

# TVET CERTIFICATE V in Culinary Arts

CUAAS501

Asian Sushi and Sauces

Prepare Asian sushi and sauces

Competence

**Credits: 6**

**Learning hours: 60**

**Sector: Hospitality and Tourism**

**Sub-sector: Culinary Arts**

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## **Purpose statement**

This particular module describes the skills, knowledge and attitude required to prepare Asian Sushi and Sauces. The trainee will be able to prepare Asian Sushi and Sauces by respecting the selection of ingredients, preparation and use of tools and equipment, preparation of ingredients, presentation, garnishing and storing of sushi and sauces accordingly.

Elements of competence and performance criteria		Page No.
Learning Unit	Performance Criteria	
<a href="#">Learning Unit 1: Select ingredients</a>	1.1 Right confirmation of food production requirements from food preparation list and standard recipes. 1.2 Precise calculation of ingredient amounts according to requirements of sushi and sauces. 1.3 Proper identification and selection of sushi and sauces ingredients from stores according to recipe, quality, freshness and stock rotation requirements	5
<a href="#">Learning Unit 2: Select tools and equipment of sushi and sauces</a>	2.1 Proper Selection of tools and equipment according to the size of sushi and type of sauces. 2.2 Proper assembling and dismantling of tools and equipment of sauces to ensure cleanliness before use. 2.3 Proper use of tools and equipment safely and hygienically of sushi and sauces according to manufacturer instructions.	16
<a href="#">Learning Unit 3: Prepare ingredients of sushi and sauces</a>	3.1 Accurate collecting ingredients of sushi according to food production sequencing. 3.2 Correct Weighing and measuring sushi and sauce ingredients. 3.3 Appropriate preparation of sushi and sauce ingredients. 3.4 Appropriate preparation of stocks for sushi and sauce according to recipe. 3.5 Regular minimization of wastage and store reusable products.	18
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<a href="#">Learning Unit 5: Present, garnish and store sushi and sauces</a>	5.1 Proper presentation of sushi and sauces with required garnishes, dips and accompaniments 5.2 Right evaluation of dish and adjust presentation. 5.3 Convenient food safety, quality and shelf life by storing food in appropriate environmental conditions. 5.4 Proper Preparation accompaniments and garnishes of sushi and sauces according to required style and recipe 5.5 Proper serving of sushi according to the shape, size and sauces depends on color on appropriate tableware	1

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## LU 0: Introduction

### General introductions

Each Asian country has its own cuisine that it is famous for. Some dishes are associated with special events, whilst others may be eaten at any time of year.

Some dishes may be popular throughout each country or specific to certain regions; this module emphasized mainly on sushi and sauces originated from Japan.

### 0.1 Defining key terms

1. **Sushi** is fish or shellfish on balls of vinegary, cooked rice.
2. **Or Sushi:** can be defined as Ready-to-eat cooked rice that has been acidified with a vinegar solution and formed with a variety of ingredients including raw or cooked seafood, fresh chopped vegetables, cooked
3. **Acidified Rice:** Cooked rice with vinegar added to achieve a pH of 4.6 or less
4. **Shamoji:** Japanese term for the spatula or spoon used to turn and spread the sushi rice.
5. **Sashimi:** Thin slices or slabs of raw fish that are presented ready-to-eat.
6. **Nigiri:** small balls of rice with ingredients on top
7. **Sushi Rice-** Cooked short grain rice mixed with vinegar and other ingredients such as sugar and/or salt.
8. **Maki rolls:** layers of rice and nori sheets rolled with a bamboo mat to form cylinders that contain various fillings
9. **Surimi:** A type of gelled fish paste that can be used to make simulated seafood products such as fabricated crab meat that can be used in sushi.
10. **Tamago:** Is the Japanese omelet commonly used in maki, nigiri and Temaki sushi. Unlike a regular omelet, the tamago is made with sugar, soy sauce, and mirin
11. **Asian cooking** is often described as striving toward a balance of flavors. Cooks typically feature all the basic flavors sweet, sour, salty and bitter.

## Learning Unit 1: Select ingredients

### 1.0 Introduction

Daily Japanese dish is made of something from the sea & something from the mountains; thus sushi ingredient Vegetables, Fish and Shellfish. Japanese also has culture to eat raw fresh food

### LO 1.1 Identify ingredients for Asian sushi and sauces

#### ● Topic 1: Ingredients for Asian Sushi and sauces

1. **Sushi rice:** is special, polished, rounded grain rice that is grainy and slightly sticky after cooking( Which it has to be in order to be shaped) in pinch, you can use Italian rounded-grain risotto. Non-sticky rice is unsuitable for sushi as is aromatic long grain or basmati rice.
2. **Rice vinegar:** is delivered from rice wine in traditional manner. It comes in both light and dark versions. The light straw colored variety has a mild sweetish aroma and is much mellower than western vinegar. As seasoning, rice vinegar is what gives sushi rice its slightly acidity flavor
3. **Nori sheets:** are made of dried pressed seaweed. Dark-green paper-thin sheets are important ingredient for enclosing maki and emaki sushi. Toasted nori sheets are more flavorful than untoasted.
4. **Marin:** is a sweet, highly alcoholic Japanese rice wine that's used elusively for cooking. Amontillado sherry can be substituted.
5. **Wasabi:** is Japanese green horseradish and is an essential part of sushi cuisine. Wasabi comes in paste or as a powder that is stirred into liquid. But watch out! It is extremely hot and will bring tears to your eyes.
6. **Japanese soy sauce ( shoyu)** is a dark sauce that is a must for eating sushi! It is brewed naturally in the traditional manner using soybeans, wheat, water, and salt. What is distinguishes it from chemically produced soy sauce is its transparency and tangy aroma, light soy sauce enhances the flavor of the other ingredients.
7. **Pickled ginger( Gari-shoga)** consists of paper thin slices of ginger marinated in sake( Rice wine) marin or sugar and salt. Once opened. Commercial ginger keeps for months in refrigerator.
8. **Instant dashi:** is a basic Japanese soup powder made from kelp and dried fish that is added to liquid.
9. **Sesame oil:** in its dark version is made from toasted sesame seeds and used sparingly ( usually just o drop or teaspoonful at time ) as a highly flavor seasoning- light sesame oil which is made from untoasted sesame seeds has a neutral flavor and used for frying.
10. **Sushi fresh ingredient "VEGETABLES"**
  - ❖ Asparagus
  - ❖ Avocado
  - ❖ Carrot: a julienne of carrot
  - ❖ Cucumber
  - ❖ Pickled vegetable

- ❖ Pickled daikon radish
- ❖ Tofu: soybean curd

**11. Eggs**

**12. Nori-tama:** sweetened egg wrapped in dried seaweed

**13. Tamago :** sweet egg omelette, sometimes mixed with minced fish

**14. Omelette (*Inarizushi*)**

When making *fukusazushi*, a paper-thin omelet may replace a sheet of nori as the wrapping. The omelet is traditionally made on a rectangular omelet pan (*makiyakinabe*), and used to form the pouch for the rice and fillings.

