

Beginner's Guide to Homemade

SUSHI

新鮮な、面白いと簡単な、美味の
各種の寿司の作り方

DELAMU

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

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Beginner's Guide to homemade Sushi!
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BASICS

Basic Tools	03-04
How to Make Sushi Rice	05-07
How to Make Sushi Roll with Mat	08-09
Bazooka Sushi Roller	10-11

SIMPLE SUSHI MENU

Classic Seafood Salmon Roll	12-13
Inside-out Roll	14-15
Futomaki Rolls	16-17
Eel Roll	18-19
Seafood Nigiri Sushi	20-21
Temaki Sushi	22-23



▶ A SET OF GOOD SUSHI KNIVES

It is not necessary to buy a Japanese knife but do use a very sharp knife and always keep it clean and moist



▶ RICE COOKERS

For the best sticky sushi rice, always use a rice cooker to prepare it. After it is cooked, allow the rice to “rest” in warming mode for 15 minutes and then take it out to avoid losing too much water content.



▶ BAMBOO ROLLING MAT

A rolling mat is essential for making rolled sushi. After use, your bamboo rolling mat must be scrubbed and rinsed by hand with mild soap and water. Make sure to dry it completely before storing it. The mat can also be used to drain vegetables and shape rolled omelettes.



▶ RICE PADDLE

The rice paddle is a flat round-shaped paddle, which is traditionally used to serve rice and stir in the vinegar, that is made of bamboo or wood. Soak it in cold water before use to prevent the rice from sticking to it.



▶ RICE SPREADER

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



▶ CHOPSTICKS OR FINGERS?

Whether or not to use chopsticks is generally up to you. At a sushi bar, you are given a wet towel at the start of a meal to wipe your fingers with before you begin; you can do the same at home.

For chopsticks users, there is something you need to pay attention to.

Don't pass food from your chopsticks to another person's chopsticks as this is considered to be extremely bad luck.



▶ SUSHI RICE MOLD

For the sushi chef at home, making these oval hand formed pieces of rice for Nigiri can sometimes be challenging so the Nigiri sushi mold was developed.



▶ MAT FOR TEMAKI SUSHI

Even for Japanese people, it is very difficult to make beautiful sushi of uniform size. But by using this mat, you can easily make beautiful Temaki sushi.





RICE

Selecting the proper rice for sushi is a top priority, as rice is the foundation of sushi. Beginners will find that medium-grain sushi rice is easier to handle. Short-grain sushi rice is considered premium.

► **SUSHI VINEGAR**

Sushi vinegar is a blend of rice vinegar, sugar, and salt. It is the all-important, integral part of sushi, and gives otherwise plain rice a subtle sweet-and-sour taste and glossy sheen. There is no definitive recipe.



► **HOW TO MAKE SUSHI VINEGAR?**

A very general guide is to use 10 parts vinegar, 5 parts sugar, and 1 part salt. You could reduce the salt quantity if you wanted a sweeter mixture.

Place the rice vinegar, sugar, and salt in a stainless steel saucepan and heat gently, stirring until the salt and sugar have dissolved. Don't let the mixture boil or it will spoil the flavour. Let it cool to room temperature before using it. You can make up sushi vinegar mixture in advance; just store it in a glass container in the refrigerator and use it within 3 months. When adding premixed sushi vinegar to cooked rice, use approximately 1/2 tbsv vinegar mixture per 100g (3½oz) cooked rice.



► PREPARING SUSHI RICE

Good sushi, whatever the style, always begins with good vinegared sushi rice.

It is particularly important to wash and rinse the rice, then let the wet grains stand for at least 30 minutes before cooking to allow them to absorb some water.

Prep Time: 50 minutes

Cook Time: 40 minutes

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

Place the rice and measured water in a rice cooker, cook for exactly 40 minutes. 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 tossing with the Sushi Rice Dressing.

Dump the steamed rice onto a large, flat cutting board. Using the soaked paddle gently spread the rice as thinly as possible. Splash Sushi Rice Dressing evenly over the rice. Then, using the paddle gently “cut” the rice without smashing the individual grains to mix in the vinegar. Spread the rice into a thin layer and cooled to room temperature.

Place the rice in a large container and cover with a damp cloth until ready for use. Use the rice within 4 hours.

► HOW TO MAKE THIN SUSHI ROLLS

Lay a bamboo rolling mat on your work surface and place a sheet of nori shiny-side down on it. Place the nori on the mat so that the long end is parallel to the bottom of the mat.

