

Sushi 101 Class Notes



You've taken the sushi class...now, here's the notes!



Carl Rosa, Sushi Instructor

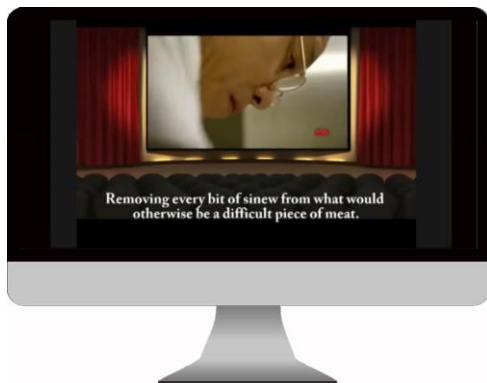
Thank you for taking our sushi class! Please review the information located within this packet. It's full of everything you've learned during our class together, and more! If you have any questions, please don't hesitate to contact me at your convenience. Thanks again for your interest in sushi.

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Lesson Number one:
Sushi is all about the rice!



Master Sushi Chef Naomichi Yasuda, Tokyo



Here's the video, click the link below:

https://www.youtube.com/watch?v=_T-06j6yyNQ&t=2s

***“Sushi is about 90% Rice.
Fish is the Second
Ingredient. The main
ingredient is the rice...so,
my sushi is rice.”***

- Naomichi Yasuda



DEFINING SUSHI

A simple Explanation of sushi: Sushi is defined as ‘Cooked, vinegared rice combined with something else.’ Sushi does not require fish, seafood, raw fish or cooked fish to be sushi.

Sushi Rice

Ingredient



Tuna



Tuna Sushi



Salmon



Salmon Sushi



Avocado



Avocado Sushi

Without sushi rice, there is no sushi.

STEP ONE: PURCHASING SUSHI RICE



Sushi rice is typically short grain or medium grain white rice. 95% of sushi rice is grown/processed in California...but using short grain rice is ideal. Japan rarely exports sushi rice from their land. **Never use long grain rice when making sushi.**

GREAT SUSHI RICE BRANDS FOUND LOCALLY



Akitakomachi



Nishiki



**Select
Kagayaki**



**Tamaki
Gold**



Tamanishiki

Note: the brands listed above can be purchased in 2.2 pound bags or larger bags. When experimenting with making sushi for the first time, it's recommended that you 'start small' and become accustomed to the process. All of the brands can be purchased in Asian food/supply stores. All brands are also available on Amazon.com as well. Again – please do not try using long grain rice for sushi. Even when thoroughly cooked, the end result is fluffy and light. Sushi rice, when prepared properly needs to be sticky and dense.

STEP #2: WASHING SUSHI RICE



Washing the rice removes the excess starch and rice dust from the grains, so always clean your rice before cooking. [Follow this video](#) to clean your sushi rice. The goal is to ensure the water is more-or-less clean, clear after 5 or 6 rinses. After the final cleaning, ensure all water is drained out of the bowl.

STEP #3: COOKING SUSHI RICE

It's important to understand that when you properly cook sushi rice, the goal is to 'overcook' the rice to ensure most of the moisture is cooked out of the rice. By overcooking the rice, you're ensuring that the sushi rice is sticky yet soft enough to eat.

After the sushi rice is properly cooked, it can be seasoned.



Simple, 5-cup rice Cooker
from Black and Decker: \$24

Simple rice cookers (or Insta-Pots) are great for making sushi rice in your kitchen. If the cooker offers a 'cook' and 'warm' setting, that's all you need. The greatest sushi chefs in Japan use basic rice cookers to create phenomenal sushi rice. According to Master Sushi Chef Hironori Satake – *"We use basic cookers to create extraordinary sushi. And if we ever lose our electricity, we go back to the basics – gas stove and a pot"*

Step 4: In approximately 10 – 20 minutes (depending on the amount of rice you're cooking), the rice cooker will switch to 'warm'. When this happens, check your time to see the length of cooking was required. At this point the cooking is now completed but the rice needs to warm for the same amount of time. For example – if your sushi rice cooked for 14 minutes, it now needs to warm in the cooker for 14 minutes as well. When the warming is completed, the sushi rice is ready to be seasoned.

STEP #4: SEASONING YOUR SUSHI RICE

The final step in the sushi rice process is seasoning the cooked sushi rice. When the sushi rice is finished cooking and warming in the rice cooker dump the rice into a plastic or wooden bowl. The rice should be hot and firm. Unplug the rice cooker and set it aside. To finish the process, you will need to season the rice with a rice vinegar solution. Please do not use pure rice vinegar. There are fantastic products available that offer a diluted, seasoning that works great when creating sushi rice. Please consider one of these options.



