

Sushi Simplified: An Introduction to Making Sushi at Home

PROJECT FOODIE



mixing things up in the kitchen with GPL

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Key Terms

Shari - seasoned rice, common ingredient in all sushi

Maki – rolled sushi, made using a bamboo mat

Nigiri – hand-formed sushi, topped rectangles of rice

Temaki – hand-rolled sushi, cone shaped

Chirashi – scattered sushi

Sashimi – sliced raw fish

Nori – roasted seaweed paper used to roll maki and temaki

Wasabi – Japanese horseradish

Gari – pickled ginger, used as a palate cleanser between pieces of sushi

Shoyu – soy sauce

Local Sources for Sushi Ingredients

One World Market | 8466 Castelton Corner | 842-3442

One World is my personal favorite place to purchase Japanese food items in Indianapolis. Stop in on Saturday for the widest selection of sashimi grade fish. The store also has a kitchen that serves reasonably priced sushi and other Japanese favorites.

Sakura Mart | 2450 E 71st St | 726-1755

Right around the corner from one of the city's most well-known sushi restaurants, Sakura Mart sells groceries from Southeast Asia and sashimi grade fish.

Saraga International Market | 3605 Commercial Dr | 388-9999

| 2308 E Stop 11 Rd | 300-0080

A huge and truly international market, Saraga has groceries from around the globe, and is a great place to stock up on nonperishable ingredients and kitchen tools.

Sushi Rice (Shari) adapted from *Sushi Made Easy* by K. Wong

Ingredients:

- 2 cups sushi rice or short-grain rice
- 2 ½ cups cold water (or amount of water suggested on rice package if different for 2 cups of rice)

Vinegar Mixture

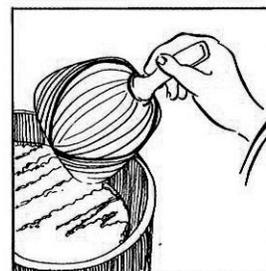
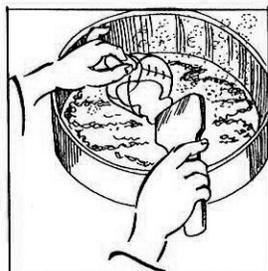
- 4 tbsp. rice vinegar
- 2 tbsp. sugar
- 1/2 tsp. salt



Directions:

1. Wash the rice until water runs clear (do not skip this step, it is essential in achieving the correct consistency to work with your rice).
2. Place the rice in a pot with a tight fitting lid and add the water. Bring to a boil, reduce heat, and simmer for 5 minutes.
3. Lower heat and steam for 12 to 15 minutes.
4. Remove from heat and remove lid. Cover pot with a tea or dish towel. Let stand for 15 minutes.
5. While rice is cooking, combine vinegar mixture ingredients in a saucepan, and heat gently until sugar dissolves, stirring constantly. Remove the mixture from heat and let cool.
6. Spread the rice evenly in the bottom of a shallow, preferably wooden, bowl. Run a spatula or rice paddle through the rice using a chopping, rather than stirring, motion to gently separate the grains and slowly add vinegar mixture at the same time.
7. Fan the rice until it reaches room temperature. Keep the rice in the bowl, covered with a clean dish towel, until ready to use.

Makes enough for about small 10 rolls. A rice cooker can also be used instead of cooking rice on stove.



Rolling Maki from *Sushi Made Easy* by K. Wong

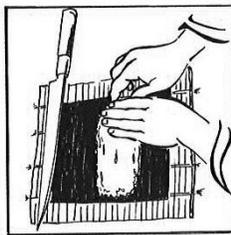
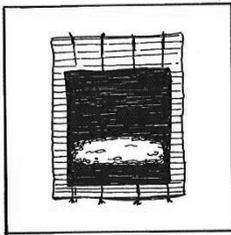
Ingredients:

- Shari (vinegared rice), room temperature
- 5 sheets of nori
- small bowl of water with a dash of rice vinegar in it
- wasabi paste
- your choice of fillings (fish, vegetables, meat, etc.)

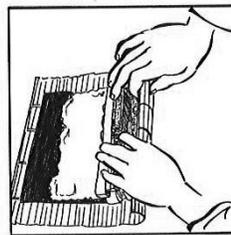
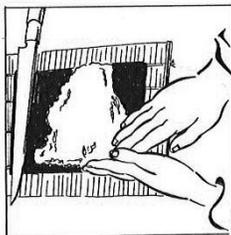


Directions:

1. Cut a sheet of nori crosswise into two pieces if using one filling ingredient, or leave whole if making roll with more than one filling.
2. Place one half of the nori shiny-side down on the surface of the bamboo rolling mat. The rolling mat should be dry and placed on a dry surface such as a cutting board.
3. Moisten your hands in vinegared water and make a loosely formed ball out of about a half of a cup of prepared vinegared rice.

