

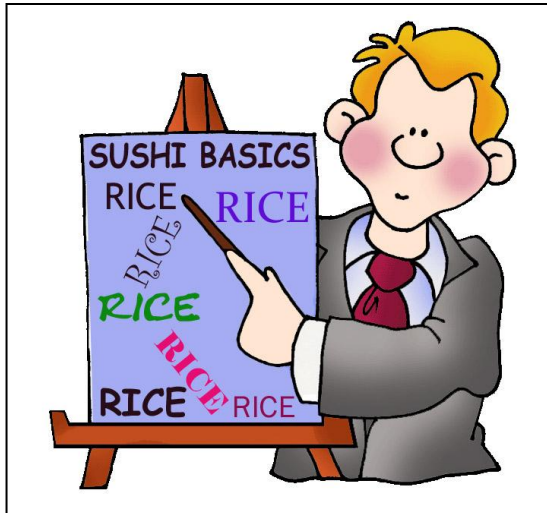
Sushi 101

Class Notes

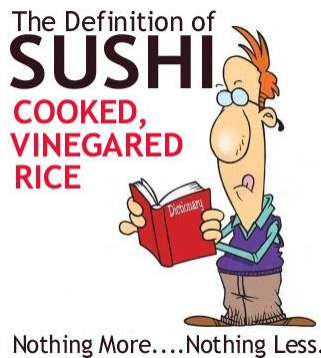


How to Make GREAT Sushi at Home

LET'S TALK ABOUT SUSHI BASICS



FACT: Quality sushi is all about quality rice. You cannot have quality sushi without a credible degree of sushi rice (flavor, portion, temperature and taste). To consider the fish, vegetable or egg as comparable components is *absolutely incorrect*. Always remember that fantastic sushi must include fantastic sushi rice. There is no way around it, no alternatives. No excuses.



Sushi's elemental definition is cooked, vinegar'd rice.

Don't overcomplicate it. It doesn't include fish. It doesn't include wasabi or soy sauce.



LINKS TO THE FACTS

The Wikipedia Definition:

<http://en.wikipedia.org/wiki/Sushi>

Chef Gordon Ramsay Learns About Sushi:

<https://www.youtube.com/watch?v=IIG0NTJ7rcU>

"Great Sushi Starts with Great Rice."

<http://sushinow.com/rice.htm>

"Sushi isn't "raw fish," but "vinegar[ed] rice."

<http://www.thenibble.com/reviews/main/fish/seafood/sushi-glossary.asp>

"Good sushi rice is the single most important aspect of making Sushi."

<http://www.allaboutsushiguide.com/sushi-rice.html>

"Vinegared rice (sumeshi) is the *most important* aspect of any form of *sushi*."

<http://www.seriousseats.com/2010/07/what-are-the-styles-of-sushi-how-to-make-sushi-rice-sumeshi-nigiri-maki-temaki.html>

"The most *important* technique in the preparation of sushi is how to make sushi rice."

<http://homepage3.nifty.com/marry/eng/shari2.htm>

“The Rice is **90%** of Sushi.”

- Naomichi Yasuda



Naomichi Yasuda was the sushi chef at the highly regarded Sushi Yasuda in Manhattan for 30 years before returning to his native Tokyo to open another sushi counter that bears his name.



**Please watch this video about the importance of
sushi rice and frozen fish.**

[https://www.youtube.com/watch?v= T-06j6yyNQ&feature=youtu.be](https://www.youtube.com/watch?v=T-06j6yyNQ&feature=youtu.be)

Sushi Rice is easy to find and purchase.
Just keep two things in mind –

1. It is normally sold as 'Short Grained, White Rice.' While some sushi rice is considered 'Medium Grain,' the short grain forms the best shapes after sushi vinegar is added.
2. 95% of all 'sushi rice' comes from California. Don't look for 'Japanese Sushi Rice.' You will have a very, very, very hard time finding it.

