

Sushi terms

Sashimi: Sliced fish attractively served. Raw, cooked or pickled fish cut into 3-5 pieces. Usually presented on top of a few leaves of shiso and grated daikon with wasabi and ginger on the side.



Nigiri: Pieces of fish on top of two balls of sushi rice, sometimes a slice of roasted Nori (seaweed) is put on to bind the fish to the rice and to add flavor and eye appeal. One order is 2 pieces.

Gunkan Nigiri: There is another form

of Nigiri called Gunkan Nigiri. Gunkan means boat and this sushi gets the name from the way the main ingredient is held in place on top of the sushi rice. It is in a boat shape. The three main types of sushi served as Gunkan Nigiri are Tobiko, Ikura (pictured), and Uni. One order is 1 pieces.



Hosomaki: Thin rolled sushi with very little rice. The Nori (Roasted seaweed) is rolled on the outside of the roll. One order of hosomaki is usually 6 pieces.

Futomaki: Thick rolled sushi with

many ingredients inside and each piece is very large. Many variations on futomaki have been seen. Nori can be on outside or inside and one order can be anywhere from 4-10 pieces.



Uramaki: Sometimes called inside-out roll. This style of sushi has become very popular and is most seen in sushi bars in America. Some people say that it is popular in America because the Seaweed is hidden on the inside of the roll and sushi beginners are less intimidated to eat it. One order is usually 6 pieces but 8 pieces is also common.



Temaki: Hand Rolls that are meant to be eaten from the hand like an ice cream cone. One order is 1 cone filled with

ingredients.

Chirashi, Sushi Bowls: These (sampler of fish served over a rice), Donburri is like chirashi but fish that you would choose. For Donburri would be Just Unagi served over a bowl of sushi rice.

Domo – Thank You
Thank you very much
Hai – Yes
"Cheers" (While drinking)
How are you?



include Chirashi bowl of sushi just one kind of example Unagi- (freshwater eel)

Domo Arigato –
Dozo – Please
Kampei –
Konichiwa –

Other Sushi Terms

Baran – Baran is decorative plastic sushi grass used for its colorful appearance and interesting shapes. Baran is also a functional garnish when used to separate different pieces of sushi.

Bento – A meal in a tray or box with different compartments for each type of food. Usually a couple pieces of Sushi, Tempura, Teriyaki, and Rice.

Edamame – Soy beans that are steamed and served in the shell/pod. Usually garnished and eaten with sea salt and lemon.

Hamachi Kama – Literally meaning the head of the Yellowtail, this is the gill plate from the fish that is broiled with a **Ponzu** sauce. There is a lot of meat on the gill plate and is commonly seen as a appetizer for 2 people.

Hashi – Chopsticks

Itamae – Sushi Chef (Not to be confused with **Shokunin** which means master sushi chef.)

Mirin – Sweet rice wine exclusively used in cooking.

Mochi – Pounded rice in paste (Usually seen as Mochi ice cream, which is small scoops of ice cream with a thin layer of Mochi on the outside.)

Ponzu – Traditional sauce that is tart and salty made from simmering soy sauce, lemon juice, **Mirin** (rice wine), and dried bonito flakes.

Sake – Fermented rice wine (Usually served warm in small cups, or bamboo or wood boxes. Some higher quality sake is often served at room temperature.

Shokunin – Master Sushi Chef

Shoyu – Soy sauce that is made by fermenting wheat, soybeans and seasalt. This does contain wheat.

Sunomono – Pickled cucumber salad

Tamari – Sory Sauce made by fermenting soybeans and seasalt. This contains NO wheat.

Tataki – Style of cooking where a meat or fish is seared or blanched on the outside and raw on the inside.

Tatami – Traditional Japanese flooring made of straw or bamboo. A Tatami room in a restaurant is a private room for your party where everyone must remove your shoes prior to entering.

Useful Phrases

Domo – Thank You

Domo Arigato – Thank you very much

Dozo – Please

Hai – Yes

Kampe – "Cheers" (While drinking)

Konichiwa – How are you?