**Mizkan's
Sushi Seasoning**



**Nanako's
Seasoned
Rice Vinegar**



**Nishiki
Sushi Vinegar**



**Otafuku
Sushi Vinegar**

Please note: The recommendations above specify 'Sushi Vinegar' or 'Seasoned Rice vinegar' on the bottle. **Do not make the mistake of purchasing pure rice vinegar.**



Use your sushi seasoning, and carefully 'cut' your sushi rice while adding the seasoning to the hot rice.

This video, provided by Mizkan, offers a fantastic guide to seasoning your sushi rice.

<https://www.youtube.com/watch?v=wkqZPaxL8eM>



Great Sushi Ingredients

Here's a list of fantastic ingredients to consider using for making sushi at home!

SEAFOOD



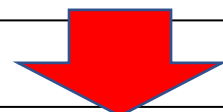
Ahi Tuna
Bluefin tuna
King Salmon
Atlantic Salmon
Sockeye Salmon
Copper River
Salmon
Smoked Salmon
Yellowtail
Amberjack
Boiled Shrimp
Krab-stick
Red Snapper
Bay Scallops

ADDITIONAL



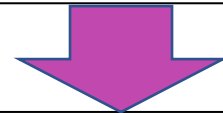
Avocado
Cucumber
Asparagus
Green Onions
Shiitake Mushroom
Roasted Carrots
Roasted Red Bell
Pepper
Roasted Zucchini
Roasted Butternut
Squash
Tempura Veggies
Shredded, Purple
Cabbage
Diced Mango Pieces

MISCELLANEOUS



Cream Cheese
Sesame Seeds
Spicy Sushi Mayo
Sliced Jalapenos

SAUCE OPTIONS



Teriyaki Sauce
Siracha Sauce
Chili Oil
Spicy Miso Sauce
Sweet-n-Sour Sauce

Best Asian Markets in Houston



Super H-Mart (2 locations)
1302 Blalock Rd
Houston, TX 77055

9896 Bellaire Blvd
Houston, TX 77036



Seiwa Market
1801 S Dairy Ashford Rd #116
Houston, TX 77077



Nippan Daido
11146 Westheimer Rd
Houston, TX 77042



Ranch 99 Super Market (2 locations)

1005 Blalock Rd
Houston, TX 77055

3430 Hwy 6
Sugar Land, TX 77478



Best Sushi Restaurants/Sushi Bars in Houston, Texas



Teppay
Address:
6516 Westheimer Rd A2, Houston, TX 77057
Located near the corner of Westheimer and Voss



Sushi Miyagi
Address:
10600 Bellaire Blvd, Houston, TX 77072
Located on Bellaire Blvd, near the Beltway



Kata Robata
Address:
10600 Bellaire Blvd, Houston, TX 77072
On the corner of Kirby and Richmond



Sasaki
8979 Westheimer Rd, Houston, TX 77063
On Westheimer, near Fondren intersection

Best Sake Recommendations



Sho Chiku Bai

Nigori Sake

- Creamy
- Sweet
- Inexpensive
- Served Chilled



Horin Junmai Daiginjo

Premium Sake

- Clean
- Premium
- Smooth
- Served Chilled



Hana Sake

Flavored Sake

- Inexpensive
- Dessert Sake
- Sweet
- Several Flavors



Mio Sake

Sparkling Sake

- Inexpensive
- Bubbly
- Fruity
- Great for cocktails

Great Sushi-Seafood Vendors to Consider



Riviera Seafood Club

Online Ordering

<https://rivieraseafoodclub.com>



Catalina Offshore Products

Online Ordering

<https://catalinaop.com/>



Ocean Waves Houston, Texas

Pickup, Delivery

<https://www.owaves.net>



The Perfect Fish Houston, Texas

Pickup/Sushi Supplies

<https://theperfectfish.com/>

Great Japanese ‘Sushi Knives’ to Consider

If you’ve ever wanted to own your own amazing knives to create extraordinary sushi, consider these Japanese knives below. They are a big help when creating sushi and prepping the ingredients.



The **Yanagiba** (also called a ‘Yanagi’) is a sleek and pointy knife that specializes in the preparation of Sushi! If you’ve ever been to a Sushi restaurant where you can see the cooks, this is the knife that they’re using about 90% of the time. The edge of the Yanagiba (or “Koba”) is extremely thin and sharp, so as soon as you start to cut, you’ll feel the blade bite into the fish very easily.



The **Gyuto** is the Japanese version of the classic Western Chef’s knife. It is a true multi-purpose knife that can perform wide range of tasks, can be used with a variety of different cutting techniques and is suitable for cutting most meats, fishes, vegetables and fruits.