PICKING THE BEST SUSHI RICE



Sushi Rice – Recommended Brands



Koshihikari Rice



Nishiki Rice



Tamaki Gold Rice



Kokuho Rose Rice



Kagayaki Rice

WASHING SUSHI RICE



FACT: Sushi Rice has to be cleaned before it is cooked. The cleaner it is, the better the flavor. When the water is clean, the rice is ready to be cooked.



Click on this link to watch a video of Carl Rosa cleaning sushi rice.

https://www.youtube.com/watch?v=xUm_TMyTzSE

"Washing Sushi Rice Perfectly." – Japan Food Report

<http://www.japanesefoodreport.com/2011/01/video-washing-rice-perfectly.html>

"Sushi rice must be washed with cold water prior to cooking." – The Denver Post

http://www.denverpost.com/ci_20936398/how-roll-your-own-sushi-at-home

"Put 1 cup of Sushi Rice in a pot, and then wash it 3 times."

<http://samurai-kitchen.blogspot.com/2013/03/how-to-cook-sushi-rice-on-stove.html>

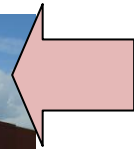
"Wash the Rice. Put the 2 cups of rice into the pot it is to be cooked in and cover with clear cool water."

<http://www.allaboutsushiguide.com/sushi-rice-recipe.html>

LOCAL SPOTS TO PURCHASE SUSHI SUPPLIES



FACT: In the city of Houston, there are three Asian supermarkets that provide a wide range of products that will help you make great sushi. Here are the top recommendations for sushi supplies:



Super H-Mart

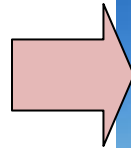
1302 Blalock Rd, Houston, TX

(713) 468-0606

99 Ranch

1005 Blalock Rd, Houston

(713) 932-8899



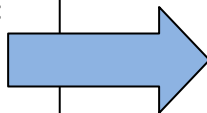
Nippan Daido

11146 Westheimer Rd. Houston, TX

(713) 785-0815

Quality, Online Sushi-Grade Seafood:

CATALINA OFFSHORE PRODUCTS



(619) 297-9797

<http://catalinaop.com/>

Sushi Rice

Sushi Seasoning Bottle

Nori Sheets

Sushi Bamboo Rolling Mat

Sesame Seeds

Avocado

Cucumbers

Ebi, Sushi-style Shrimp

Sushi-Grade fish, Seafood

Soy Sauce

Wasabi Powder

Rice Paddle (plastic or wood)

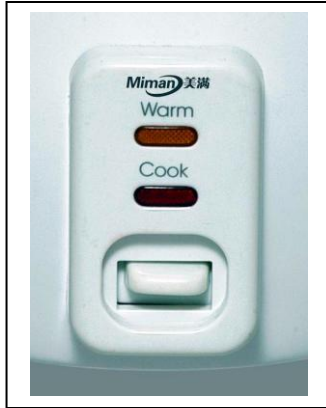
Wax paper

Rice Cooker

Your Sushi Supply Shopping List



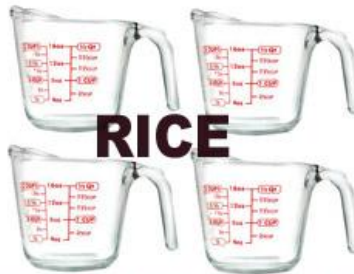
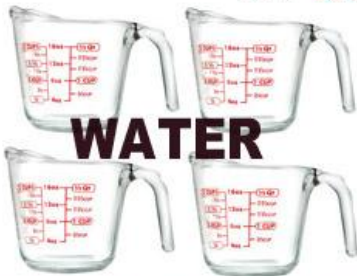
Cooking Sushi Rice



Fact: When cooking sushi rice, you must ensure that the vast majority of moisture (water) is sufficiently removed in the warmer. Sushi rice should be dense, compact and sticky.

Common rice cookers have a cook and warm setting only. They are, without question, the best kinds of rice cookers to use. **Allow the rice to warm as long as it cooks.**

It's **NOT** Complicated!



