

# HG<sup>2</sup>S

## How to (correctly) eat Sushi

Sushi is a traditional finger-food from Japan. In old tradition, Sushi is eaten with your fingers. Nowadays, Sushi is eaten with chopsticks. I would recommend using Japanese chopsticks, which are square-shaped at the bottom.



The Soy sauce is usually served with the Sushi. However, you do not want to taste only the soy sauce, so dip your Sushi with the fish side into the sauce. This will discreetly flavor your Sushi without masquerading its initial taste.

## Ingredients

Here are some key ingredients you'll need when hacking your own Sushi. Most of them you will be able to find in your local store or an Asian market.

- Seaweed (nori) large and small
- Japanese oregano (spiked leaves)
- Black and white sesame grains
- Pickled ginger (exists in many colors)
- Wasabi
- Diverse **fresh** kinds of fish (salmon, tuna, squid, sardine, sprat,...)
- Cucumber
- Tofu

## Miso Soup

When serving Sushi, some like a Miso soup to accompany it. For Miso, the recipe is very simple. All you need are a few ingredients from the Asia market.



- 1 liter (~0,26 gallons) of water
- 2-3 spoons of Dashi/Dashi-no-moto
- 1 pc Kombu weed
- 5 spoons Shiso-Miso

Cook the water with the Dashi and weed 20 to 30 minutes on light flame. Pass it through a sieve, take it from the stove and add the Miso. **Do not cook after adding the Miso!**

You can add Tofu, young onions, seaweed, Namako mushroom to your bowl and add the hot soup over the ingredients and serve.

**Do not cook the refinements!**



A practical guide for hacking Sushi yourself by mAcfrAk

# Sushi Basics

# Hacking Sushi

## “Quick...eat it before it smells!”

The top secret about Sushi is its freshness...the fresher the fish, the higher the ecstasy, so to speak. But fish isn't always as fresh as the market wants you to believe! Watch for exterior signs of freshness like firm to the touch, color of gills (red), clear eyes and, last but not least, the scent. If possible, buy your fish directly from a producer or a professional market (i.e. distributor for restaurants).

## The rice

Astonishingly, the best Sushi rice does not come from Japan but from Italy or from California, USA. There, most of the Sushi rice is now produced and to some extent even imported to Japan. The Japanese keep their rice to themselves. Look for the Sushi rice brand in your local asian market. Do not buy any industrial rice, you'll be disappointed. The Sushi rice should be prepared carefully, as it's an important part of the Sushi itself. Here is a small “how to”...

# 寿司

Rinse your rice thoroughly. As the water becomes clear, the rinsing is done. Then, submerge in water for 30-40 Minutes.

Using a 1:1 relation for the water, place the rice under maximum heat. When the rice cooks (lid vibrates), reduce heat to medium and let it boil with closed lid 5 minutes. After that, turn the heat down to a minimum and let the rice simmer another 12-13 Minutes. *Of course, you can also use a rice-cooker!*

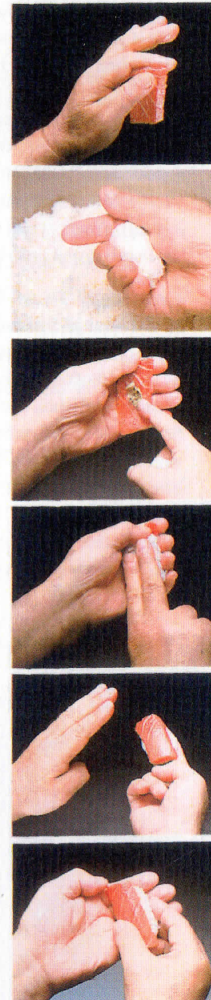
Just before taking the rice off the heater, place it under maximum heat for about 30 seconds, then set aside for 10 Minutes.

To season the Sushi rice correctly, you can either purchase a readily mixed seasoning at your asia store or you can try it yourself. For 250g rice, you'll need 2 teaspoons Su vinegar (rice vinegar), 1 teaspoon salt and 1/2 teaspoon sugar.

Move the rice inside a (pref.) wooden bowl (do NOT use metal) and carefully dispense the spice over the rice. Now use a wooden shovel to “cut” through the rice taking care not to crush it.

When creating your Sushi the rice ideally has a temperature around 32°C (90°F).

## Nigirizushi



Take a piece of fish, rectangly cut in your hand

Form a bit of rice to a small nut (Sushi-dane)

Place the fish in the palm of your hand where your fingers start and put some Wasabi on it

Now press the rice onto the fish and use your hand & curved fingers to form the Nigiri

Turn the Sushi over and press it again into the Nigiri form using Hand and fingers

Correct any errors and the Nigirizushi is ready for serving

## Nori-Maki-Zushi

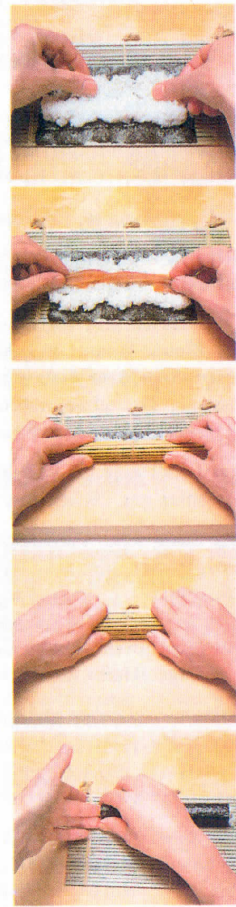
Spread rice (not too thick) equally onto the nori (seaweed). Keep the top of nori dry

Lay some thin and long pieces of fish, cucumber, ginger, spread etc to the lower end of the nori

Carefully roll the nori from bottom up and press firmly the roll down

Wet the top part of the nori (free from rice) and roll it all the way up. Press firmly on the roll

Correct any errors and cut the nori into mouth-savvy pieces



## Wasabi

An important spice for Sushi is Wasabi. However, applying Wasabi to the served Sushi is an insult to the cook...so careful!

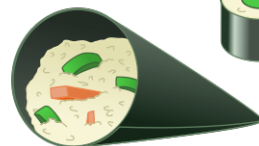
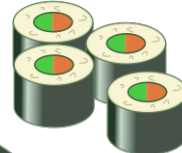
## Forms of Sushi

When speaking about Sushi, one means more than just the usual “fish and rice” form. The Japanese differ all kinds of Sushi, here are the basic three...

## Nigirizushi



## Makizushi



## Temakizushi

## Sashimi

Sashimi is basically raw fish with no additional spices. It is brought into shape to your own desires and is consumed “as is”.



Some forms of Sashimi are...

- Maguro (Tuna)
- Sake (Salmon)
- Ika (Squid or Calamari)
- Ebi (Shrimps)
- Saba (Mackerel)