

"Sliced" – Sushi Class

Make Your Own Sushi

1. Introduction

- History of Sushi
- Content of the Class
- Party Ideas

2. Practical Sushi Making

Preparation

- Washing hands
- Taking off your watch or jewelry
- Familiarizing your equipment
 - Knife, bamboo mat/Makisu, Wasabi, hand water/ Temizu, towels, sushi rice, seaweed, sesame, etc
- How to use your knife
- Plating

3. Style/Type of Sushi

- Tatemaki/Vertical Roll - Unakyu Roll (5pc)
- Uramaki/Inside Out Roll - California Roll (8pc)
- Temaki/Hand Roll- Poki Hand Roll (1pc)
- Nigiri Zushi (6pc)
 - Tuna/Maguro
 - Yellowtail/Hamachi
 - Smoked Salmon/Smoked Shake
 - Shrimp/Ebi
 - Gunkan Scallop/Hotate
 - Grilled Egg Plant/ Yaki-Nasu

4. Weight of each Sushi rice

- Tatemaki - 3.5oz
- Uramaki - 4.5oz
- Temaki - 2oz
- Nigiri-zushi and Gunkan-zushi - 0.5oz

5. Party ideas

- Home party ideas - Make Your Own Hand Roll
- Where to find ingredients

6. Further information - please contact Yasu@SushiDen.Net