2 Cups of Rice, 2 Cups of Water

3 Cups of Rice, 3 Cups of Water

4 Cups of Rice, 4 Cups of Water

It's that simple!

For every cup of rice, cook with a cup of water.



Never mix Sushi Seasoning into your rice with a metal paddle. Ensure that it is wooden or plastic. The vinegar will react with a metal spoon and 'tarnish' the flavor.



Sushi Seasoning by Mizkan (or Mitsukan)

At room temperature, pour this combination of rice vinegar, sugar and salt onto the fresh, hot rice. Carefully 'cut' the rice by evenly apply the sushi seasoning to the rice. After combining approximately 1/8 cup of seasoning to every full cup of rice, taste the rice. If you prefer a stronger rice flavoring, add additional Sushi Seasoning until you reach your desired taste.



Click on this link to watch a sushi chef 'cutting' sushi rice:

<https://www.youtube.com/watch?v=w3q8uYgYuHM>

Types of Common Sushi



Nigiri

Rolls

**Inside Out
Rolls**

Gunkan

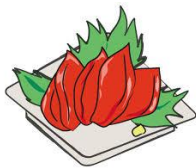
Temaki

Fact: Nigiri means 'Grab.' You should **rarely** use chopsticks.

Fact: In Japan, sushi rolls are kept **very** simple.

Fact: Gunkan means '**Battleship**' in Japanese.

Fact: One restaurant, named *Kyubei* in Tokyo, can charge as much as **\$700** for a sushi dinner.



Always Remember – Sashimi is NOT sushi, because it doesn't contain sushi rice. Watch this video:

https://www.youtube.com/watch?v=yHllrA1_Z5M



GREAT MOVIE RECOMMENDATION: **JIRO DREAMS OF SUSHI**



JIRO DREAMS OF SUSHI



JIRO DREAMS OF SUSHI is the story of 85-year-old Jiro Ono, considered by many to be the world's greatest sushi chef. He is the proprietor of Sukiyaabashi Jiro, a 10-seat, sushi-only restaurant inauspiciously located in a Tokyo subway station. Despite its humble appearances, it is the first restaurant of its kind to be awarded a prestigious three-star Michelin Guide rating, and sushi lovers from around the globe make repeated pilgrimage, calling months in advance and shelling out top dollar for a coveted seat at Jiro's sushi bar.

Watch the Famous 'Yamamoto Scene' by clicking on the link below.

<https://www.youtube.com/watch?v=6-azQ3ksPA0>

Sushi Grade Fish



Always request and purchase 'Sushi Grade' Fish. Never choose any garden-variety form of fish to consume as 'raw' sushi-grade fish. There's a big difference!

Recommendations

Sockeye Salmon

Blue Fin Tuna

California, Grade A, Uni (Sea Urchin)

West Coast Albacore Tuna

Hawaiian 'Big Eye' Tuna

New Zealand/Alpine Salmon

Chilean Sea Bass

Diver Bay Scallops

Large, Baja White Shrimp

Canadian Salmon

Farmed Scottish Salmon

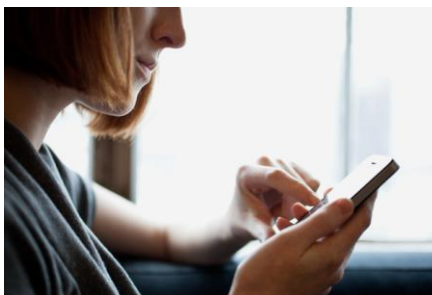
Cold Kobe Smoked Salmon

Sablefish (Black Cod)

Jack Mackerel

Rule #1

Always call your local seafood suppliers in your area before driving to their stores, spending the time and gas!



Rule #2

Always ask for sushi grade seafood!



