

# "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](mailto:Yasu@SushiDen.Net)