**15. Examples of ready to use ingredients ( Nori sheet, Omelette etc )**

All sushi has a base of specially prepared rice, and complemented with other ingredients. There are many **sushi and sashimi ingredients**, traditional and some contemporary.

some

✓ **Shari (sushi rice) Recipe for 4 guests**

1. Sushi rice
2. 625 g rice
3. 750 g cold water
4. 125 g rice vinegar
5. 22 g sugar
6. 15 g salt
7. 30 ml rice vinegar



The method is the same as for classical sushi rice, with the following exceptions:

Rice and water are cooked together with the vinegar, salt, and sugar.

When the rice has finished cooking, the rice vinegar powder is sprinkled over it and it is turned over carefully with a wooden paddle. This should leave the rice with a smooth, glistening surface.



✓ **Nori**

The seaweed wrappers used in *maki* and *temaki* are called nori. Nori is an algae, traditionally cultivated into the harbors of Japan. Originally, algae was scraped from dock pilings, rolled out into sheets, and dried in the sun, in a process similar to making paper. Nori is toasted before being used in food





### ✓ **Omelette** (*tamago-yaki*)

Omelette is excellent both as a *nigiri-zushi* topping and as *makizushi* filling. The yellow colour from the egg yolk provides an interesting contrast to red and white fish and the green tones from avocado and cucumber.

Omelette (*tamago-yaki*). Crack three eggs open in a small bowl.

Add a little each of salt, sugar, and *mirin* (optional), and beat all together lightly with a fork. Heat a pan greasing it with the tiniest amount of fat – its taste must be virtually undetectable, so apply it to the pan with a piece of paper towel

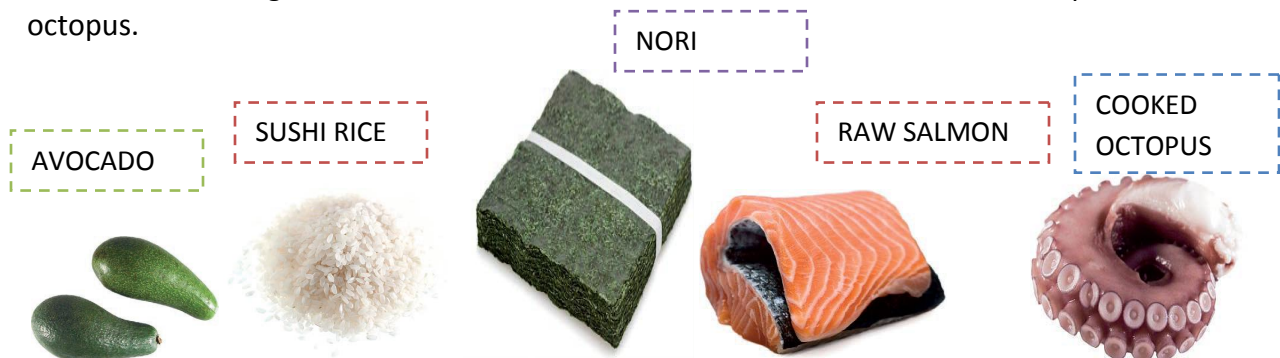
### ✓ **Other condiments**

- ❖ Shōyu: common name for soy sauce. In sushi restaurants, it may also be referred to as *murasaki*
- ❖ Hoisin sauce
- ❖ Plum sauce
- ❖ Chili sauce or paste
- ❖ Bean sauces
- ❖ Rice wine and rice vinegar

Curry pastes

### **Example 1: Prepared sushi ingredients**

Some sushi raw ingredients: avocados, sushi rice, seaweed, raw salmon, and a piece of cooked octopus.



## 16. NETA (Raw seafood) and Fish

### Shrimp (*ebi*)



The term shrimp covers a variety of species, found in waters worldwide.



The cold water ones tend to be small and are not suitable for sushi, while the larger species found in tropical waters are. *Ebi* are eaten as sushi especially for their texture, which is firm and slightly crunchy. This forms a nice contrast with the softer pieces of fish, not least in *chirashi-zushi*.



### Octopus (*tako*)

Octopuses (*tako*) can often be bought fresh at the fish store, but they are also available frozen. They have two rows of suckers on each of their eight arms, which are connected toward the body by a web. The suckers can contain unwanted material and must be cleaned thoroughly.



As octopuses may have natural parasites, they cannot be eaten raw and must be cooked first.

**Cooking octopus.** Loosen the arms from the body of the octopus, wash everything thoroughly to remove any bits of dirt, and rub the octopus with salt. Place it in lightly salted boiling water that has a bit of vinegar in it.



### Cuttlefish (*kōika*) and squid (*ika*)

The two main groups of ten-armed cephalopods are the *Sepia* (cuttlefish, *kōika*), which have a plump body and a calcium cuttlebone under the entire back, and the *Loligo* (squid), which have a narrow chitin quill running the length of the back.



To prepare cuttlefish and squid for sushi remove the arms and the innards from the body. Next, pull out the stiff cuttlebone or quill. Then slice the body open on one side and pull off the grey skin and, with it, the two lateral fins.

### Scallop (*hotategai*)



In contrast to most other species of bivalves, scallops have only one adductor muscle, but it is large and makes up about three-quarters of the total weight



Scallops are sold without shell. Most bivalves, for example, oysters and mussels, can close their shells completely and can thereby preserve their water content even when out of water. Scallops are not able to do this.



### Salmon fillet

Salmon muscle with short red fibres held together by pale stripes of connective tissue.



**Tuna**



**Halibut**

Fillets of fish with red slow muscles (tuna) and white fast muscles (halibut).

### **Notes: Right safety use of seafood, red meats and fish in sushi production**

All seafood in this list above is served raw unless otherwise specified.

For culinary, sanitary, and aesthetic reasons, fish eaten raw must be fresher and of higher quality than fish which is cooked.

Professional sushi chefs are trained to recognize good fish. Important attributes include smells, color, and being free of obvious parasites that normal commercial inspection do not detect (many go undetected).

Only ocean fish are used raw in sushi; freshwater fish are more likely to harbor parasites that are harmful to humans if uncooked.