Currently Available at Whole Foods Market





Photos Taken Directly From the Shelves



Sushi-Grade Roe (Colored Fish-Eggs) at Super H-Mart



Sushi Shrimp, Frozen at Super H-Mart



Full Racks of Sushi Nori (Seaweed Sheets) at Super H-Mart



Bottles of Sushi Seasoning at Super H-Mart



Nishiki Rice at Walmart



Artificial Wasabi (left). Real, fresh grated wasabi (right)



Large Bags of Sushi Rice at Super H-Mart



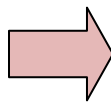
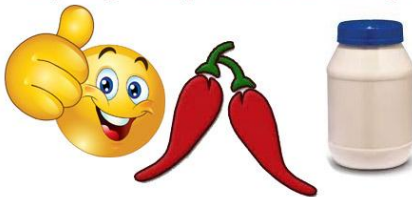
Bags of Nishiki Rice and Brown Nishiki Rice at HEB

Facts with References



#	CRITICAL FACTOR FOR SUSHI	ONLINE LINK, REFERENCE
1	Nigiri means 'Grab'	https://www.youtube.com/watch?v=PRIEW3erjI0
2	Sushi Chefs in NYC Using Fake Fish (Youtube Video)	https://www.youtube.com/watch?v=IlgKMgR1BO4
3	Sushi Chefs in NYC Using Fake Fish (New York Times News Story)	http://www.nytimes.com/2008/08/22/science/22fish.html?_r=0
4	Real Wasabi vs. Artificial Wasabi	https://www.youtube.com/watch?v=PcU4jDVdZOM
5	Choosing the Right Fish for Sushi	https://www.youtube.com/watch?v=BGo_1g2uBso
6	Avoid 'White' on the Fish	https://www.youtube.com/watch?v=3FYynfhErjw
7	Sushi Etiquette Do's and Don'ts	https://www.youtube.com/watch?v=g-fYp_N9kX4
8	Spotting Fake Fish	https://www.youtube.com/watch?v=UE6YvvZ3Plc

Spicy Japanese Mayo



Spicy 'Japanese' mayo is a great accompaniment for sushi and even an eye-popping addition to burgers and other sandwiches. You can make spicy mayonnaise quickly by using prepared mayo, or you can create your own from scratch.

A GREAT Spicy Mayo Recipe Online:

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

Spicy Mayo Recipe:

½ cup of regular mayonnaise

4 tablespoons of Sriracha Sauce

1 teaspoon of Sesame Chili Oil



IDEAL SUSHI RICE TEMPERATURE & EVALUATING SUSHI

Always remember that sushi rice is best served warm; **Body Temperature**.
Sushi Rice should *never* be served cold.

“Sushi rice temperature maintained at around human body temperature.”

Jiro Ono, Sukiyabashi Jiro – Tokyo, Japan

<http://www.sushi-jiro.jp/e-contents/e-kodawari.html>

“Continue fanning and mixing until the rice has cooled to body temperature and appears glossy.”

Sushi Rice - Zojirushi

<http://www.zojirushi.com/recipes/sushi-rice>

“The *sushi rice* should be served at body temperature. The temp for toppings ranges from cool to body temp, but *never cold*.”

Quora.com

<http://www.quora.com/Is-sushi-properly-served-cold-or-at-room-temperature>

“The best-tasting sushi rice should be around 98°F when it is used. Never store it in the refrigerator, or the texture of the rice will be too firm and unfit for sushi making.”

Cookstr - Master Recipe for Sushi Rice

<http://www.cookstr.com/recipes/master-recipe-for-sushi-rice>

The Best Sushi in Houston



Restaurant Name	Location	Why?	Carl's Personal Favorite
Kubo's Sushi Bar & Grill	2414 University Blvd, Rice Village	Traditional Japanese Sushi Menu	Tamago Nigiri and Shokado Bento Box
Kata Robata	Corner of Kirby & Richmond	Quality rice & nigiri	Tamago Nigiri, Uni and Hay-Smoked Bonito (when available)
Sushi Miyagi	Bellaire Blvd, near Beltway 8	Portion sizes & quality rice	All nigiri, sit at sushi bar
Redfish Seafood Grill	I-249, near Cypresswood Exit	Outstanding Fusion Sushi Rolls	Ask For Rolita; sit in the upstairs dining room

