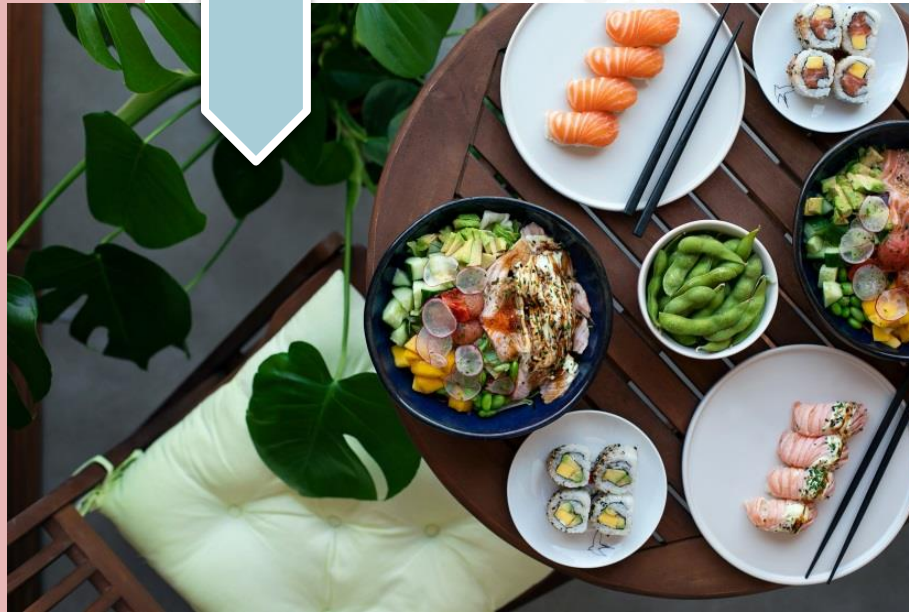
Maki is a form of sushi when vinegared rice are rolled in the thin sheet of Nori (Seaweed) paper and then cut into bit-sized pieces. It's usually enjoyed with different seasoning, mostly with soy sauce.

## Uramaki

Uramaki is the form of sushi that is similar to Maki, although the vinegared rice is molded on the outside of the Nori rather than the inside. The Nori is usually wrapped around the filling.

## Temaki

Temaki is another type of sushi rolls, although in case of Temaki , we prepare them by rolling the thin sheet of seaweed into a cone shape. This cone is then filled with rice, vegetables, and fish.



# Tools You Need to Make Sushi

Following are the essential tools that you need to make sushi at home.

## 1. Rice Cooker

Although you can cook and boil the rice in a pan but at the same time, an electric rice cooker can make the process a little easier and quick. When the sushi rice is done, it is advised to not to leave them in the already warmed cooker. Transfer it to a mixing bowl to cool.

## 2. Rice Paddle

Once the rice has been cooked and has started to cool, it is necessary to mix the rice vinegar into the rice. This gives the sushi its unique flavor. The bamboo rice paddle is used to disperse the vinegar throughout the rice.

## 4. Bamboo Mat

Bamboo mats make the sushi easier to roll and shape into the desired shape, whether it is more of a circular or square shape.

## 5. Sharp Knife

While you are making sushi, you need to work with a sharp knife when you are slicing the rolls. It's important to make clean, exact cuts. Our sushi chefs use knives that have been specifically designed for sushi. At home, you don't need this; you will simply need a sharp knife.





## Serving Sushi

Sushi is typically served with three condiments on the side - soy sauce, a decent amount of wasabi (a dry green paste), and gari (pickled ginger). In the case of a nigiri, you need to turn the sushi around (rice up, fish down), lightly dip it into the soy sauce making sure that you don't dip the whole thing in, and eat it. Nori is one of the primary ingredients that are used while preparing sushi as it acts as a wrapper to hold certain types of sushi together. It is a kind of edible seaweed, and normally available as paper-thin green sheets in the supermarkets

## So just how important is the rice?

Just to be very honest, there's definitely a reason why chefs all over the world spend a long time learning how to cook perfectly soft and sticky sushi rice or cut raw fish like a magician, because for the people with real taste, this is what matters.