The **Santoku** is a common knife in most kitchens. The meaning of the word ‘Santoku’s clearly explains what it is best used for: the ‘three virtues’ or ‘three uses’ of chopping, dicing, and mincing. It handles all of these jobs in exemplary fashion but avoid chopping large meat bones, slicing bread and precision tasks (such as peeling). Santoku knives are particularly adept at creating very thin slices of foods, which improves the overall aesthetics of completed dishes.



The Deba knife with its thick spine and tall blade is the best option for **butchering fish**. They are available in a few different sizes. They are best used for breaking down, slicing, deboning and filleting, are just a few tasks that the Deba knife can do with ease. Debas are great for slicing avocados as well as removing the large pit in the center.

Different Forms of Sushi

There are many versions of sushi that are very popular throughout Japan. Here are the most popular forms of sushi.

	<p><i>Nigiri is similar to sushi in that it contains rice and is similar to sashimi in that it contains raw seafood. However, unlike sushi, nigiri does not contain extra ingredients or seaweed, and unlike sashimi, it contains vinegar rice.</i></p>
	<p><i>Gunkan Sushi is a ship-like sushi roll in the shape of an oval, consisting of a nori seaweed sheet wrapped around a ball of rice with dressing at the very top. Some common toppings include flying fish, salmon or sea urchin roe.</i></p>
	<p><i>Maki is a basic sushi roll. It is about one inch around, with nori (seaweed wrapping) outside, and sushi rice and a single ingredient such as salmon or Japanese cucumber inside. It makes an excellent light snack roll, but is somewhat harder to make due to the size.</i></p>
	<p><i>Uramaki is one of 5 traditional sushi rolls in traditional Japanese cuisine. The meaning of its name is, literally, “inside out” roll. It could be defined as a “rebel roll” because it goes against the usual norm of wrapping the roll of rice from the outside.</i></p>
	<p><i>Known as Inarizushi in Japan, Inari Sushi is a type of traditional sushi made of sushi rice tucked inside little deep-fried tofu pockets. It's one of the easiest sushi dishes to make at home, and can be served as a snack or part of your sushi meal.</i></p>
	<p><i>Oshizushi or 'pressed sushi', which is made from layers of different toppings and sushi rice that are placed in a mold and compressed together by weight, making them into a tightly pack sushi stack.</i></p>
	<p><i>Temari, which means “handball” in English, is a small round ball of sushi rice with different forms of seafood and/or vegetables wrapped around the ball, resembling a decorative sushi ball.</i></p>
	<p><i>Narezushi is fermented fish pickled with rice -- a practice common in much of Southeast Asia around the 2nd century CE. This is a very old and traditional form of sushi, also using a modifying version named Funazushi, which is widely available in the Shiga Prefecture of Japan (not far from Kyoto).</i></p>

Preparing Fish for Sushi

Use this guide when purchasing fish (for sushi) at the grocery store and using it for sushi.



#1

Step #1: When you walk up to the seafood counter, tell the salesperson (fishmonger) that you will be making your own sushi soon and need a few recommendations. Purchase small amounts and request a section of the fish without bones (for example, a center-cut). Fish goes a long way when it comes to creating sushi so there's no need to spend a fortune for one sushi night at home.

Step #2: If you can, store your fish safely so air cannot get into the packaging. Freezer burn has nothing to do with the temperature, it has to do with portions of the food drying out as frozen water molecules sublimate from it (essentially a slow, uncontrolled freeze drying). Vacuum sealing is ideal when possible. Ensure the fish freezes solid until you're ready to use the fish for sushi.



#2

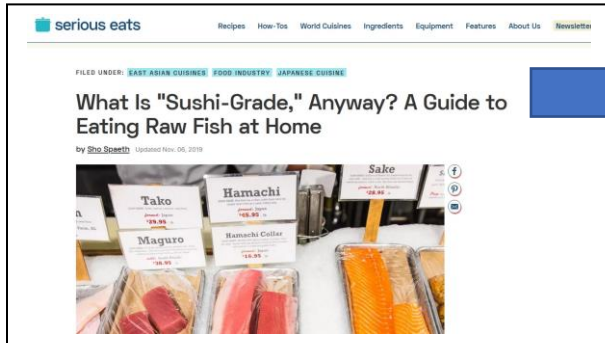


#3

Step #3 Pop it in the refrigerator. If you move it from the freezer to fridge the morning of, that should be enough time for the fish to thaw fully. Example – The night before you plan to use frozen fish for sushi, transfer the fish to the refrigerator and it will be fully thawed by the next evening, ready for sushi!

MYTH BUSTED!

MYTH BUSTER: There's no such thing as 'sushi grade' fish. Don't believe the hype and lies – there is no such thing as 'sushi grade fish.'