Recommended Japanese Sake brands that you can purchase locally:



Sho Chiku Bai
Nigori
About \$5.00
Serve Chilled



Hana Fuji Apple
Flavored Sake
About \$9.00
Serve Chilled



Ozeki Nigori
Unfiltered Sake
About \$5.00
Serve Chilled



UNDERSTANDING SUSHI FISH SCAMS

THE YELLOWTAIL MYSTERY



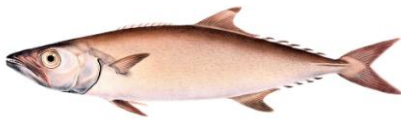
A **yellowtail** may be any of several different species of fish. Most commonly the Yellowtail **amberjack** *Seriola lalandi* is meant. In the context of sushi, yellowtail usually refers to the Japanese amberjack, *Seriola quinqueradiata*.

The Yellowtail of 'Many Names.'

http://www.maff.go.jp/e/foj/chris/vol_03.html

http://www.sushiencyclopedia.com/sushi_menu/yellowtail_sushi.html

“SUPER WHITE TUNA”, Escolar



The escolar is dark brown, growing darker with age until it is quite black. It is a fast-swimming fish with a prominent lateral keel and four to six finlets after the anal and second dorsal fins. Escolar can grow to over 2 m in length. Like its relative the oilfish (*Ruvettus pretiosus*), escolar cannot metabolize the wax esters (gempylotoxin) naturally found in its diet. This gives the escolar an oil content of 14–25% in its flesh.

Escolar ‘Truth’ Links

<http://en.wikipedia.org/wiki/Escolar>

<http://www.thekitchn.com/use-caution-when-eating-escolar-66602>

<http://blog.medellitin.com/2008/12/escolar-world-most-dangerous-fish.html>

<http://www.odditycentral.com/foods/these-fish-are-so-delicious-youll-soil-yourself-literally.html>

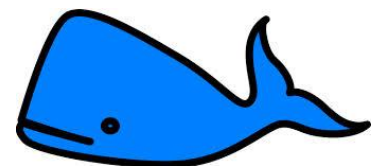
<http://www.startribune.com/lifestyle/taste/139583174.html>

Escolar's wax ester content can cause keriorrhea (Greek: flow of wax), gempylotoxism or gempylid fish poisoning. Symptoms range from stomach cramps to rapid loose bowel movements, occurring 30 minutes to 36 hours following consumption. This condition may also be referred to as steatorrhea.

Escolar can be mislabeled in both restaurants and at fish markets. In 2009 tuna samples from sushi restaurants in New York City and Denver, Colorado were DNA tested. Five of nine restaurants serving fish labeled “white tuna,” “white tuna (albacore)” or “super white tuna” were actually serving escolar. From 2010 to 2013, a study by Oceana, an Ocean preservation organization, tested over 114 samples of tuna, and found that 84% of the white tuna samples were actually escolar. Italy and Japan have banned the sale of escolar due to its potential side effects. It has been banned from consumption in Japan since 1977, as the Japanese government considers it toxic.

November 19th, 2014: A restaurant owner and his company pleaded guilty in federal court to serving sushi made of the endangered Sei whale, according to the Los Angeles Times. Brian Vidor and Typhoon Restaurant Inc. had each been charged with the unlawful sale of a marine mammal. Invoices listed the meat as “fatty tuna” and dishes using whale were not printed on the restaurant's menu.

<http://www.dailyfinance.com/2014/11/19/restaurateur-admits-serving-whale-meat/?ncid=webmail14>



A ‘Whale’ of a Scam



Contact Information for our trips to Japan, the Sushi Club of Houston or Contacting Carl Rosa

Email Carl Directly: carldrosa@yahoo.com

The Sushi Club of Houston Website: www.houston-sushi.com

The Sushi Club's Email: info@houston-sushi.com

Trips to Japan Information: <http://www.houston-sushi.com/japan.html>

Key Facts about Sushi: <http://www.houston-sushi.com/sushifacts.html>