Sushi chefs spend a long time to work on the rice for years before even being allowed to touch the fish. So while true sushi needs years of effort and perfection, you can actually make good quality sushi rice at home with a little experimentation and patience. You can even make good brown Sushi rice if that's your thing.



# Now it's time to dive in the pool!

## Step 1

### Instructions

Before you start cooking the rice, make sure you have sushi rice vinegar ready. Alternatively you can of course buy readymade sushi rice vinegar.



## Seasoning mix for Sushi Vinegar

- 200 ml rice vinegar
- 90 g regular white sugar
- Large piece of Kombu dried seaweed
- 20 g sea salt

First you need to turn the seaweed into small little pieces by simply just breaking it then add all ingredients together and let it rest until everything is mixed well. This process of dissolving everything takes at least one hour. It's best to prepare the sushi rice vinegar a few days beforehand. This makes the vinegar more saturated and full of flavors.

## Step 2

### Cooking Sushi Rice

- Now that the sushi rice vinegar is ready, let's prepare the rice. The simplest way to cook sushi rice is in a rice cooker. Most common way is to cook rice in a pot or pan.



- Start by measuring the amount of rice. **Take about 80 grams of uncooked sushi rice per sushi roll.** Put the rice in a sieve and wash it gently under the kitchen tap with cold water. **The purpose of the rice washing is to get rid of excess starch.**

- Keep washing the rice until the water is nearly clear. **This should take 7 or 8 washes.** Then it's time when we put the rice in a large bowl and fill it with cold water.

- Bring to the boil. Reduce heat to low and cook, covered, for **12 minutes or until all the water is**

**absorbed.** Remove from heat. Set aside, covered, for 10 minutes to cool slightly.

- Now add sushi rice vinegar. This will give the rice that special lightly sour taste. Add 20% of the volume of the uncooked sushi rice. To keep things simple, **count 1 gram as 1 ml.** For example: if you start with 500 g uncooked rice, count it as 500 ml. Add 20% of 500 ml = 100 ml sushi rice vinegar.

## Step 3

### Nori and Fillings

Place a sushi mat on a clean surface with slats running horizontally. Place a Nori sheet, shiny-side down, on the mat. Use wet hands to spread one-sixth of the rice over the Nori sheet, leaving a 3cm-wide border along the edge furthest away from you.

#### What is Nori?

Nori sheets are thin layers of dried seaweed and are available from supermarkets and Asian grocers.



## What goes in Sushi?

You can put almost any filling inside a sushi roll, such as seafood, chicken or vegetables. Basically, sushi is a dish that combines “Sushi Rice” (vinegared rice) with other ingredients. The ingredients can sit on top of the rice or rolled into a roll to make a sushi roll. Whatever your heart desires—go for it. Just make sure that you cut into small strips.

## Step 4

### Rolling Sushi

Place salmon and avocado along the center of the rice. Roll the Sushi Part Way.

Next, carefully roll the sushi so that the end piece of the Nori, rice, and ingredients curve over so that you have a shape that looks almost like a snail. Repeat with remaining nori, rice, salmon and avocado.