Commonly-used fish are tuna (akami, chutoro, shiro-maguro, and toro), Japanese amberjack, also known as yellowtail (hamachi), snapper (kurodai), conger (hamo), mackerel (saba), salmon (sake), and eel (anago and unagi). The most valued sushi ingredient is *toro*, the fatty cut of tuna. This comes in a variety of *ōtoro* (often from the blue fin species of tuna) and chutoro, meaning middle toro, implying that it is halfway into the fattiness between toro and regular red tuna (akami).

*Aburi* style refers to nigiri sushi where the fish is partially grilled (topside) and partially raw.

Other seafood such as squid (ika), octopus (tako), shrimp (ebi and amaebi), clam (mirugai, aoyagi and akagi), fish roe (ikura, masago, kazunoko and tobiko), sea urchin (uni), crab (kani), and various kinds of shellfish (abalone, prawn, scallop, *and uni* sea urchin) are the most popular

seafood in sushi. Oysters, however, are not typically put in sushi because the taste is not thought to go well with the rice.

## LO 1. 2 Select ingredients for Asian Sushi and sauces

### ● Topic 1: Types of sushi

For marketing purpose and chefs' creativities sushi can be categorized according to the main ingredients rolled in or outer. This is done to facilitate consumers' selection on sushi menu. In another hand they are called chefs 'special sushi rolls.

#### Examples

1. **Rainbow roll** is prepared from avocado (Green), crab stick (red), tuna (red), salmon (yellow), Cucumber (green) white fish (white) etc



2. **Shrimp tempura roll**: sushi prepared from entirely cooked ingredients



3. **Vegetable tempura roll**: sushi prepared from: Shrimp, cucumber and mayo vegetable tempura roll: Fried sweet potatoes and fried vegetables



4. **Dragon roll**: Sushi prepared from long cut of eel and cucumber. Wrapped with avocado, masago caviar, and sesame seeds. Topped with Eel Sauce.
5. **Unagi roll**: Sushi prepared from long cut of eel and other ingredients

**Notice:** the above sushi rolls include in the following main 5 sushi roll categories

**Example:** Uramaki dragon roll, Futo maki roll, Rainbow nigiri roll

6. **Those main categories of sushi rolls are:** Nigiri, Sashimi, Maki, Uramaki, Temaki as will be discussed in the next learning unities.

### ● Topic 2: Types of ingredients for Asian sauces

1. **Meat, poultry, beef, veal, lamb, pork, bacon and game**
2. **Fish and shellfish:** examples kombu, tuna, oyster, prawns, Eel etc
3. **Milk and milk products; Examples: coconut milk , cream**
4. **Fat and oil:** Examples Sesame oil, neutral oil etc
5. **Vegetables, pulse and salads,** Examples: Lettuce, spinach, fresh peas etc
6. **Fruits and nuts;** Examples: Avocados, Almonds
7. **Herbs** are the leaves of certain plants that usually grow in temperate climates. Example: scallion
8. **Spices:** are the buds, fruits, flowers, bark, seeds, and roots of plants and trees, many of which grow in tropical climates. Examples cayenne, ginger,
9. **Condiments** are food substances added in food during cooking or at tables for example ketchup, soy sauce etc
10. **Flavouring** : means adding a new flavor to a food, thus changing or modifying the original flavor
11. Examples: Ginger, soy sauce, sake or mirin, dried bonito, Ginger, garlic, scallion, onions
12. **Seasoning** means enhancing the natural flavor of a food without significantly changing its flavor
13. Examples: salt
14. **Pickles:** Are food preserved in vinegar or salt examples: Pickled ginger, capers, gherkin , cucumber etc
15. **Essences** means food substances added in food to assure smell and taste for example: lemon juice

### ● Topic 3: Type of Asian sauces for sushi

Mostly sauces for sushi are called dipping sauces to mean that they are served too thick, they can be categorized into **two broad categories**; cold and hot sauces.

**The following are some examples of sushi sauces recipes**

#### **1.3 Cold dipping sauce recipes**

1. Red Curry Paste
2. Chickpea Dip
3. Guacamole
4. Spinach salad with sesame seed dressing
5. Etc

#### **1.4 Hot dipping sauce recipes**

1. Fresh Tomato Coulis with Garlic
2. Fresh Tomato Coulis with Garlic
3. Thai Red Curry Sauce
4. Yakitori Sauce
5. Sweet Corn and Chile Purée
6. Etc

Note: Those indicated recipes will be discussed more in learning unit four.

### LO 1.3 Precise ingredient of Asian sushi and sauces quantity calculation

#### ● Topic 1: Right food production requirements

- Before we look at each stage of food production in detail, following is an overall summary of the food production steps.
- Producing food in the commercial environment is multidimensional. Service is about coordinating all these elements:
- Organising and preparing all food items ready for service (mise-en-place) including:
  - Cleaning and preparing vegetables
  - Preparing and portioning fish and seafood.
  - Preparing stocks, sauces and dressings
  - Preparing and cooking farinaceous products
  - Preparing garnishes
  - Cooking soups
  - Cooking large or slow cooked items such as roasts, braises and casseroles
  - Preparing or cooking pastries, cakes and desserts
  - Having the service equipment clean, heated and stacked ready for service
  - Heating or cooling the components of the dishes correctly
  - Plating the dishes consistently and attractively.



**Notice:** all of the above activities are always aimed to meet the expectations of customers.

#### Topic 2: Elements and Importance of a standard recipe

The first task when preparing specific dishes is locating the 'standard recipe' for the dish or dishes to be prepared.

A standard recipe is a precise record of ingredients, method, serving instructions and cost of any food item on a menu.

#### **2.1 Elements of standard recipe**

1. A standard recipe needs to include:
2. Summary of ingredients
3. Required quantities each ingredient
4. Garnish and service details
5. Portion sizes
6. Accurate costs
7. Date of last change.

#### **2.2 The role of standard recipes**

1. Consistent quality ( look, cost and taste the same)
2. Customer satisfaction: always the same quality.
3. It provides information for ordering supplies
4. It provides a baseline for creating or improving new item
5. It trains new personnel
6. It provide more information about preparing a certain dish
7. It helps to standardized dishes
8. It helps in portion control

### 2.3 Sample of standard recipe sheet

Recipe	Mayonnaise						
Number of portions				Portion Size		250gm	
	Portion		Waste%	Usable%	Purchase Amount	Cost per	Cost per
Ingredients	Weight	Unit	%	%	Weight	Unit	Purchase
Eggs yolks	2	pc	50	50			
Vinegar, white	20	ml		100			
Salt	3	g		100			
Pepper	2	g		100			
Dijon Mustard	10	g		100			
Oil, Vegetable	250	ml		100			
			Total Cost Cost Per Individual Portion Selling Price @ 28% F.C.				
Method, cooking temperature and serving procedures							
Place the egg yolks into a stainless steel bowl salt, pepper, and Dijon mustard. Add the vinegar and whisk together. Slowly add oil while whisking vigorously. Add oil in small amounts until oil begins to be emulsified into egg yolk mix. Continue whisking until all oil is emulsified into mixture. Correct seasoning if required. Place into clean container and chill until required.							
Tested and approved by:					Date:		

### ● Topic 3: Sushi and sauces ingredients calculations

#### Recipe 1: Sushi rice and filling

The bellow recipe “sushi recipe” shows ingredients and quantity; a standard recipe to produce 2 rolls, to serve 18 guests.