Article: Serious Eats

"Officially, the terms "sashimi-grade" and "sushi-grade" mean precisely nothing. Yuji Haraguchi, owner of the Brooklyn-based Osakana, a fish shop specializing in sashimi, recalls using them for marketing purposes when he worked as a sales representative for wholesale fish distributor True World Foods."

"The term 'sushi-grade fish' was very effective in terms of making sales, but at the same time, I had to provide the right product and the right information,"

Link: <https://www.serioeats.com/how-to-prepare-raw-fish-at-home-sushi-sashimi-food-safety>



Article: SushiModern.com

"Unfortunately for consumers, "sushi-grade" is an unregulated marketing term that may just serve to decrease the movement of their supply due to the higher price."

Link: <https://sushimodern.com/sushi/sushi-grade-myth/>



Article: PBS Food

"The term "sushi-grade" is often tossed around to imply some level of freshness, but in the US, there's no regulation around the use of the phrase, so it can be used to describe anything."

Link: <https://www.pbs.org/food/fresh-tastes/myth-sushi-grade/>



Bara - Sushi ingredients mixed in a bowl as a rice salad.

Daikon - A white radish that is often served sliced into thin strips and pickled. This can be served in a salad or as a garnish. Daikon has a very mild flavor.

Dashi - A Japanese soup stock made from seaweed or other ingredients. This broth is the base for many soups and has a distinct umami flavor.

Futo Maki - Large or giant sushi rolls. These rolls incorporate many ingredients and are often served as a main dish or focal point. This type of roll has become especially popular in the United States.

Maki Sushi - Sushi in the form of a roll. Sushi rice and other ingredients are rolled inside a sleeve of nori seaweed, or sometimes other "wrappers" like rice paper or even cucumber.

Mirin - A Japanese wine that is slightly sweet. This wine is mostly used in cooking and can add depth of flavor to sauces and marinades.

Miso - Fermented soybean paste that is used in many soups, sauces, and marinades. Miso not only offers nutritional benefits, but it also provides a strong umami flavor to balance dishes.

Nigiri Sushi - A slice of fresh fish which tops a mound of vinegar seasoned sushi rice. A small dab of wasabi is sometimes placed between the fish and rice or a thin ribbon of nori seaweed may be wrapped around both.

Nori - Thin sheets of seaweed that have been dried and toasted to enhance flavor. Nori is the classic dark green seaweed that is often seen wrapped around the outside of sushi rolls.

Panko - Light, crispy Japanese breadcrumbs. These unique breadcrumbs are shaped more like flakes than crumbs, which gives them their unique texture. Panko is used as a crunchy topping or coating in sushi rolls and more.

Ponzu - A light, sweet sauce that is usually used for dipping.

Roe - Fish eggs or caviar. Roe is often used to top or coat sushi rolls. They provide texture and a nice salty flavor.

Sake - Rice wine that can be served either hot or cold. Unlike regular wine, sake is distilled and should not be aged.

Sashimi - Sliced, fresh fish. Although sashimi may be served with a bowl of plain rice, it is not served in combination with rice or any other ingredient.

Shoyu - Soy sauce. Soy sauce is made from fermented soybeans and gives a nice salty or briny flavor to food. It is used lightly only to accent other flavors.

Soba - Buckwheat noodles. Soba noodles are hearty and often served cold and seasoned.

Sushi - The word sushi refers to cooked, vinegared rice, usually seasoned with vinegar and sugar. A small amount of sugar dissolved in vinegar is sprinkled over freshly cooked rice and then folded in. The vinegar and sugar provide a uniquely light flavor and texture. Any seafood, vegetable, or other ingredient served in combination with this rice can be referred to as sushi.

Tamago - The Japanese word for egg. Tamago is often served as a sweetened omelet which is then sliced and set atop a mound of sushi rice.

Tamari – often called ‘Gluten-free Soy Sauce.’

Tataki - Finely chopped.

Tempura - Battered and deep fried. Many American sushi restaurants now serve tempura platters or tempura shrimp or vegetables inside of traditional sushi rolls.

Tofu - Soybean curd. Tofu alone has a very mild flavor but is often marinated and will absorb the flavors of the food around it. Tofu can be eaten fresh, fried, grilled, or sautéed. It is often used as a vegetarian source of protein.

Wakame - A wide leafed seaweed with an almost chewy texture. This seaweed is often made into a salad with sesame seeds, sesame oil, and chili flakes.

Wasabi - Japanese horseradish. This green paste is usually served along with sushi to add a burst of heat and flavor.

CONTACT US!



If you have a question about sushi, sushi classes or traveling to Japan, please feel free to contact us!



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WEBSITES

www.ExploreSushi.com
www.Houston-Sushi.com
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www.Journey2Japan.com



YOUTUBE

[Carl Rosa's YouTube Channel](#)



TEXT

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