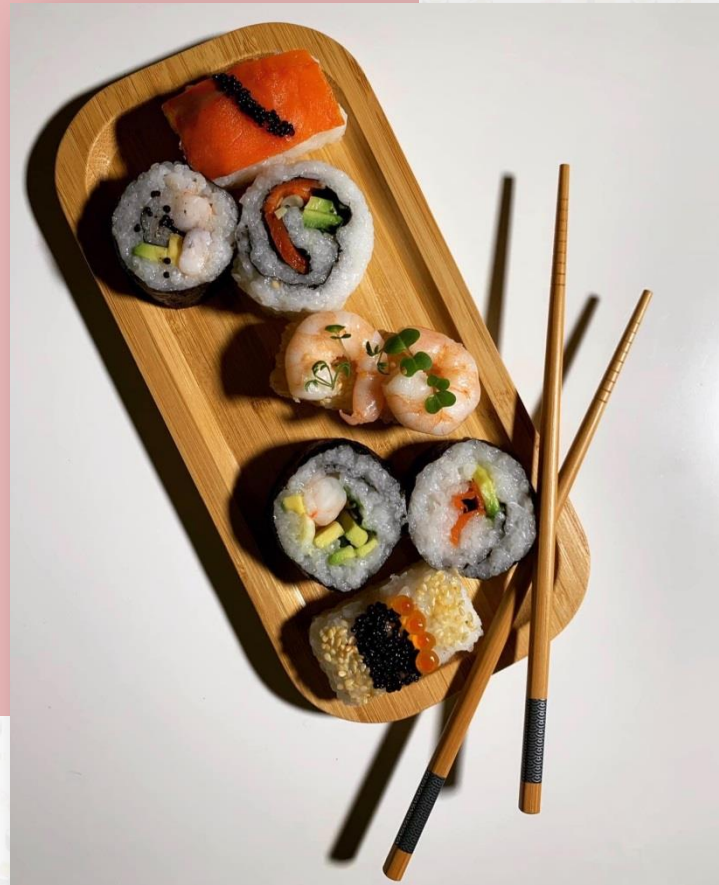
## Step 5

### Slicing Sushi Roll

Use a sharp knife to slice sushi width ways into 1.5cm-thick slices. Place on serving dishes with soy sauce, wasabi and pickled ginger, if desired.

### Tips

- Don't rush the rice washing. It's very important to rid the grains of starch, otherwise you're left with what the Japanese call 'smelly rice', which is no good for making great sushi. Properly washing the rice yields a clean, fresh taste.
- Make sure to clean the blade of the knife after every time you cut off a piece of sushi. The blade will quickly become sticky, so if you don't clean it, the sushi will be very difficult to cut.



Here are some recipes specially prepared for so that you can learn different ways of making sushi and enjoy!

## Japanese Rainbow Roll



### Ingredients

3 pieces sashimi grade salmon sliced thinly

3 pieces sashimi grade tuna slice thinly

1 avocado sliced thinly same size as the fish, plus pieces for inside roll

2 pieces imitation crab meat

1 cucumber peeled and sliced lengthwise

Prepared sushi rice

1 piece of nori seaweed sheet

Eel sauce Store bought

### Instructions

On your work surface, lay a piece of seaweed smooth side up.

Press your prepared sushi rice over eighty percent of the seaweed. (It will spread out to the edges when you roll it.)

Place your sushi rolling mat.

Put down a piece of plastic wrap over the mat and then flip the seaweed over so the rice is now on the bottom.

Place the cucumber slices, avocado pieces and imitation crab lengthwise

and toward the bottom third of the roll.

Roll it up, using your sushi rolling mat.

Add the pieces of fish and avocado on the top part of the roll alternating pieces.

Using a plastic wrap again and the rolling mat, gently roll the fish and avocado pieces onto the roll.

Using a very sharp knife, slice the roll into 8 pieces

Plate and then drizzle with the eel sauce. If you can't find eel sauce, it is also delicious by just dipping it into some soy sauce and wasabi.

Have fun and try it!



## California Roll

### Ingredients

6 cups sushi rice (cooked and seasoned)

8 sheets nori (seaweed)

4 Tbsp toasted white sesame seeds

For Fillings

9 oz cooked crab meat (I used 2 cans)

6 Tbsp Japanese mayonnaise

½ English cucumber (or Persian/Japanese cucumber)

2 avocados

½ lemon (for avocado)

For Vinegar Water for Dipping Fingers (Tezu)

¼ cup water

2 tsp rice vinegar

For Toppings (Optional)

Ikura (salmon roe)

Yuzu-flavored tobiko (flying fish roe)

Eel sauce Store bought

## Instructions

Gather all the ingredients. Sushi rice should be at room temperature. Each California Roll requires  $\frac{3}{4}$  cup (135 g) of sushi rice, so you'll need 6 cups (1080 g) of sushi rice to make 8 rolls.

Cover the bamboo sushi mat with plastic wrap and prepare vinegar water (Tezu) to dip your fingers to prevent them from sticking.

### To Prepare the Fillings

Crab meat: Combine the crab meat with Japanese mayonnaise and mix together.

