

ISSEVE

BEGINNER'S GUIDE TO HOMEMADE

*Make Your Own Sushi.
Fresh, Fun, Easy and Delicious!*

独特な味の寿司、お楽しみください、舌の上のおいしさ、見逃しません

BASIC

Basic Tools

How to Make Sushi Roll with Mat

How to Make Sushi Rice

SIMPLE SUSHI MENU

Salmon Roll

Inside - out Roll

Avocado Roll

BASIC TOOLS



● **Premium Grade Sushi Knife**

It is necessary to buy a Japanese knife. Wipe the rice off the knife after you cut each slice of sushi. Keep the knife clean and damp - it makes it much easier to slice the rolls.

Our sushi knife features an extra sharp, non-stick, perforated blade to help you cut every roll with style and ease. The handle of the cutter is more fit to your hands. The blade of sushi knife is integrated with the soft and comfortable handle, creating secure grip. The ergonomic shape offers well-balanced weight distribution.



● **Bamboo Rolling Mat**

A rolling mat is essential for making rolled sushi. It is made of bamboo sticks woven together with cotton string and has a square shape.

After use, your bamboo rolling mat must be scrubbed and rinsed by hand with mild soap and water. Don't place it in the dishwasher. Make sure to dry it completely before storing. Any moisture or traces of starch from the rice left on it will result in it becoming moldy. Carbonized bamboo will help inhibit any mold growth.

Having two mats is great for the sushi-making process. You may cover the mat with a sheet of cling film or plastic wrap when making inside-out rolls to avoid the rice grains getting stuck between the bamboo sticks. Also, by covering the mats with a plastic wrap before each use it makes cleanup between different types of sushi rolls much easier. The mat can also be used to drain vegetables.



● **Rice Spreader**

A knife-shaped bamboo or wood spreader is great for evenly spreading the rice grains without getting your hands sticky



- **Rice Paddle**

A flat, round-shaped paddle is traditionally used to serve rice and stir in sushi vinegar. This is made of bamboo or wood, so soak it in cold water before use to prevent the rice from sticking to it. Alternatively, use a rice paddle, but do not use a curved mixing spoon, as this may mash the grains of rice, rather than cutting between them.



- **Sushi Bazooka**

New design to prop up the sushi bazooka stable and better. All the parts are made of food grade material which means they are safe to use. All you have to do is open the sushi bazooka, "load" it with rice and other ingredients, close it and squeeze out your finished sushi.



- **Bamboo Chopsticks or Fingers?**

Whether or not to use chopsticks is generally up to you. If you don't know to use or don't feel comfortable using chopsticks, it is acceptable to use your fingers. You can use a wet towel to wipe your fingers before start the meal. As for chopsticks users, don't pass food from your chopsticks to another person's chopsticks, as this is considered to be extremely bad luck.



- **Chopsticks Holder**

Traditional Japanese custom, when you stop eating sushi, you must put your chopsticks on the chopsticks holder. You don't need to put your chopsticks on the plate.

HOW TO MAKE SUSHI ROLL?



Put the sushi rice and fillings into the Sushi Bazooka, Ues Sushi Bazooka to make the rice into a cylinder

Cover your sushi mat with cellophane (plastic wrap), to avoid the rice grains getting stuck in between the bamboo sticks of the wrapping mat. Place a whole non sheet on the wrapped mat - rough side up. Place the non on the mat so that the long end is parallel with the bottom of the mat.



Dip your fingertips in a bowl of cool water. Add a cylinder sushi rice to the non sheet. Make sure to leave at least 2-3cm of non bare at the top of the roll.



Lift up the closest edge of the mat with your thumbs and index fingers. Slowly roll the rice mat over the ingredients until the edge is touching the non side. The secret is to lift the front of the mat and slightly push the roll forward to the end. Keep rolling 3 or 4 times, and each time you roll, open the mat and make sure that it is tightly rolled.

There may be a small flap of the non sheet that is not completely sealed. Do not wet with water to seal. Simply allow the roll to rest seam-side down on a cutting board for about 2 minutes.