Among this recipe main ingredient is salmon, if in stock there is 400g of salmon. Of cause the chef will cook even if there is not enough quantity of salmon.

Ingredients	Quantity	Procedures
Sushi rice (cooked) Konbu seaweed Rice vinegar Sea salt Sugar	300g 10*10cm 35ml 10 20g	Follow indicated recipes procedures
<b>Ingredients for filling</b>		
Roasted nori sheet Salmon Cucumber Carrot Avocado Roasted sesame seeds Soy sauce, Pinkled ginger Wasabi paste	2Pc 500g 100g 100g 1pc 10g 60ml 60g 60g	Follow indicated procedures in this handout

**Question:** What will chef do to maintain the standard of this sushi dish recipe?

A chef will calculate the quantity of each ingredients based on salmon quantity availability, but the portion size will only be reduced but serving portion will be constant because missing quantity of salmon is very little buy flavor, taste color, aroma will not be changed.

**Answer:**

**Procedure for calculating the weight of an ingredient when the weight of one of ingredients is known**

**Change the quantity into fraction or decimal number to facilitate multiplication**

To change portion, yield or quantity the following are alternative formulas which can be used depending on the given situation:

$$\frac{\text{New portion}}{\text{Old portion}}, \frac{\text{New yield}}{\text{Old yield}} \text{ Or } \frac{\text{New quantity}}{\text{Old quantity}}$$

$$\text{Conversion Factor} = \frac{\text{New quantity}}{\text{Old quantity}}$$

**New quantity =400g**

**Old quantity =500g**

**Conversion factor =?**

$$\text{Conversion factor (CF)} = \frac{400}{500} = 0.8$$

2. To create a new recipe a chef will multiply the other old weight of each recipe ingredient by this coefficient figure to get the new weight of each ingredient

New recipe

Ingredients	Quantity	CF	New quantity	Procedures
Sushi rice (cooked)	300g	0.8	240g	Follow indicated recipes procedures
Konbu seaweed	10*10cm	0.8	8*8cm	
Rice vinegar	35ml	0.8	28g	
Sea salt	10	0.8	8g	
Sugar	20g	0.8	16g	
Ingredients for filling				
Roasted nori sheet	2Pc	0.8	2pc	Follow indicated procedures in this handout
Salmon	500g	0.8	400g	
Cucumber	100g	0.8	80g	
Carrot	100g	0.8	80g	
Avocado	1pc	0.8	1pc	
Roasted sesame seeds	10g	0.8	8g	
Soy sauce,	60ml	0.8	48g	
Pinkled ginger	60g	0.8	40g	
Wasabi paste	60g	0.8	48g	

#### ● Topic 4: Qualities of different food items to maintain freshness

##### Quality signs of fresh vegetables

- Having no defects ( damages)
- Fresh and firm
- Free from decay ( guhuguta)
- Uniform in size and shape
- No bad smell
- No pest or parasites damage signs
- Cabbage leaves should be compact

##### Quality signs of fresh fruits

- Fresh, clean in appearance
- Ripe and spotless
- Having good smell
- Firm ( solid)

- Priced according to their quality and size
- Pleasant flavor

### Quality signs of eggs

- Shell should be clean
- Air space not exceed 6 mm
- The yellow should be solid and dark yellowish in color
- Shell intake (complete)

### Quality signs of fresh fish and seafood

- Eyes: bright, full and not sunken
- Gills: bright red in color
- Fresh: compact
- Scale: flat, moist and plentiful
- Skin: should be covered with flesh
- Smell: having good smell

## Learning Unit 2: Select tools and equipment of sushi and sauces

### LO 2.1 Select tools and equipment

#### ● Topic 1: Selection of tools and equipments

Most of the equipment one needs for making sushi can be found in the average modern kitchen. Only a very few specialized tools are needed; these include a sharp sushi knife, a bamboo rolling mat, and an electric rice cooker. On the other hand, it can certainly enhance the pleasure and the aesthetic experience inherent in preparing sushi if one acquires some Japanese kitchenware and a few authentic tools



**Rice cooker (*suihanki*)** A simple electric rice cooker (*suihanki*) without electronic programming and only two functions: 'cook' and 'keep warm'. It automatically switches to keep warm when the moisture content in the rice indicates that it is ready.

1. **Hamo-kiri**: a hefty blade, for scoring the flesh of filleted pike conger in order to break up its many fine bones.
2. **Yanagiba**: long-bladed, for yielding smooth, clean



sashimi slices as the blade is pulled toward you through the flesh.

3. **All-purpose chef's knife:** double ground, for cutting meat and vegetables.

4. **Usuba:** for vegetables, as when julienning or rotary peeling.

5. **Deba:** thick-bladed, for gutting and filleting fish and cutting meat.

6. Small-sized chef's knife: also called "petit knife."



**Wooden paddle (*shamoji*)** for stirring and serving cooked rice. This paddle is made of bamboo.

### **Bamboo rolling mat (*makisu*)**

A rolling mat (*makisu* or *sudare*) is absolutely essential for making *maki* rolls with *nori* leaves. The mats used to prepare *maki-zushi* come in two sizes, a square one about 25 cm × 25 cm for making the thick rolls (*futomaki*) and one half the size, 12.5 cm × 25 cm, for the thin *hosomaki* rolls. I myself use a large *makisu* for preparing all types of *maki* roll

**Bamboo rolling mats (*makisu*)** for making *maki-zushi*. The long mat is used to prepare thick *futomaki* rolls and the short one for thin *hosomaki* rolls. The smaller mat is shown with the flat outer side of the bamboo strips on top.



**Round-bottomed, shallow bamboo sieve (*zaru*)** is traditionally used in numerous ways in the kitchen, for example, to rinse rice.

**Tweezers (*hone nuki*)** are handy for extracting small bones from a fish fillet.





**Traditional Japanese grater (*oroshi-gane*)** made of tinned copper is used for fine shredding of ingredients such as *wasabi*. A more primitive type of *wasabi* grater is made from a piece of shark skin glued onto a wooden board.