Cucumber: Peel and remove seeds with a spoon. Cut into thin long strips, the same length as the nori sheet.

Avocado: Peel, pit, and cut into  $\frac{1}{4}$ " (0.5 cm) thick slices. Squeeze the lemon juice over the avocado to prevent browning.

Nori: Cut off  $\frac{1}{3}$  of a nori sheet (save it) and use the  $\frac{2}{3}$  sheet of nori.

### To Roll Sushi

Lay a nori sheet, shiny side down, on the bamboo sushi mat. Wet your fingers in Tezu and spread  $\frac{3}{4}$  cup (135 g) of the rice evenly onto the nori sheet.

Sprinkle the rice with sesame seeds or tobiko.

Turn the nori sheet over so that the rice is facing down. Line the edge of nori sheet at the bottom of the bamboo mat. Place

the cucumber, crab meat, and avocado at the bottom of the nori sheet.

Grab the bottom edge of the mat while keeping the fillings in place with your fingers; roll it into a tight cylinder, tucking the fillings in firmly.

Lift the edge of the bamboo mat slightly and roll it forward while keeping gentle pressure on the mat. Cover the completed rolls with a damp cloth at all times to prevent them from drying. Continue making the rolls until the ingredients are finished.

You can use the left over  $\frac{1}{3}$  of nori sheet to make Ikura Sushi. Cut the nori sheet into half lengthwise. Make small balls with sushi rice and wrap it with nori sheet. Place ikura on top.

### To Serve

With a very sharp knife, cut each roll in half and then cut each half into 3 pieces. Remember to clean the knife with a damp cloth after every few cuts.





## Dynamite Roll

### Maple Soy Sauce:

- 1 tablespoon Organic Maple Syrup
- 1 tablespoon Soy Sauce

### Dynamite Sauce:

- 1/2 cup Olive Oil Mayo
- 1 tablespoon Sriracha Hot Sauce
- 1/4 teaspoon Roasted Sesame Oil

### Roll Ingredients:

- Sushi/Sticky Rice (approx 1 cup of uncooked rice, prepared as per package instructions)
- Mango (sliced)
- Cucumber (sliced)
- Avocado (sliced)
- 2 Nori Sheets
- 3-4 Tempura Shrimp

To make dynamite roll sushi, the only cooking involved is of cooking the rice. Other than that, you just have to assemble everything to make sushi rolls. Let's see how to prepare this dish.

## Instructions

- Cook the rice as per the instructions given on the packet. You can add apple cider vinegar in place of rice vinegar.
  - To prepare the sauces, just mix the ingredients given as per each sauce. Use different containers for a different sauce.
  - Prepare the filling of shrimp or vegetables or fruit as per the desired filling.
  - If you do not have a sushi mat, then use a damp dishtowel.
- Place Nori sheet on a damp towel. Wet the fingers and spread the sheet. Spread a small amount of dynamite sauce over the rice, like a line.
  - Slowly roll the sheet. Make sure your hands do not touch the nori sheet. Apply little pressure on the rice roll to seal.
  - As the roll is completed, slice them into small pieces



## Chirashi Sushi

Yield: 2 servings

## Ingredients

- 2-3 cups Sushi Rice
- Tamagoyaki for Sushi
- shrimp (cooked)
- Tuna, Sashimi grade
- Yellowtail, Sashimi grade
- Salmon, Sashimi grade

- Salmon roe
- Kizami Nori (shredded Roasted Seaweed)
- Shiso leaves
- Cucumber slices
- Pickled ginger for Sushi
- Wasabi paste
- Soy Sauce

## Instructions

1. Prepare Sushi Rice and Tamagoyaki in advance. Let cool. Cut Tamagoyaki into thin desirable size pieces. Set aside.
2. Slice shrimp on the underside to open (butterfly) and lie flat. Slice fish thinly. Place rice flat in a plate or bowl, and add Nori on the rice. Arrange Tamagoyaki, shrimp, fish, and salmon roe on the Nori and rice, typically in groups using Shiso leaves and cucumber slices as dividers between toppings. Garnish with ginger and Wasabi. Serve with soy sauce.



**HOPE YOU'LL  
ENJOY!**