Dip the tip of a very sharp knife into a bowl of cool water. Tap the bottom of the handle of the knife on the cutting surface so that the water runs down the length of the blade. Then cut the rolls in half. Place the 2 halves alongside each other and cut them together into 3-4 slices.

HOW TO MAKE SUSHI RICE?

寿司ご飯はどう作りますか？

寿司ご飯は寿司米、白酢、塩から作られたものです。

本格的な日本寿司は、やや小ぶりで甘みのある日本の真珠米を使います



SUSHI VINEGAR (Sushi Rice Dressing)

Sushi rice dressing is a combination of rice vinegar, sugar, and salt. You can buy sushi rice dressing at supermarket or grocery store, also you can make your own sushi rice dressing.



How to make sushi rice dressing?

A very general guide is to use 10 parts vinegar, 5 parts sugar, and 1 part salt. You could reduce the amount of salt should you desire a sweeter mixture. Use about $\frac{1}{2}$ tbsp. of vinegar mixture per 100g (3 $\frac{1}{2}$ oz) of cooked rice.

Making sushi rice dressing is easy. What you need to do is place the rice vinegar, sugar, and salt in a stainless steel saucepan and heat at a low temperature, gently stirring. Stop heating when the salt and sugar have dissolved. And then let it cool down to temperature.





PREPARING SUSHI RICE

It is particularly important to wash and rinse the rice prior to cooking. Let the wet grains of rice rest for at least 30 minutes prior to cooking to allow the rice to absorb some water. Cooked sushi rice is slightly harder in texture than the average boiled rice, because it is cooked with less water, so as to allow some room for the addition of sushi vinegar. Makes about 6 cups (1 kg) 2½ cups (500 g) short-grain white rice 2½ cups (625 ml) water, minus 3 tablespoons ¾ cup (185 ml) Sushi Rice Dressing (Sushi vinegar)

Place the rice in a medium-size bowl and add enough tap water to cover the rice. Using your fingers gently whisk the rice using five circular motions. Taking care not to separate the grains, pour the water off. Repeat this process three times. Place the rice in a fine-mesh strainer and rinse with cool water. Continue washing the rice and changing the water until it is clear. Drain the water and leave the rice to rest in the strainer for approximately 30 minutes.

Place the rice and measured water in a rice cooker or sauce pan. Once the rice cooker is ready cook for exactly 40 minutes (if you do not have a rice cooker, cook in a sauce pan until done). Most likely the cooker will indicate that the rice is done before 40 minutes have elapsed, but be patient. Do not lift the lid or stop the process before the time is up. Meanwhile, soak the wooden rice paddle in cold water. This will prevent the cooked rice from sticking to the paddle while mixing it with the Sushi Rice Dressing.

Decant the steamed rice onto a large, flat cutting board. Using the soaked rice paddle, gently spread the rice as thinly as possible, and then Splash Sushi Rice Dressing evenly over the rice. Using the rice paddle, gently "cut" the rice without mashing the individual grains to mix in the vinegar. Spread the rice into a thin layer and cool to room temperature. After reaching room temperature, transfer the rice into a large container and cover with a damp cloth until ready for use (don't refrigerate). Use the rice within 4 hours.

HOW TO MAKE SUSHI ROLL?



CLASSIC SEAFOOD SALMON ROLL

For this recipe, you will need:

1 batch of Sushi rice

1/2 lb. of Salmon

5 Half-sheets of Nori (seaweed sheets)

HOW TO MAKE THE SALMON ROLL?

Cover your sushi mat with cellophane (plastic wrap), to avoid rice grains getting stuck in between the sticks of the bamboo mat. Place a half sheet of nori (seaweed sheet) on the bamboo wrapping or rolling mat (rough side facing up).

Add a small handful of cooked sushi rice to the nori (seaweed sheet). Wet your fingers in a bowl of cold water, gently spread the rice over the sheet with your fingertips. Press the rice down along the center to create a "valley" or indentation where you will place the salmon later. Make sure to leave at least 2cm of nori bare at the top of the roll.

Next, cut the salmon fillet into pencil-thick strips, and place the strips on the rice along the "valley" (indentation).