### **Omelette pan (*tamago-yaki-nabe*)**

It is an advantage to use a rectangular pan ( *tamago-yaki-nabe*) for making omelettes ( *tamago-yaki*) to be used for sushi because the cooked, folded omelette will have even sides and be of a more uniform thickness.



## **LO 2.3 Use of tools and equipment safely and hygienically of sushi and sauces.**

### ● **Topic 1: Tips to use safely and hygienically tools and equipments for producing Asian sushi and sauces**

1. Ceramic knives are easy to clean and are best cleaned by hand.
2. Knives with plastic handles are generally suitable for dishwashers.
3. Please ensure, however, that the blades are stored so that they are protected against knocks.
4. Only use cutting boards made of wood or plastic.
5. Do not use ceramic knives for levering, chopping, boning or cutting frozen food.
6. Do not let the blade fall on a hard surface.
7. Store the knives in a knife block or other safe place.
8. When cutting sushi wet knife by rice vinegar
9. When laying rice on nori sheet wet fingers with rice vinegar

## **Learning Unit 3: Prepare ingredients of sushi and sauces**

### **3.0 Introduction**

A Japanese proverb has it that women's hands are too warm to make sushi. Hence, there are only male sushi chefs. This is of course complete nonsense. But it is true that the sushi chef needs an abundance of cold, clean water. Preparation of sushi also requires patience and a certain amount of practice in cutting up fish and shell fish, in cooking rice, and in designing and shaping the different types of sushi

## LO 3.1 Collect ingredients of sushi and Asian sauces

- **Topic 1: Collection of ingredients for Sushi and Asian sauces according to the recipes standards (Mise en place)**

### 1.1. Main activities done during mise en place

1. Assemble your tools.
2. Assemble your ingredients.
3. Wash, trim, cut, prepare, and measure your raw ingredients
4. Prepare your equipment (preheat oven, line baking sheets, etc.).
5. Measuring
6. Sharpening knives
7. Marinating
8. Carving meat
9. Cleaning and sanitizing working place
10. Trussing
11. Defrosting or thawing

### 1.2 Steps involve in mise en place



Plan your work.



Prioritize your work.



Collect tools & preparation equipment.



Collect all ingredients for recipe.



Prepare all ingredients



Set up your working station



### 1.3 Role of mise en place

1. Maximize the quality of prepared food
2. It makes our food more delicious
3. Minimize food preparation time
4. Assure cleanliness
5. Avoid cross contamination
6. Minimize hazard in the kitchen
7. Minimize pressure in kitchen
8. It make our work easier
9. Minimize unnecessary movement

### 1.4 Sushi mise en place activities

Set mise en place of the following sushi recipes:

#### Activity one: Sushi rice preparation

1. 250g sushi rice
2. small piece of kombu: about 5\*5cm as desired
3. 2tbs light rice vinegar
4. 2tsp mirin
5. 2tsp sugar
6. ½ tsp salt
7. 300-400ml water depending on package instructions

#### Preparation procedures

1. Put rice in a trainer and rinse under running water until water runs clear. Drain
2. In a pot combine water and kombu and bring to boil.
3. Boil uncovered for 2 minutes
4. Add rice then cover and simmer over low heat for about 15 minutes
5. Remove from the heat , take off the lid and cover rice with a kitchen towel .
6. Let stand for 10minutes
7. Stir together rice vinegar, marin, sugar and salt until the mixture is clear.
8. Put the rice in shallow bowl and remove kombu

9. Let rice to reach at room temperature.

### **Activity two: Mushroom and arugula futomaki**

Make 16 sushi preparation time: 25 minutes

#### **Ingredients**

1. 4 dried shiitake mushroom
2. 2tsp sugar
3. light soy sauce
4. 4tsp marin
5. 50g arugula
6. 80g omelet
7. sheets toasted nori
8. 300g prepared sushi rice
9. 1tsp wasabi paste
10. Vinegar as needed

#### **Preparation procedures:**

1. Soak mushroom in boiled 150ml of water about 20minutes
2. Remove from water, rinse thoroughly, and remove the stems, pour soaking water through a fine strainer and pour into small saucepan.
3. In the same water, add mushroom caps, sugar,, soy sauce, and marin to the saucepan and simmer for 10 minutes
4. Pour off water and drain
5. Cut mushroom into strip, rinse arugula, pat dry, remove hard stem and chop leaves coarsely
6. Cut omelet into strips
7. Make maki sushi roll as indicated in this handout. For each roll place one sheet nori on rolling mat. Moisten your hand with vinegar water. Distribute half the rice over the nori sheet leave 2 cm uncovered at the two longer edges
8. Spread ½ tsp wasabi on top. Lay half prepared ingredients crosswise on rice and shape it all into a thick roll
9. Make second roll from the remaining ingredients

### **LO 3.2 Weigh and measure sushi and Asian sauce ingredients**

#### **● Topic 1: Weigh and measure ingredients for sushi and Asian sauces depending**

##### **1.1 Measurement**

There are two important kinds of measurement in the kitchen:

1. Ingredient measurement

## 2. Portion measurement, or portion control

### 1.1.1 Ingredient measurement

#### Weight

Weighing is the most accurate method of measuring ingredients. It is the method used for most solid ingredients.

Accurate scales are necessary for weighing. Small portion scales are often used in the kitchen because of their convenience.

1. Balance scales are used in the bakeshop
2. Procedure for weighing ingredients on a portion Scale
3. Place receiving container, if any, on the scale.
4. Set the scale so that it reads zero.
5. Add the item being weighed to the container until the scale reads desired weight

### 1.1.2 Portion control

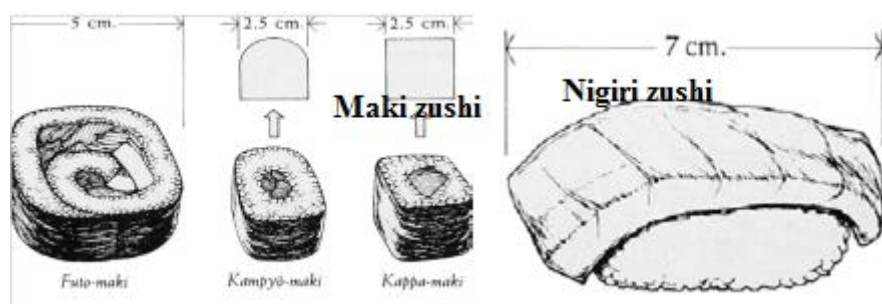
**Portion control** is the measurement of portions to ensure that the correct amount of an item is served

