



TERMINOLOGY:

Sushi: rice with vinegar

Shoyu: soy sauce

Wasabi: a pale green, fiery variety of horseradish. It can be mixed with soy sauce to create a dipping sauce for the sushi.

Daikon: is a giant, mild white radish served grated, diced, or shredded thin and wispy as a garnish for sashimi. It serves as a palate refresher and is eaten with chopsticks. Bright yellow pickled versions of daikons deliver a crunchy, vinegary flavor.

Gari: pickled ginger

Shiso: is a fresh green leaf related to mint, and its taste is a piquant blend of mint and lemon. It is used as a garnish with sashimi, tucked in sushi for color, or included in various rolled sushi where its tanginess complements the other ingredients. Shiso is a subtle and delightful surprise.

Hashi: chopsticks

Hangiri: the typical bowl for mixing the cooked rice with the vinegar mixture.

Shamoji: Rice Paddle; plastic non-stick rice paddles are good for everyday cooking and serving of your rice. Wood or bamboo shamoji are preferred for making sushi and should be rinsed or dipped in the vinegar mixture before use to keep the rice from sticking to it.

Makisu: Bamboo Rolling Mat; for uramaki (inside-out rolls) cover the makisu completely with plastic wrap to keep the rice from sticking to it.

Kombu: Kelp; can be added in with sushi rice during cooked (and removed afterwards) for added flavor

Sushi Rice Recipes:

1.

2 Tbs Japanese rice vinegar

1 1/4 Tbs sugar

1 tps sea salt

1 small piece of kombu (dried kelp), about 3 cm square, for flavoring (optional)

2.

1/2 cup rice vinegar

3 Tbs of sugar

2 Tbs of salt.

3.

For every cup of uncooked rice, use:

3 Tbsp rice vinegar (the plain, unflavored kind)

1 Tbsp sugar, or slightly less

1 tsp salt

Mix vinegar, sugar and salt in a saucepan over low heat until sugar and salt are completely dissolved. Let the vinegar mixture cool. When the rice has finished cooking, sprinkle a tablespoon or two of the vinegar mixture in the bowl. Place the cooked rice in the bowl, then sprinkle with the remaining vinegar. Toss the rice with a rice paddle (shamoji) to mix it evenly with the vinegar, cutting sideways into the rice with the paddle. Do this gently so that you don't break the rice. Continue mixing the rice while fanning it to cool. When the rice is at room temperature and has a shiny surface, it's done. Cover with a lid or damp towel to keep moist until you're ready to use it.

SAMPLE INGREDIENTS:

Tofu, cucumbers (European type is seedless), daikon (radish), carrots, scallions, dried gourd, cooked spinach, shitake mushrooms, bamboo shoots, asparagus, leek sprouts, fermented soy beans, Shiso (Perilla plant leaves), Little Gem lettuce leaves, small chicory leaves

SUSHI TYPES:

Makizushi (or Norimaki): Basic rolled sushi. *Makizushi* is sushi rice spread across a sheet of dried seaweed; the ingredients are arranged on a bamboo mat placed underneath. The bamboo mat is used to roll everything together into a tight roll. The roll is cut up; each cross-section of the roll is a piece of sushi.



Hosomaki (or Skinny Roll): Very similar to regular *makizushi*, but is half the size and thus has fewer ingredients.

Futomaki (or Thick Roll): Very similar to regular *makizushi*, but is much larger. Generally, it takes nearly an entire nori sheet to encompass the circumference of the roll. See *Hanazushi* below for size comparison.

Uramaki (or Inside Out Roll): Same as *Makizushi*, except the order of the seaweed and sushi rice is reversed, so the rice is on the outside of the roll. Put ½ cup of water in a bowl with 2 Tbs vinegar as hand vinegar. Cover one side of a sushi rolling mat (*makisu*) with clingfilm and put it on a dry cutting board horizontally, clingfilm side up. Put the nori crossways on another completely dry cutting board. Dip your hands in the hand vinegar. Take a handful of the rice (2-3 heaped tablespoons) in your hands and make into a log shape. Put the rice in the centre of the nori. Using your fingers, spread it evenly all over right to the edges. Sprinkle 1 Tbs sesame seeds evenly over the rice. Turn the whole thing over onto the clingfilm-covered mat, so the nori side comes up. Arrange filling in a row down the center of the nori and using the mat as support roll the rice bed from the nearest side to you to the farthest.



Oshizushi: means pressed sushi. Oil a cake tin, which is an excellent substitute for the wooden box, or *oshi waku*. First, the topping ingredients are placed in the bottom of the mold. Next the mold is filled with sushi meshi (sushi rice). A couple alternating layers of rice and filling can be added at this point with the last layer being rice. Cover with plastic wrap or a wooden board and weigh it down with another pan for 15 minutes. This piece of wood is pressed against the rice and topping to make a solid cake. The sushi is then turned out of the mold and cut into blocks.