Dip your fingertips in vinegared water (Cool water also work just as well). Spread about ½ cup (100 g) of prepared sushi rice evenly over the bottom ¾ of the nori sheet. (leaving a 4cm (1¾in) margin on the edge of the nori furthest from you.)

Arrange the fillings in a thin line extending to the edges of the nori. Wet your fingertips again. Place your thumbs under the rolling mat and lift the near edge of the mat with your thumbs and index fingers. Hold the fillings in place with the rest of your fingers. Fold the bottom edge of the mat so that the nori fits just over the fillings. Do not allow the edge of the bamboo rolling mat to get stuck inside the fold.

Holding a small flap at the top of the mat, bring the near side of the roll over so that it covers the fillings. Bring the rolling mat down to meet the strip of nori and gently squeeze along the length of the roll to tuck in the near edge of the nori.

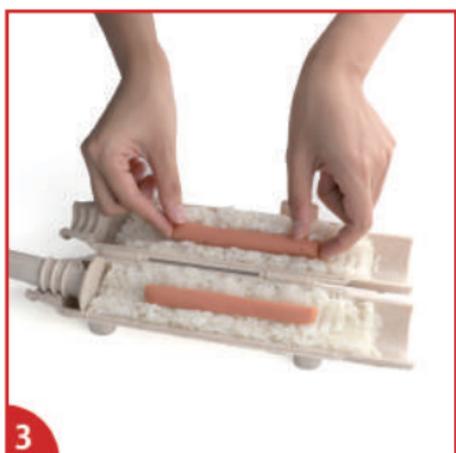
Lift the front edge of the mat slightly with one hand and use the other to gently push the roll forward so that the strip of nori not covered by rice seals the roll.

Pull back the mat and tidy the ends of the roll. There may be a small flap of nori 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.

While you prepare 2 more rolls. Dip the tip of a very sharp knife into a small bowl of water. Tap the knife heel on the cutting surface so that the water runs down the length of the blade. Then cut the rolls in half. Cut each half into 4 slices. When you get more confident you can place the 2 halves alongside each other and cut them together.



► HOW TO USE BAZOOKA SUSHI ROLLER?



1. Open up the bazooka roller, oil the inside of each side lightly. Load rice 4/5 full into each side with the spreader, ensuring the rice is even.
2. Press the plunger rod onto each side of the rice to create a groove down the middle, making room for ingredients.
3. Place your favourite ingredients on each side of the rice.
4. Close the bazooka to pack it tight, lock the clips and put on the end cap.



5. Place a sheet of nori on the bamboo mat, take the end cap off and squeeze the roll of sushi onto the nori sheet.
6. Roll it in the bamboo mat to wrap on the nori sheet and complete the process.
7. Cut the roll to your desired lengths with the knife. Use the included cutting mold if needed.
8. Dip the sushi rolls in your favourite sauce and savor every bite.



INGREDIENTS

▶ CLASSIC SEAFOOD SALMON ROLL

- 1 quantity sushi rice
- 1/2 lb. of Salmon
- 5 Half-sheets of Nori

▶ HOW TO MAKE THE SALMON ROLL?

Cover your sushi mat with cellophane, avoiding rice grains getting stuck between the bamboo sticks. Place a half sheet of nori on the wrapped mat. Rough side up.

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

Cut salmon fillet into pencil-thick strips. Then place them onto the rice along the “valley”.

Put your thumbs underneath the mat and hold the filling in place with other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. The tip is 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 chopping board. Cut the roll into 6 pieces with a sharp, wet knife. Repeat to make another roll.



INGREDIENTS

▶ **INSIDE-OUT ROLL SUSHI**

- 3 sheets nori seaweed
- 1 quantity 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 ROLL SUSHI?

Discard cucumber's pulpy centre and cut into strips in a Julienne fashion. Peel avocado, stone, and slice lengthways into pencil-thick strips.

Place a half sheet nori on the wrapped mat.

Dip your hands in the bowl of water, take a handful of rice about 100g (3½oz) in weight and place it in the middle of the nori. Use your fingers to spread an even layer of rice to the edges of the nori. Flip the nori over with both hands.

Lay the crab and cucumber along the centre of the nori. 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 near edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. The tip is 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.

Open the mat. Spoon the fish roe onto the sushi roll, and use the back of a spoon to spread the roe over it. Turn the roll over to coat the underneath. 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 give 6 equal-sized pieces per roll. Repeat to make more rolls.



