

Name: _____

How To Make Sushi



Watch the video. Then try to write out the steps to make sushi. Watch again and write notes.

1. First.
2. Next.
3. After that.
4. Then.
5. Next.
6. Then.
7. Finally.

Name: _____

How To Make Sushi



Watch the video. Then try to write out the steps to make sushi. Watch again and write notes.

1. First.	Collect The Ingredients
2. Next.	Prepare Your Tools
3. After that.	Apply The Rice
4. Then.	Place the filling on the rice
5. Next.	Roll The Sushi
6. Then.	Go Through A Lifetime Of Blood, Sweat, Tears
7. Finally.	Cut It Up

Sushi



Comprehension

Watch the video here: <https://goo.gl/3QLvCh>

1. Watch the video. How many stars does he give each sushi? Why?

Shop	Star rating	Reason
7 eleven	1 star	<i>mushy / only avocado taste</i>
Trader Joe's		
Whole Foods		
Walgreens		
Sushi Stop		

Remember: You can listen as many times as you want!

2. Now listen again for more details:

- How many years has Yoya Takahashi been making sushi?
- Which shop does he always go to?
- What does he usually buy if he goes to a convenience store?
- What does he recommend if you want to eat sushi?

Vocabulary

3. Write the words in the correct sentences:

frozen quality ingredients smell flavour

- The shrimp has a bad _____.
- The tuna is good _____.
- _____ fish has so much water.
- I like more of a vinegar _____.
- They use the same _____.

4. Match the adjectives to the meaning:

- | | |
|----------|---|
| a. cheap | has a good flavour |
| b. hard | opposite of soft / difficult to break |
| c. mushy | picked or bought recently / not frozen or dried |
| d. nice | soft and thick |
| e. fresh | costs little money |
| f. tasty | pleasant |

International English



Yoya Takahashi is a top sushi chef, originally from Kyoto, Japan. He lives and works in LA, USA.

5. Are Japanese accents new / difficult for you to understand?

If yes, listen again and try to focus on his pronunciation. Do you notice any differences between your accent and his accent? Remember: different does not mean better or worse!

6. Sentence stress is important to help people hear your message.

Underline the words that Yoya stresses (makes louder and clearer):

- I've been making sushi almost fifteen years.
- It's nice in price.
- That's too mushy.
- The rice is going to be so hardened.
- Salmon pretty good here.

7.

Which convenience stores are most popular in your country? What is your favourite convenience store fast food?

How to Make Sushi Rolls

Two popular types of **sushi** are **finger rolls** (called *nigiri-zushi*) and **nori rolls** (called *maki-zushi* or *maki-mono*). Finger rolls are bars of sushi rice topped with wasabi and fish. Sushi nori rolls, the most popular type of sushi, consist of rice and various ingredients, such as fish, wrapped in a sheet of seaweed call *nori*. Below is a short guide to making a basic sushi roll (maki-zushi), such as a *California Roll*.



Spread Rice over Nori- Place the nori sheet, shiny side down, on the bamboo rolling mat. With water moistened hands (which helps in handling the sticky rice), spread half a cup of sushi rice evenly over the nori sheet, leaving 1" at the top.



Arrange Fillings over Rice

Arrange the sushi roll fillings in a narrow row across the top third of the sushi rice. Leave a space of rice above and below the strip of toppings.



Fold sushi mat over roll

Moisten the top edge of exposed nori with water. Grasp the rolling mat with both hands, thumbs underneath, and fold the close edge of the nori sheet so it overlaps the sushi rice and ingredients.



Roll Sushi Tightly with Mat

Roll tightly with firm pressure using the rolling mat. Lift the mat slightly and finish rolling until the edge closest to you meets the rice free edge at the far end of the nori. Overlap the moist edge of the nori sheet to create a seal.



Remove Sushi Roll from Mat

Use the rolling mat to shape and square up the sushi roll by pressing gently along the tops and sides of the roll. Remove the sushi roll from the bamboo mat, and place the roll seam side down on a cutting board.



Slice Sushi Roll into pieces

Sushi is best sliced using a carbon steel Japanese style knife. After the knife is moistened in water/vinegar, cut the nori rolls into six or eight equal pieces. (Cut the roll in half, then each half in thirds or fourths.) Use a swift back and forth cut for best results.

How to make Sushi rice

It's essential while the production of Japanese sushi to pay attention to use the right rice and utensils to get the best results.

Ingredients

- 2 cups Japanese rice
- 3-5 Tablespoons Japanese rice vinegar
- 2-3 Tablespoons sugar
- 1-2 teaspoons salt

Utensils

- Pan for rinsing rice
- Rice cooker or pan with lid
- Wooden or plastic spoon for mixing
- Measuring cup, spoons

How to cook Sushi Rice

Heat the rice vinegar until hot, but not boiling. Add the sugar and salt. Stir until the sugar is dissolved. Allow mixture to cool before using. Room temperature is best. Adjust measurements according to taste.