Types of Sushi

Chirashi – sampler of fish served over a bowl of sushi rice

Donburri – Donburri is like **Chirashi** but just one kind of fish that you would choose. For example Unagi-Donburri would be Just Unagi (freshwater eel) served over a bowl of sushi rice.

Futomaki – Thick rolled sushi with many ingredients inside and each piece is very large.

Gunkan Nigiri – A type of **Nigiri** that holds the ingredients like a boat, usually seen when ordering **Tobiko, Ikura or Uni.**

Hosomaki – Thin Rolled sushi with the Nori (seaweed) on the outside.

Maki – Sushi Rolls (There are many types of **Maki, Futo maki-Big maki, Hoso maki-Small maki, Temaki-Handroll, Uramaki, -Inside out maki** etc.)

Nigiri Sushi – Pieces of fish on top of two balls of sushi rice, sometimes a slice of roasted **Nori** (seaweed) is put on to bind the fish to the rice and to add flavor and eye appeal.

Sashimi – Only Sliced fish. Raw, cooked or pickled fish cut into 3-5 pieces. Usually presented on top of a few leaves of shiso and grated daikon with wasabi and ginger on the side.

Temaki – Cone shaped hand rolls that are meant to be eaten from the hand like an ice cream cone.

Uramaki – Rice on the outside roll. Sometimes called inside-out roll. This style of sushi has become very popular and is most seen in sushi bars in America. Some people say that it is popular in America because the Seaweed is hidden on the inside of the roll and sushi beginners are less intimidated to eat it.

Sushi Ingredients

Aji – Spanish Mackerel

Akagai – Red Clam

Ama Ebi – Raw Shrimp

Anago – Saltwater Eel

Awabi – Abalone

Ebi – Cooked/Boiled Shrimp

Fugu – Poisonous Blowfish (This can be deadly if it is not prepared correctly. Part of eating this fish is enjoying the sensation of taking your life in your hands. Or really putting your life in the hands of the sushi chef. The Fugu's organs contains a dangerous neurotoxin, which if ingested will result in paralysis and death in 15 minutes.)

Gari – Pickled Ginger (Bright pink thinly sliced ginger, served on the side of every sushi order. Gari is served as a palate cleanser to be eaten between bites of different types of sushi.)

Gobo – Burdock root. Crunchy slender carrot looking root. Commonly found in **Futomaki.**

Goma – Sesame Seeds (Black or White)

Hamachi – This fish is also commonly referred to as "Yellowtail" but is really Japanese Amberjack. It has a very buttery flavor and is rich in oils. One of the most common ingredients at a well stocked

sushi bar.

Hirame – Flounder/Halibut

Hokkigai – Surf Clam

Hotategai – Scallop

Ika – Squid/Calamari

Ikura – Salmon Roe (large orange caviar with a salty taste.)

Inari – Fried Tofu skin (Commonly used as a pouch and stuffed with rice or a mixture of rice and vegetables.)

Kaiware – Daikon Radish Sprouts

Kajiki – Swordfish (Boycott Swordfish! It is overfished.)

Kani – Crab

Kanikama – Imitation Crab also called Krab (Often found in California Rolls. This is made from various white fish that are pureed, seasoned and cooked into sticks. Also called Kani-kamaboko or Surimi.)

Kanpyo – Pickled Gourd (Dried and pickled Gourd thin strips commonly found in **Futomaki**.)

Katsuo – Bonito Tuna also known as Skipjack tuna

Maguro – Bluefin Tuna

Mirugai – Horseneck Clam/Geoduck

Natto – Fermented soy bean with a very strong flavor and a mucous consistency

Nori – Seaweed Sheet (Roasted Seaweed sheet used as sushi wrapper in sushi rolls. Shredded finely for garnishes.)

Oshinko – Generic term for pickled vegetables but usually people mean **Takuan**.

Saba – Mackerel

Sake – Salmon (Fresh or Smoked) Pronounced differently than the rice wine (**Sake**).