INGREDIENTS

▶ **FUTOMAKI
MAKES 3 ROLLS**

10-12 pieces of Asparagus

1 Avocado

1 Cucumber

1 quantity sushi rice

3 pieces of Full Sheet Nori

1 block of Tamago

6 pieces of Gobo (pickled
burdock root) or sliced carrots

Garlic Mayo

Sesame seeds

► HOW TO MAKE FUTOMAKI?

Discard cucumber's pulpy centre and cut into strips in a Julienne fashion. Blanching Asparagus, then place them onto a few paper towels to drain and back at room temperature. Peel avocado, stone, and slice lengthways into pencil-thick strips. Slice Tamago into strips.

Place a full sheet of nori on the wrapped mat. Rough side up.

Add a small handful cooked sushi rice to the nori. Wet your fingers with the bowl of cold water, spread rice over the sheet evenly and gently with your fingertips. Make sure leave at least 3cm of nori bare at the top of the roll.

Place Tamago, Gobo, sliced cucumber, asparagus, and avocado onto the center of nori.

Lift up the near edge of the mat with your thumbs and index fingers. Put your thumbs underneath the mat and hold the filling in place with other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. The tip is 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 roll from the mat to dry, clean cutting board. Cut the roll into either 10 or 12 pieces.

Transfer them to plate, drizzle Garlic Mayo and sprinkle some sesame seeds on it to add an extra layer of flavor and crunch. Repeat to make another roll.



INGREDIENTS

▶ **EEL ROLL
MAKES 2 ROLLS
(16-20 PIECES)**

- ½ a packet (1 fillet) of grilled freshwater eel
- 2 cucumber sticks
- 2 sheets of nori
- 2 handfuls (roughly 320g) of sushi rice
- 4 teaspoons of white sesame seeds
- 4 pieces of omelette

► HOW TO MAKE EEL ROLL?

Cut freshwater eel into 1cm-wide strips. Discard cucumber's pulpy centre and cut into pencil-thick strips.

Place a sheet of nori on the wrapped mat.

Add a small handful cooked sushi rice to the nori. Wet your fingers with the bowl of cold water, spread rice over the sheet gently with your fingertips. Make sure leave about 3 cm nori bare at the top of the roll.

Sprinkle 2 tablespoons of white sesame seeds over the rice; these will end up on the outside of the roll.

Flip the nori over with both hands.

Place eel strips in a single line at the bottom of the nori. Add cucumber and omelette alongside.

Put your thumbs underneath the mat and hold the filling in place with other fingers. Slowly roll the rice mat over the ingredients until the edge is touching the nori side. The tip is 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 roll to dry cutting board, then cut each roll into 8-10 pieces with sharp, wet knife.

Repeat to make one more roll.



INGREDIENTS

▶ SEAFOOD NIGIRI SUSHI

2 boiled shrimp

2 slices of tuna

2 slices of salmon

4¼ ounces (120 grams) of sushi rice

1/2 teaspoons of wasabi paste (for each nigiri piece)

2 cups (475 ml) of su water (add a dash of rice vinegar to regular water - this acts as a disinfectant)



▶ HOW TO MAKE THE SEAFOOD NIGIRI SUSHI?

Cut each piece of seafood into small and thin slices. Avoid creating bulky or uneven cuts because the visual presentation of the fish is important.

Wet your fingers in the bowl of cold water. Press the sushi rice into the mold and then push or drop them out by turning the mold over and hitting it lightly against the counter.

Place a dab of wasabi on one side of the fish slice and then place the fish on the rice, with the wasabi side on the rice.

Shape both items together. Repeat this process using the salmon and shrimp



INGREDIENTS

▶ TEMAKI SUSHI

- 1 batch of sushi rice
- 1 sheet of nori (full sized sheets cut in half)
- 1 slice of tuna
- 2 slices of salmon
- Ikura, Lettuce, Kaiware sprouts, Green shiso, Mayonnaise



► HOW TO MAKE TEMAKI SUSHI?

Put one sheet of nori on the hand rolled mat. Wet your fingers in water and then use them to spread the rice in an even layer on the left half of the nori sheet.

Place your filling ingredients on the rice, with most of the filling positioned towards the top.

Roll the bottom left corner up to the middle of the top edge of the nori sheet to form a cone.

Continue rolling until the nori wraps completely around itself. Eat immediately.



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