Lift up the closest edge of the mat with your thumbs and index fingers. Place your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly use the mat to roll the rice ingredients until the edge is touching the nori side. Then lift the front of the bamboo wrapping mat slightly and push the roll forward to the end. Continue rolling 3 or 4 times, and each time you roll, open the mat and make sure it is tightly rolled.

Remove the sushi roll from the mat and place it on a clean, dry cutting board. Cut the roll into 6 pieces with a sharp, wet knife. Repeat the process for each roll.





HOW TO MAKE INSIDE-OUT SUSHI ROLLS?

INSIDE-OUT SUSHI ROLL

Makes 36 pieces

For this recipe, you will need:

3 Nori sheets (seaweed)

1 batch of Sushi rice

120g (4oz) Crabmeat

1 Cucumber

120g (4oz) Mayonnaise

Wasabi paste (optional)

1 Medium avocado

6 tbsp. Flying fish roe

HOW TO MAKE INSIDE-OUT SUSHI ROLLS?

Discard cucumber's pulpy center and cut into julienne strips. Cut the avocado in half, remove the pit and peel, and slice lengthways into pencil-thick strips.

Place a half sheet of nori on the bamboo wrapping mat.

Dip your hands in a bowl of water, take a handful of rice, about 1 00g (3½ oz) in weight, and place it in the middle of the nori sheet. Use your fingers to spread an even layer of rice all the way onto the edges of the nori. Flip the nori over with both hands.

Place the crab and cucumber along the center of the nori sheet. Add a line of mayonnaise on one side and a thin smear of wasabi on the other, if using. Arrange the avocado on top.

Lift up the closest edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly roll the rice mat (bamboo mat) over the ingredients until the edge is touching the nori side. Then lift the front of the mat slightly and push the roll forward to the end. Continue rolling 3 or 4 times. Each time you roll, open the mat and make sure that it is tightly rolled.

Open the mat. Spoon the fish roe onto the sushi roll you just completed, and use the back of a spoon to spread the roe over it. Turn the roll over to coat the underside. The roe does not have to cover the sushi perfectly. Repeat to make 6 sushi rolls.

Cut each roll in half. Place the 2 halves next to each other, moisten the knife, and cut twice to get 6 equ



HOW TO MAKE SUSHI BURRITOS?

SIMPLE AVOCADO ROLLS

Makes 4 rolls (24 pieces)

For this recipe, you will need:

1 Large avocado

2 sheets of Half nori (seaweed)

4 half-handfuls (roughly 320g) of Sushi rice

4 teaspoons of Black sesame seeds



HOW TO MAKE SIMPLE AVOCADO ROLLS?

Cover the bamboo wrapping mat with a sheet of cling film (plastic wrap) when making inside-out rolls to avoid rice grains being stuck between the bamboo sticks of the wrapping mat.

Place a half sheet of nori on the cellophane wrapped sushi mat; it does not matter if the shiny side is facing down or up, because the nori won't be visible in the finished roll.

Add roughly 2/3 cup of cooked sushi rice to the top of the nori. Make sure that you roll the rice to each edge of the nori and that you are not mashing the rice down.

Dip your fingers in cold water, and shake off any excess. Damp fingers help when handling sticky sushi rice. Spread half a handful of cooked sushi rice (roughly 80g) over the sheet evenly and gently with your fingertips.

Sprinkle 1 teaspoon of black sesame seeds over the rice; these will end up on the outside of the roll.

Flip the rice mat over (not the bamboo mat, just the nori with the rice and sesame seeds). Dab some wasabi paste on the nori before adding the avocado slices, if you like.

Cut the avocado in half lengthways. Remove the pit and peel neatly and slice the avocado lengthways into 1 cm-wide crescent-shaped pieces. Place a quarter of the avocado pieces at the bottom of the nori, onto the area without the rice.

Lift up the closest edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with your other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. Then lift the front of the mat slightly and push the roll forward to the end. Keep rolling 3 or 4 times, and each time you roll, open the mat and make sure that it is tightly rolled.

Remove the sushi roll from the mat and place it on a clean, dry cutting board. Cut each roll into 6 pieces with a sharp, wet knife. Repeat to make another roll.



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