Shiso – Japanese mint. Commonly used as garnishes but quite tasty and edible. Used as a wrapper to pick up and eat food. Green Shiso is the most common but red is available also. Very tasty with pickled plum (**Umeboshi**).

Shiro Maguro – Albacore Tuna (Usually served **Tataki** style seared or blanched on the outside and raw on the inside.)

Suzuki – Sea Bass

Tai – Snapper/Sea Bream

Tako – Octopus

Takuan – Pickled Daikon (Bright yellow pickled root. Very tasty and colorful in rolls. Some people call this **Oshinko**.)

Tamago – Sweet Egg Omelette (Cooked in a block. This is the true test of a traditional sushi bar. In Japan, you can tell the quality of a sushi bar by its Tamago. If its bad, people have been known to walk out after tasting it.)

Tobiko – Flying Fish eggs (Bright Red/Orange Caviar that is very crunchy, sweet flavored and often found around the outside of California rolls. Other colors/favors of Tobiko are occasionally seen, Green wasabi flavored, Black squid ink and more...)

Toro – Belly Meat from Bluefin Tuna. (The more fat the higher quality. There are a few "quality levels" associated with toro. They are based upon the amount of fat in the meat. The levels are **Toro-Fatty Tuna**, **Chutoro-Fattier Tuna**, and **Otoro-Fattiest Tuna**.)

Umeboshi – Pickled plum (This salty, tart plum helps in digestion and leaves the mouth with a clean feeling. This can be found in a paste or whole plum. Very tasty with Japanese mint (**Shiso**).

Unagi – Freshwater Eel (Smoked eel and in a sweet sauce this freshwater eel is very common and delicious. Most sushi beginners start with this because almost everyone loves the flavor.)

Uni – Sea Urchin Roe

Uzura – Quail Egg (Usually served raw on top of an order of **Tobiko** or **Uni**.)

Wasabi – Japanese Horseradish (Spicy Green Paste found on the side of every sushi order. This Green paste is really horseradish with food coloring. Real Wasabi is very expensive and almost never found at a sushi bar. The real wasabi is from a plant that grows in mountainous streams. The

root is harvested and grated very finely. Traditionally the root is grated on a shark fin. The taste of real wasabi is sweeter and less spicy than what is commonly found.)

The Sushi Rice Recipe

1,0 L. Japanese Sushi Rice
1,1 L. Cold Water,
after cooking 2,5 dl. Vinegar mix

Vinegar mix 5-3-1
5 Rice vinegar
3 Sugar
1 Salt

Wash Rice in cold water until the water runs almost clear. This may take a few minutes. Once water runs semi-clear, drain rice of any excess water and add 1,1 liter of water.

I recommend using a rice cooker at this point so that the rice comes out consistently. But if you choose to cook it on the stove then..... Bring the water and rice to a boil and cover with a lid. Once you put a lid on the pan reduce the heat and simmer for 20 minutes. After 20 minutes turn off the heat and leave covered for 10 minutes. It is **VERY IMPORTANT** not to lift the lid during this last 10 minutes. The rice is **STILL COOKING**, even though the heat is off.

While the rice is cooking heat the rice vinegar, sugar and salt in a pan until dissolved. Remove from heat as soon as sugar and salt has dissolved.

When rice is done, put rice in large bowl. Slowly add the vinegar mixture in to the rice while mixing the rice with a wooden spoon or spatula. The goal is to fold the mixture into the rice. You **DON'T** want to make mushy rice. The rice should stay as individual rice grains and not a glutenous blob. Another tip for making sushi rice is to let the steam (water) come out of the rice fast by mixing near a fan or open window. The breeze will allow the water to come out of the rice while adding the flavor from the vinegar mixture. Sushi rice is not sticky from over working the rice. It is sticky from the vinegar mixture lightly coating every grain of rice. Store sushi rice at room temperature covered with a damp towel. This will keep the rice from drying out.

Chili Mayo

Kimche base
QP Mayo
Sesame oil (Japanese)
Shichimi chili (7 spices)
Sugar

Japanese suppliers

Sachie/ Japansk import
Fiolstræde 32 st. th.
1171 København K