

# Let's enjoy making Nigiri Sushi and become a sushi master!

## Today's Sushi Class Summary

1. Introduction
2. Sushi chef's demonstration - Filleting a sea bream into three parts
3. Sushi-making lesson : Making your own Nigiri sushi
4. Enjoy eating your own sushi!

## □ How to make Sushi Rice (vinegared rice)

### ● Ingredients

\*one cup of rice is for about 15 pieces of Nigiri sushi. If you need more, please multiple each ingredient.

#### Cook Rice

- Japanese short-grain rice 1cup (180ml or 150g)
- Water 1cup (180ml or 150g)

#### Sushi Vinegar

- Rice Vinegar 10ml
- Sugar 4g
- Salt 2g

### ● Instructions

#### To Rinse the Rice

- (1) Add and drain water into/from the bowl twice
- (2) Rinse the rice three times
- (3) Add 1 cup of water and soak for approx. **60 mins.**

#### To Cook the Rice

Tip: **Try using a rice cooker, which is highly recommended!**

However, if you don't have a rice cooker, a standard saucepan will do.

- (1) Put the rinsed rice and 1 cup of water into a sauce pan
- (2) Cover the pan and bring it to the boil
- (3) Cook over medium-high heat, with the lid on, for about 15 mins
- (4) Lower the heat to the lowest heat setting and cook for another 10mins

#### To Make Sushi Vinegar

- (1) Mix sugar and salt in a bowl, and pour in the vinegar.
- (2) Heat up in a microwave till the sugar begins to melt. (NB: Don't boil it)

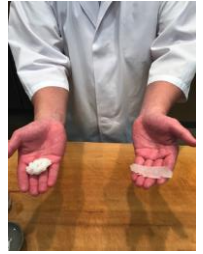
#### To Make Vinegared Sushi Rice

- (1) Scoop the rice into a large bowl and pour in Sushi vinegar evenly.  
**Quickly mix it in order to keep the stickiness of the rice**
- (2) Using a fan, lower the rice temperature to body temperature.  
(or around 37 degrees Celsius)
- (3) Cover over with a slightly damp towel to keep it moist.

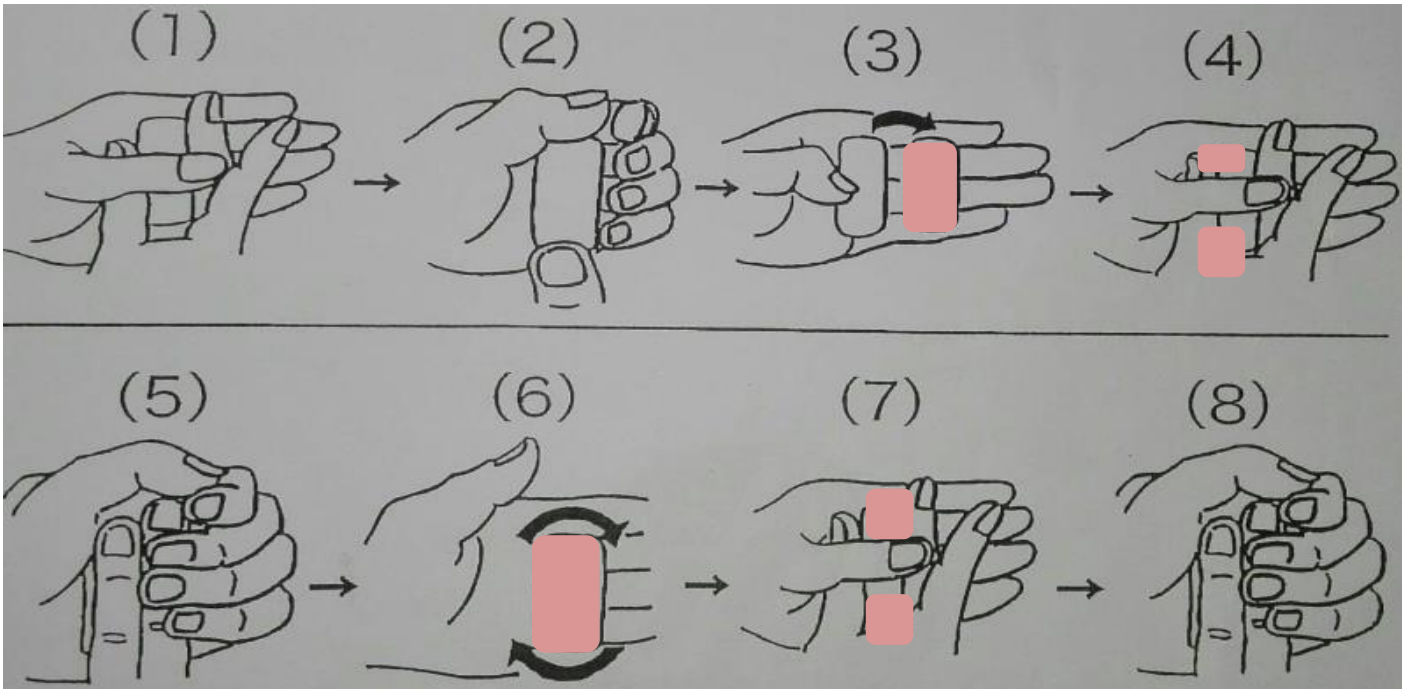


## ❑ How to make a Nigiri Sushi (For the right-handed people)

0. -put a sushi topping in your left palm
  - put a 'golf ball' size of sushi rice in your right palm
  - take wasabi with your right index finger and paste on a sushi topping
  - make a shallow 'cave' indentation on a rice ball with your right thumb
  - place the rice ball on the sushi topping
1. gently shape into a 'roll' using the thumb and the middle finger of your right hand
2. make the rice boat-shaped by lightly pushing it with your both hands' thumb
3. turn the sushi over
4. shape the rice right/left side with thumb and middle finger
5. hold the sushi and lightly press the top with your right index and middle finger
6. turn the sushi 180 degrees
7. -8. repeat #4 and #5 once again



**Done!**



### Sushi Chef's Jargon

Shari : Sushi rice  
 Neta : Sushi topping  
 Agari : Hot green tea  
 Gari : Pickled ginger  
 Kappa Maki : Cucumber roll



\*Kappa is a fictional creature who has a saucer on his head. He loves cucumbers!

### Sushi Eating Tips

1. You can use **fingers to eat sushi**, too.
2. Dip **sushi 'topping side'** into soy sauce.
3. Eat pickled ginger at intervals **between** each sushi to clean your mouth.
4. Remember, there isn't a particular order in which to eat sushi, but gourmets people say you should eat **from mild to strong, or from white meat to red.**

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