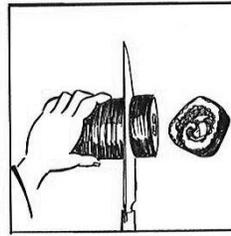
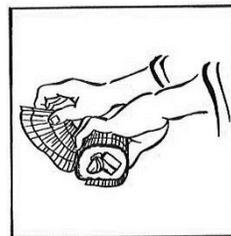


4. Place the ball on the nori and spread it out carefully without smashing it into the nori. Keep about ½ inch free of rice on the far end.



5. At the end closest to you, dab a thin line of wasabi on the rice then place ingredients on top. Moisten strip of nori not covered with rice at other end.

6. Lift the end of the mat closest to you. Roll by pressing the mat firmly on the nori. Be careful not to roll the mat into the sushi. The nori will stick to itself when the roll is complete.



7. Let the roll rest for a minute or two then slice into even pieces with moistened knife.

Roll Combinations to Try with a Full Sheet of Nori

Fish & Meat

imitation crab stick + avocado + cucumber
salmon + asparagus + spicy mayo (mayonnaise & Sriracha hot sauce)
cooked shrimp + omelet + cucumber
cooked salmon + green onion + lettuce + carrot
Korean-style barbeque beef + pickled daikon radish + carrot
tuna + jalapeño + cilantro
smoked salmon + cream cheese + green onion

Please remember, there is always an element of risk involved with eating raw fish so people with weakened immune systems should avoid it.

Vegetarian

carrot + lettuce + green onion + avocado
sautéed spinach + sautéed shiitakes + omelet
asparagus + red bell pepper
marinated tofu + snow peas + bamboo shoots
fried tofu + jalapeño + cream cheese
asparagus + mushroom + sweet potato



Japanese Restaurant-Style Salad Dressing *from allrecipes.com*

Ingredients:

1/2 cup minced onion
1/2 cup peanut oil
1/3 cup rice wine vinegar
2 tablespoons water
2 tablespoons minced fresh ginger root
2 tablespoons minced celery
2 tablespoons ketchup
4 teaspoons soy sauce
2 teaspoons white sugar
2 teaspoons lemon juice
1/2 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon ground black pepper



Directions:

Combine all ingredients in a blender. Blend on high speed for about 30 seconds or until all of the ingredients are well-pureed. Serve over a crisp green salad with sliced cucumbers and tomatoes. Makes 1 $\frac{3}{4}$ cups dressing.

10-Minute Miso Soup *from steamykitchen.com*

Ingredients:

- 4 cups water
- 1 1/2 teaspoons instant dashi granules
- 1/2 cup miso paste (any variety will work, but Shiro, also called 'light miso,' is preferred)
- 1 tablespoon dried seaweed (wakame works well), soaked in water for 5 minutes
- 1/2 cup cubed firm tofu
- 2 tablespoons chopped green onion

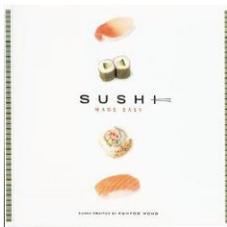


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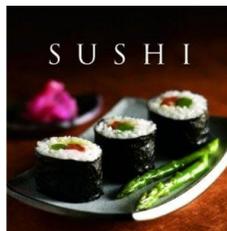
1. Pour the water into a pot and bring to a boil. Add the instant dashi and whisk to dissolve. Turn the heat to medium-low and add the tofu. Drain the seaweed and add the seaweed to the pot. Simmer for 2 minutes.
2. In the meantime, spoon the miso paste into a bowl. Ladle about 1/2 cup of the hot dashi broth into a bowl and whisk with chopsticks or a whisk to mix and melt the miso paste so that it becomes a smooth mixture.
3. Turn the heat off, add the miso paste to the pot and stir well. Top with green onions and serve immediately.

For More Sushi Tips

At Greenwood Public Library:



Sushi Made Easy
by Noel Cottrell
641.5952 COT



Sushi
by Lulu Grimes
641.5952 GRI

On the Web:

[Sushi Encyclopedia <http://www.sushiencyclopedia.com/>](http://www.sushiencyclopedia.com/)

This website is a wealth of sushi information and includes very detailed instructions on making sushi, information of types of fish, roll recipes and more.

[Sushi Guy's DIY Sushi Recipes <http://www.diy-sushi-recipes.com/>](http://www.diy-sushi-recipes.com/)

Plenty of recipes and tips for the at-home sushi chef can be found here.