- Portion control actually begins with the measuring of ingredients. If this is not done correctly, then the yield of the recipe will be thrown off.
- When portions are determined by count for example 1 nori sheet, 2 slices cucumber, 2 fish fillet slices, 1 piece of avocado
- Portion Control in Plating and Service
- Portioning for service may be done by the cook, as in a short-order restaurant, or by the service personnel, as in a cafeteria. The following tools and techniques are used.
- ❖ **Count.**  
Examples: 2 sushi slices per order; 1 cup of dip sauce per order. This is accurate if cutting and other preparation work have been done correctly.
- ❖ **Weight.**  
Example: 1 kg of fish fillet per order. A portion scale must be at the serving station for this method of portion control
- ❖ **Volume.**  
Ladles, scoops, and kitchen spoons come in standard sizes and are used for portioning.
- ❖ **Even division.**  
Examples: cutting a long sushi roll into 8 equal rolls; 1 sushi roll 5cm\*2.5 cm or 2.5cm\*2.5cm per roll
- ❖ **Standard fill.**  
Standard-size dishes, cups, or glasses are filled to a given level, as judged by eye.  
Example: a sauceboat of guacamole. This is actually a form of volume measure.




### 1.1.3 Size of Sushi



Bamboo mat rolled sushi is cut into 5\*5 cm, 5\*2.5cm or 2.5\*2.5cm

Hand rolled sushi is rolled into; 7\*5 cm.



#### 1.1.4 Types of sushi

Type	Description	Roll	Notice
Nigiri	A topping, usually fish, served on top of sushi rice	Handshaped sushi: <i>Nigiri-zushi</i> 	Not all nigiri is raw, though this dish is best for people who want to appreciate the flavor of the fish, shellfish, or other toppings
Sashimi	Fish or shellfish served alone (no rice)		This is best for people who really love to taste the fish or shellfish since it comes with nothing else
Maki	Rice and filling wrapped in seaweed	 Battleship sushi: <i>Gunkan-maki</i>	This is what most people think of when they think of sushi rolls

Uramaki	Similar to the above, but rice is on the outside and seaweed wraps around the filling	<p>Rolled sushi: <i>Uramaki</i> (inside-out rolls)</p> 	These rolls often have lots of toppings and sauces — they may either be cooked or raw
Temaki	Sushi that has been hand-rolled into a cone shape	<p>Handrolled sushi: <i>Temaki-zushi</i></p> 	The cones are not as easy to share as the rolls (though very delicious!)

### LO 3.3 Prepare sushi and Asian sauces

#### ● Topic 1: Preparation methods of sushi

1. Wet your hands with cold water to keep the rice from sticking and form a bit of rice into small oval in one hands
2. Pick up slice of fish and smear a dab of wasabi on the bottom of it
3. Top the rice with the fish , wasabi side against the rice and press in place in the palm of one hand with two fingers of the other
4. Turn it over and press the same .then press the side with thumb and fore finger to finish shaping it
5. For rolled sushi , put a half piece of nori on bamboo mat then wetting your hand with cold water to keep the rice from sticking to them spread a layer of sushi rice over the bottom two-third of the nori.
6. Lay strips of the filling across the middle of the rice
7. Holding the filling in place of fingers, lift the corner of the mat with the thumbs and roll up.
8. Press the mat firmly and evenly to make tight roll
9. Using a dampened knife , cut the roll in half with single forward stroke
10. Wipe the blade between cuts and cut each half roll into three or four pieces

### LO 3.4 Prepare stock for Asian sushi and sauce

#### ● Topic 1: Dashi stock



The defining flavor element in washoku, dashi stock is made from such dried foods as kombu , katsuobushi cured bonito, and shiitake mushrooms. Dashi is indispensable to all soups, simmered or braised dishes, and noodles; it even flavors of cooked salads.

Its distinct savoriness is called umami, well known in culinary circles abroad and widely considered the sixth taste after sweet, sour, bitter, spicy, and salty.

### Dashi stock ingredients

#### 1. Dried shiitake

With a rich aroma that tickles the nose, shiitake dashi is indispensable to *shojin* cuisine, the vegetarian cooking of Buddhist temples. Soak dried shiitake mushrooms overnight to rehydrate.

#### 2. Dried kombu kelp

Thick dried kombu makes a clean and understated dashi. It is often combined with cured bonito shavings for a classic washoku stock. Soak the fronds in plenty of water for half an hour and cook at 80°C for a minute.

#### 3. Katsuobushi cured bonito shavings

A central ingredient of dashi, shaved bonito can be used alone or in tandem.

For the best flavor, shave just before using.

#### 4. Niboshi

Dried anchovies produce an aromatic dashi rich in taste.

Remove the heads and guts, and soak in plenty of water for 3 hours.



### Dashi stock recipe

Quantity	Ingredients	Preparation procedures
2.25 l 60g 50g	Water, cold Kombu (giant kelp for stock) Katsuobushi (dried bonito flakes)	1. Put the water in a pot and add kombu. Bring to a boil over moderately high heat. 2. Just as water comes to a boil, remove the kombu. 3. Remove from heat and immediately add bonito flakes. Let the flakes settle to bottom.

		<p>This will take 1–2 minutes.</p> <p>4. Strain through a china cap lined with cheesecloth.</p> <p>5. Use dashi within 1 day.</p>
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## LO 3.5 Minimize wastage and store reusable products

### ● Topic 1: Food safety tips to minimize food wastage

Ready-to-eat sushi is regarded as a potentially hazardous food. As such, it is a requirement for food businesses to maintain the temperature of sushi either at or below 5°C during transport, storage and display.

#### 4 hour/2 hour rule

Any ready-to-eat potentially hazardous food, if it has been at temperatures between 5°C and 60°C:

For a total of less than 2 hours, must be refrigerated or used immediately;

For a total of longer than 2 hours but less than 4 hours, must be used immediately; or

For a total of 4 hours or longer, must be thrown out

#### Receiving and storing foods

The safety of food begins by ensuring only safe and suitable ingredients are purchased from a supplier and are stored correctly.

#### Supplier and food information

It is advisable to maintain a list of food suppliers in case they need to be contacted.

For all foods, the label or receipt must contain details of suppliers' names and addresses. Phone contact details should also be kept.

Only receive foods that are within their use by date or best before date.

For all foods, you should use the oldest stock first.

Items that do not meet receipt requirements should be returned to supplier.

#### Potentially hazardous raw ingredients

Potentially hazardous foods and raw materials will need to be stored refrigerated. This would include meat, chicken, seafood, non-acidified cooked rice and dairy products.

Only receive potentially hazardous foods that have been transported under temperature control.

Once received all potentially hazardous foods must be placed under refrigerated storage at 5°C or less immediately.

#### **Receiving acidified rice**

Only receive acidified rice that is labeled with the date and time it was made.