For one cake tin, use three dried mushrooms soaked in warm water until soft, half a small cucumber, a small carrot, etc. After soaking, slice the mushrooms into narrow lengths, cut the carrot into matchlike sticks 1-1/2 inches long, and cut the cucumber first into diagonal slices, then cut the slices into narrow strips. In a saucepan, combine 1/2 cup of the water used to soak the mushrooms, 2 tablespoons soy sauce, 1 tablespoon sugar, 2 tablespoons wine. Add the mushroom and carrot and simmer for 5 minutes until well-flavored. Drain and cool. Squeeze any excess moisture from the mushrooms if needed



SUSHI TYPES: (continued)

Nigirizushi: A topping bound by *wasabi* paste to the top of a rice ball. The word *nigiri* comes from the verb *nigiru* (meaning "to grasp"). Thus, *nigirizushi* literally means "grasped sushi."

(bottom sushi in picture)



Inarizushi: Stuffed Fried Bean Curd Bags. In a saucepan, combine 2/3 cup dashi broth, 3 Tbs soy sauce, 2 Tbs sugar, 1 Tbs sake. Add 2 teaspoons of heated sesame seeds to the sushi rice, and/or add small pieces of mushroom, carrot, dried gourd or other vegetables cooked in the same liquid as the bean curd. Fill the bags with the rice mixture and roll the top of the bean curd over the rice to enclose it.

Temakizushi: is translated as hand roll; To make temakizushi, a half or quarter piece of nori is held in one hand and rice is placed in the center with the other hand. The filling is placed on top of the rice, then everything is rolled into a cone or cylinder (the cone shape is the more common of the two).



Chirashi on the other hand is never squeezed or pressed; the sushi meshi (sushi rice) is scooped into a bowl. The vegetables are spread out on top of the rice. Chirashi means to scatter, and the first time someone outside of Japan sees chirashizushi he or she will likely think it is a rice salad. Chirashi can be in one large bowl to be shared by everyone at the table (more common at home).



SUSHI TYPES: (continued)

Gunkanmaki (or Boat Sushi): This sushi is hand-molded to resemble little boats. The nori is cut into inch wide strips. Rice about the size of a ping-pong ball is formed into a mound. The nori is wrapped around the rice and held in place by pasting together with crushed rice grains. The rice should be pressed down so that there is 3/8 to 3/4 inch of space above the rice, so it looks like a little boat. The rice is coated with a little wasabi and the roll is filled with diced vegetables. These are served in pairs.

Kansaizushi: Colored rice with contrasting ingredients is fashioned in such a way to create designs or images.



Hanazushi: Several Makizushi (basic sushi) rolled together into Futomaki (thick roll).



DIPPING SAUCES

Martin's Quick & Spicy Sushi Sauce

1/4 c Soy or Tamari sauce
1 tsp Hot Chili with Garlic paste
1 tsp corn syrup (or brown sugar)

Stir everything together in serving bowl.

Ginger Sauce

1 Onion; small; sliced
1/2 c Soy sauce
1/4 c Rice wine vinegar
1 1-inch piece gingerroot

Place all ingredients in blender and mix at high speed until gingerroot and onion are finely chopped, about 2 minutes.

Vietnamese Ginger Sauce

1 tablespoon peeled and minced ginger
1/2 cup neutral oil, such as canola or grapeseed
1/4 cup trimmed scallions, white and green parts combined, chopped into 1/4 inch pieces
Salt to taste
2 tablespoons good soy sauce

Stir together the ginger, oil, scallions, and salt in a bowl. The mixture should be quite strong; you can add more ginger, scallions, or salt if you like.

Carrot Sauce

1 cup grated raw carrot (1 medium-large carrot)
1/4 to 1/3 cup water
2 ounces soft tofu
1 teaspoon soy sauce
1 teaspoon toasted sesame oil
1/8 teaspoon dried ground ginger

Blend all ingredients in a blender until smooth. Can also be served over rice and stir-fried bok choy or thinly shredded cabbage.

Vietnamese Ginger Sauce II

4 teaspoons minced gingerroot
3 large red chilies, minced
2 cloves garlic, minced
3 teaspoons sugar
5 tablespoons soy sauce
2 tablespoons lime juice
1/4 cup water

Vietnamese Wrap Sauce

1/4 cup hoisin sauce
1 tbs vegetable oil
2 tbs chopped unsalted dry-roasted peanuts
1/3 c water

In small saucepan, mix hoisin sauce, oil and water. Bring to a boil over high heat, stirring until smooth. Remove from heat and stir in peanuts. Pour into small serving bowl and allow to cool.