Original Sushi Rice is important

It's important to use Japanese rice because of its short grain. It has just the right amount of starch to make it sticky. Trying to use long grained rice for sushi will only produce a frustrated cook.

Preparing the Rice

Measure out your rice and place it in a pan deep enough to cover with cold water. Remember, each cup of uncooked rice will double in amount. Wash thoroughly, running your hands through the rice. This removes the coating used to keep it from sticking during storage. At first, the water will have a milky look to it. Continue to rinse several times until the final rinse almost clear. Let it soak for about 15 minutes. Drain off water and let the rice set for several more minutes.

Stove Top Cooking

If you are cooking the rice on the stove top, follow the directions on the package. Bring the rice to a boil, then turn down the heat until the water evaporates. Keep the lid on at all times. Check the rice with a spoon to see if it's done properly. Be careful not to over- or under-cook the rice. Remove the pan from the heat and let it set for a few minutes.

Rice Cooker

A rice cooker makes the whole process much easier. Follow your cooker directions as the water to rice ratio may be different.

Seasoning the Rice

Place the cooked rice in a large stainless steel bowl while it is still hot. Add the seasoning a little at a time, cutting in, and folding carefully to avoid damaging the rice. Taste it along the way until you reach the desired flavor. As you continue to fold in the seasoning mixture, fan the rice to cool. You may choose to use a baking sheet to spread out the rice to cool, but do not use anything aluminum as it will react to the vinegar. When the rice has cooled to room temperature, use a damp cloth or moist paper towel and place it over the rice. Keep the rice moist until it's ready to use.

Make Sushi at Home!

There was a point when your kids' idea of a cultural experience was digging a hole to China in the backyard. Now that they're in middle school, however, kids are ready to enjoy the finer points of cultural exploration, like how people live, work - and especially eat - in other countries. You've probably started them early on pizza and pasta, but the most fun, versatile, and easy-to-make foreign delicacy is Japanese fast food, otherwise known as sushi.



To most people, "sushi" means "raw fish," but this is not necessarily the case. In Japanese, the word "sushi" means "rice snack," and the word has come to describe anything from *kani* (crab) to cucumber and carrot rolls. If your child would sooner eat mud than raw fish, explain that you can make sushi out of anything, especially if you're doing it in your own kitchen!

Here's what you'll need for a sushi-making party:

What You Need:

- Short-grain white rice
- Sushi vinegar (you can make it yourself with $\frac{1}{4}$ cup rice vinegar, 2 tbsp. sugar, and 1 tsp. salt)
- Nori (seaweed sheets)
- Filling (this can be fish, egg, cucumber, avocado, carrots, or anything else you can think of! Think about mixing creamy with crunchy, like smoked salmon, cream cheese, and cucumber, for a well-balanced bite).
- Saucepan or rice cooker
- Cookie sheet or wide tub to cool rice
- Wooden spoon or spatula
- Bamboo sushi rolling mat
- Cutting board
- Sharp knife

What You Do:

1. Many people recommend that you rinse the rice before cooking, but it's not essential. Use equal parts water and rice. Bring to a boil, then simmer until most of the water is absorbed. Turn off the heat and let rice steam for a while longer.
2. While the rice is cooking, make your sushi vinegar by heating the ingredients until dissolved. When the rice is finished, spread it on a wide shallow surface (cookie sheets and wide bowls or tubs work well). Sprinkle your sushi vinegar mixture evenly over the rice, and cut it in using slicing motions with a wooden spoon or spatula (mixing the rice makes it mushy). Then cool the rice with a fan or plate – this will help the rice stay sticky.
3. Next step is to cut the nori sheet in half (scissors work best), and place it on the rolling mat, long end parallel to the bamboo. To spread the rice, use your hands! It's much better than a spoon, which is likely to crush the grains, and it's fun to feel the sticky texture. Prevent the rice from sticking to you by rinsing your hands with *tezu*, a mixture of equal parts water and rice vinegar. Spread the rice onto the sheet, leaving about $\frac{3}{4}$ inch of the nori bare. You'll use this later to seal the roll.
4. Next, add your ingredients, making sure they are evenly distributed lengthwise along the open roll. With both hands, fold the bottom of the bamboo mat over your roll. Next, gently squeeze as you roll it up until the bare nori seals the roll, making sure to compress it evenly. If it doesn't seal, use a bit of the *tezu* to make it stick.
5. With a sharp knife, cut the roll in half, then line the two halves up and cut each piece into thirds, making six pieces. When you've got enough rolls to satisfy your creativity, it's time to satisfy your stomach! Don't forget soy sauce and chopsticks to finish things off.
6. Though your child may swear by burgers and apple pie, it's important to introduce him to different food concepts and, by extension, different cultures. Eating sushi is a great way to start a conversation about Japan, for example. Ask your child why the Japanese have an affinity for fish, and use this as a jumping-off point to discuss the country's geography and neighbors. By expanding his knowledge of different foods, you are teaching him the value of cultures that are different from his own, and ensuring that his stomach will travel the world, even if he won't get off the couch!