Check the pH of the rice to ensure it has been properly acidified. It must be less than 4.6

If the pH is higher than 4.6 or it was made greater than 8 hours ago, reject the rice.

Record the pH result, the date and time the rice was made, and the pH on a worksheet.

Only acidified rice can be stored at room temperature; however it must be used on the day it was made – after this it must be discarded.

All acidified rice must be kept covered when not in use to protect against contamination.

#### **Shelf stable foods**

Shelf-stable foods include uncooked rice, seaweed (nori) sheets, wasabi powder and pickles.

When receiving shelf stable foods make sure that the packaging is intact.

Shelf-stable foods must be covered during storage to protect against contamination

#### **Frozen foods**

All frozen foods must be received in a frozen state. If foods are to be kept frozen, they must be placed in a freezer immediately.

When receiving and storing frozen foods, ensure they are adequately covered and the package is intact

## [Learning Unit 4: Prepare sushi and sauces](#)

### **LO 4.1 Make sushi items by using sushi mat**

#### ● **Topic 1: Sushi rolling procedures/ Steps**

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 3 cm 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.

## ● **Topic 2: Sushi filling productions**

### **1. Rice preparation tips**

Sushi rice should be washed in cold water as many times as needed so the water runs clear. Afterwards, drain the rice in a strainer. Cook the rice in a rice cooker as per instructions, or in a normal pot according to the below

## Steps:

1. Put the rice in a pot, with water in ratio of 1:1, and let it soak for 15-20 minutes. Put a piece of Konbu seaweed in the pot and remove it after cooking. Then, bring the rice to a boil and simmer it at the lowest heat with the lid on until the rice has absorbed the water completely.
2. In the meantime, Dissolve 10 g Sea salt and 20 g white sugar in the vinegar. Then pour the mixture ( Sushi su ) into a measuring cup.
3. Put the cooked, hot rice in a bowl, add 35 ml of the Sushi-Su and mix it consistently into the rice with a wooden spoon (Shamoji). Make sure to mix the rice thoroughly so that the kernels don't stick together too much.
4. Leave the finished Sushi rice to cool slowly for about 30 minutes.
5. To avoid sushi rice drying out, the rice should be covered after 15 minutes with a damp cotton towel.



### 2. Vegetables for sushi filling preparations

Round vegetables like cucumber, radish and carrot etc need to be peeled and cut in approximately 24 cm long 1 cm



## 3. Nigiri

Nigiri are the original Japanese Sushi form mainly include fish fillet. The best fish to use for making Nigiri is an approximately 300 g, hand's-width cut of "Saku", which can be purchased from a fishmonger by special request. Cut the fillets into rosange approximately 10 to 15gr

### Practical class activities

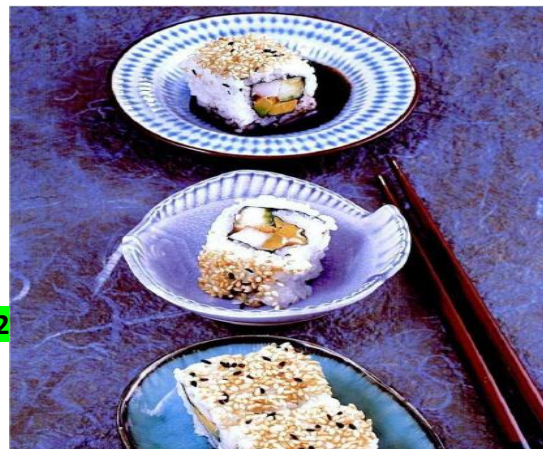
#### Surimi Uramaki

In group learners prepare sushi uramaki, by using respecting all information as they are indicated on the recipe below:

Make 16 sushi. Preparation time 40 minutes

#### Ingredients

1. 2tbs white sesame seeds (with few black sesame seeds (optimal))
2. 4 surimi (Imitation crab)
3. 1/4 ripe avocado
4. 2tsp lemon juice
5. 10 cm cucumber
6. sheets roasted nori



7. 300g prepared sushi rice
8. 1.5tsp mayonnaise
9. 1tsp soy sauce

### Preparation procedures

1. Toast white sesame in saucepan until golden brown. Remove from the pan and let it cool. If desired mix with black sesame seeds. Pat crab sticks dry and cut in half lengthwise. Peel avocado cut lengthwise into strips and immediately drizzle with lemon juice
2. Rinse and dry cucumber, cut a ½ cm thick strip of peel. Including flesh then cut crosswise into stick ½ cm
3. Wrap two bamboo rolling mats in plastic wrap. Place 1 sheet nori on a bamboo mat with shiny side down so that the long edge is flush with bottom of the mat. Moisten your fingers with vinegar water. Distribute half the rice on nori sheet. Leaving 2 cm uncovered at the 2 longer edges. Gently press down on rice. Place other mat on top, turn it over and remove top mat the nori is now on top.
4. Stir together mayonnaise and soy sauce. Spread across lower third of the nori sheet. Top with half crab sticks. Cucumber strips, and avocado strips. Using rolling mat, make a tight roll. Using rice, nori, and fillings, if desired make it slightly square.
5. Repeat the same process with remaining ingredients to make the second sushi
6. Serve cut side up

## LO 4.2 Cook Asian sushi and sauces

### ● Topic 1: Cooking methods of Asian sauces with their spices

#### Cooking Methods are divided into Three Categories:

1. Moist Heat Methods
2. Dry Heat Methods
3. Medium of Fat

1. **Moist Heat Methods:** In this method the heat is conducted to the food product by water or by steam.

2. **Dry Heat Methods:** In this method the heat is conducted without moisture either by using any of the following:

1. Hot Air: e.g. Oven
2. Hot Metal: Grill, Salamander
3. Radiation: Microwave

3. **Medium of Fat :** In this method the heat is conducted with the help of fat.

1. Shallow Frying
2. Deep fryin



## Moist Methods of Heat Cooking



**1. Boiling:** When the liquid is bubbling rapidly and when the water boils at 100°C (212°F) at sea level it is known as boiling.

Example: boiling of vegetables.



**2. Simmering:** When the liquid is bubbling gently with a temperature of about 85°C to 96°C it is known as simmering.

Example: making of stock.



**3. Poaching:** When the liquid is usually in a small quantity and the temperature is about

71°C to 82°C (160°F to 180°F) and the liquid is not actually bubbling it is called poaching. Example: poaching of fish, egg.



**4. Stewing:** This is a process in which the food particles are surrounded by liquid and it is cooked in slow heat for a long time. It is usually served along with the liquid which was used for stewing e.g. stew.



**5. Blanching:** This is the method in which the items are partially cooked in water. This enables the food particles to be half cooked e.g. blanching of potatoes for French fries.



