

LEVERETT
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PRESENTS

SUSHI NIGHT

If you would like to learn more about the society and become an officer, talk to Dave (felician@fas) or James (park3@fas). We look forward to seeing you in the future

Thanks to the Harvard East Asian Society for the text.

Preparing Sushi Rice (Shari or Sushi Meshi).

Rice cooked for sushi should be slightly "al dente" in texture than for other dishes. You will need approximately one cup of cooked rice for each roll. Every recipe for sushi rice is slightly different, but they all work. You might find a recipe on the bottle of rice vinegar, on the bag of rice, or on the package of nori.

Most recipes call for rinsing the raw rice until the water runs clear. The reason it is rinsed first is to remove talc from the rice. They also suggest letting the rinsed rice drain in a colander. Just refrain from using instant rice, converted rice, or brown rice. The rice you use should be short-grained.

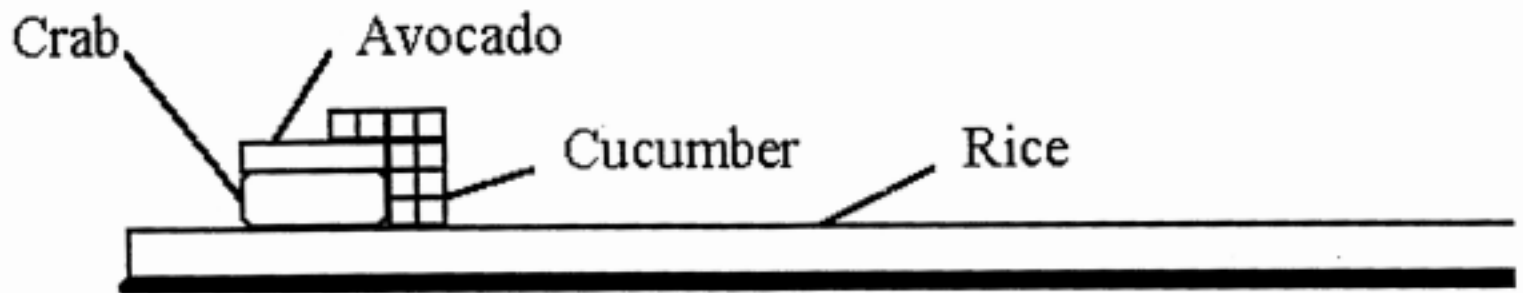
A fairly consistent recipe is to use equal amounts of rice and water, which will make the same number of cups of rice as the total of the rice and water. One cookbook suggests adding water until it is one inch above the rice. The rice and water are brought to a quick boil, boiled for 1 minute, covered, simmered for 20 minutes, and let stand for 10 minutes after removing from the heat. Vinegar is added for seasoning -- you can also add a few drops of sake or *mirin* to the water for flavoring.

Place the hot rice in a large bowl and pour sushi vinegar evenly over the surface of the rice, mixing it into the rice with quick cutting strokes. You should use one tablespoon of vinegar per cup of rice. Fan the rice at the same time to cool the rice quickly. If you cannot find sushi vinegar, you can make your own. To make sushi vinegar, combine 1/3 cup white vinegar, 2 tablespoons sugar, and 1-1/2 teaspoons salt in a small saucepan. Bring to a boil, stir to dissolve everything, and remove from heat.

The Basic California Roll

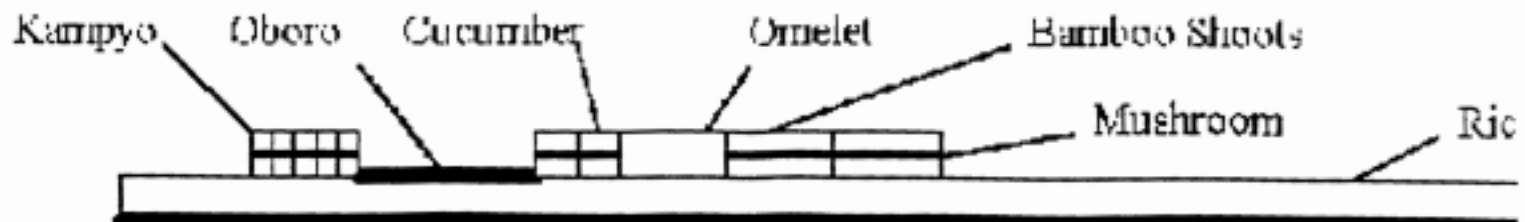
A basic California roll contains crab meat, avocado, and cucumber.

- 1- Spread about a cup of cooked, seasoned rice on the sheet of nori (seaweed), leaving about an inch of uncovered nori at one side. Do not pack the rice, rolling will take care of that.
- 2- The rice should be less than a 1/4 inch thick. The biggest mistake is using too much rice.
- 3- Place avocado slices on top of the rice first, one slice thick, about an inch from the edge of the rice, the edge opposite the uncovered nori.
- 4- Unwrap and split a piece of crab meat lengthwise into two pieces. Place the two pieces end to end on top of the avocado. Then add several strips of cucumber next to the crab and on top of the avocado. (If you put the avocado on last, it is a lot messier to roll.)



Thick Rolled Sushi (Futo- Maki)

This roll is about 2 inches thick, hence the name *futo-maki*, or "fat roll." The other sushi rolls could be called *hosu-maki* or "thin rolls." This roll usually contains six to eight ingredients, most often six, and often the same six. These always include *kampyo* gourd, *oboro* or *denbu* pink powder, *tamago* egg omelet, and *shiitake* mushrooms. Other ingredients can include bamboo shoots, cucumbers, cooked eel, cooked carrots, and cooked spinach or other greens.



Sashimi (Raw Seafood)

The important thing to remember about sashimi is that the fish should be saltwater fish, not freshwater fish. (Freshwater fish may contain parasites that are killed by cooking. Saltwater fish do not contain these parasites.)

Tuna, halibut and red snapper from a fresh fish market are great when for sashimi. Other popular fish for sashimi are yellowtail, mackerel, albacore and the infamous fugu (blow fish). The tuna and yellowtail are quite rich, and do not have a "fishy" taste. The lighter fishes such as halibut and red snapper have a milder taste. The easiest thing would be to get the freshest fish available, from a fish market or from a reliable supermarket.

Fish for sashimi is usually sliced into pieces about 1 inch wide by 1-1/2 inches long by 1/4 inch thick. A serving is four slices in a sushi bar, but at home you can indulge.

maguro, tuna
toro, fatty tuna belly
shiro maguro, albacore
hamachi, yellowtail
katsuo, bonito
saba, mackerel
shake, salmon
tai, porgy, red snapper
hirame, halibut
suzuki, sea bass
unagi, freshwater eel
anago, sea eel
tako, octopus
ika, squid
awabi, abalone
mirugai, geoduck clam
akagai, pepitona clam
kaibashira, large scallops
kani, crab
ebi, cooked prawn
ama ebi, raw prawn
ikura, salmon roe
uni, sea urchin roe
tobiko, fish roe
tamago, egg omelet