**6. Steaming:** In this method the food is exposed directly to steam. Cooking an item by lightly covering the pan or by wrapping it in foil so that the food gets cooked in its own moisture.

Example: Jacket potatoes, steamed fish.



**7. Braising:** This is a combination of two methods stewing and pot roasting. The food particles are browned in fat and then placed in a small amount of liquid and the liquid is served along with the meat.

Example: Irish stew.

## 2. Dry Method of Cooking



**1. Roasting:** When the food is surrounded by dry hot air usually in the oven or over open fire it is known as roasting. The meat is usually cooked uncovered.



**2. Baking:** This term usually applies to breads, pastries, vegetables and fish when dry heat is applied.



**3. Barbeque:** In this method dry heat is created by burning hard wood or hot coal. The flavour of the coal is imparted to the meat that is used.



**4. Broiling:** In this method the food is cooked over dry heat

Example: Broiling of spices for Indian masalas, broiling of chicken etc.

griddle over heat  
electric element or a



**5. Grilling:** This is done on an open grooved source which may be from charcoal, an gas heated element

Grilled chicken.

Example:

**6. Griddling:** This is done on a solid cooking surface called griddle with or without fat to prevent sticking. The temperature is approximately 175oc (350of)

Example: Steaks.

## 3. Medium of Fat



**1. Sauté:** This French word means to “jump”. Tossing the meat or vegetables in less oil to get a slight browning effect is sautéing.





**2.Deep Frying:** The food is usually submerged in hot oil. This method absorbs less fat, loses less moisture and gives a crispy attractive colour. The food particles are coated with batter or crumb to prevent the fierce heat of oil. Appropriate temperature for fry is 175oc to 190oc (350of to 375of).



**3. Shallow Frying:** Using less amount of fat for frying the food particles is known as shallow frying. This method, however, absorbs more fat than deep frying

Example: Shallow fried fish.

## LO 4.3 Prepare Asian sushi and sauce

### ● Topic 1 Cold and hot dipping sauce for sushi

#### 1.1 Cold dipping sauces for sushi

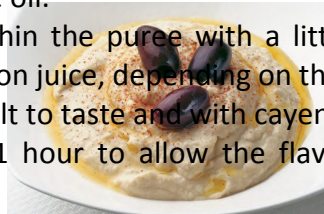
##### 1. Red Curry Paste

Quantity	Ingredients	Preparation procedures
60g	Galangal, peeled and chopped	Combine all ingredients in a food processor. Process until the mixture forms a smooth paste. Refrigerate and use as needed to make curry sauces.
180g	Shallots, chopped	
60g	Garlic, chopped	
90g	Cilantro roots	
30g	Lime zest, chopped	
75g	Cayenne	
4	Lemongrass stalks, tender parts only, Chopped	
90ml	Vegetable oil	

##### 2. Chickpea Dip

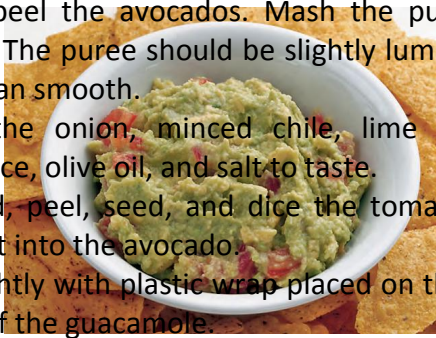
To make 1 liter

Quantity	Ingredients	Preparation procedures
500g	Cooked or canned chickpeas, Drained	Puree the chickpeas with the tahini, garlic, lemon juice, and olive oil. If necessary, thin the puree with a little water or additional lemon juice, depending on the taste. Season with salt to taste and with cayenne. Chill at least 1 hour to allow the flavors time to blend.
250g	Tahini (sesame paste)	
8g	Garlic, crushed	
125ml	Lemon juice	
30ml	Olive oil	
Needed	Salt	
needed	Cayenne	
30-50 ml	Olive oil	Spoon the hummus into serving bowls. Drizzle additional olive oil over each bowl before serving.



##### 3. Guacamole

To make 1 liter

Quantity	Ingredients	Procedures
4 60g 1 30ml 30 As needed 375	Ripe avocados, medium size Onion, grated Small, hot green chile chopped Lime or lemon juice Olive oil Salt  Fresh tomato concasse (optional)	Pit and peel the avocados. Mash the pulp coarsely. The puree should be slightly lumpy rather than smooth.  Mix in the onion, minced chile, lime or lemon juice, olive oil, and salt to taste. If desired, peel, seed, and dice the tomato and mix it into the avocado. Cover tightly with plastic wrap placed on the surface of the guacamole. This is to protect it from air, which will darken it. For the same reason, guacamole should not be made too long before serving time. Chill the guacamole until ready to serve.

#### 4. Spinach salad with sesame seed dressing

##### 4portions

1. 500g fresh spinach
2. tsp sesame seeds
3. 2tsp sesame paste
4. 4tsp light soy sauce
5. tsp dashi or water
6. 1/4 tbs sugar
7. Kosher salt

##### Preparation procedures

1. Rinse spinach in cold standing water, drain and remove stems.
2. Boil the spinach in salted water for 1 minute
3. Strain the spinach, put them into ice-cold water and drain wll
4. Squeeze out the spinach and pull apart
5. Toss the spinach with dressing and salt to taste
6. Dress mixture in four small dishes and serve sprinkled with toasted sesame seeds

#### 1.2 Hot dipping sauce for sushi

##### 1. Fresh Tomato Coulis with Garlic

Quantity	Ingredients	Preparation procedures
90g 6g 60ml 750g To taste To taste	Shallots, chopped fine Garlic cloves, chopped fine Olive oil Tomatoes, peeled, seeded, and chopped Salt White pepper	Sweat the shallots and garlic in olive oil until soft. Add the tomatoes and cook until excess liquid has cooked out and the sauce is thick. Season to taste.

## 2. Fresh Tomato Coulis with Garlic

Quantity	Ingredients	Preparation procedures
30ml 125g 2 pc 2 Pc 500g 125ml	Vegetable oil Onion, chopped fine Garlic                cloves, chopped fine Serrano                chiles, seeded and chopped Sweet corn, fresh or frozen Water	Heat the oil in a saute pan. Add the onion, garlic, and chiles. Saute over moderate heat until the onion is soft but not brown. Add the corn. Cook, stirring a few times, until the corn is hot. Add the water. Simmer about 3 minutes. Transfer the mixture to a food processor and puree until fairly smooth. Adjust the texture as necessary by adding additional water or by returning to the pan and reducing slightly. The desired texture may vary depending on use. For smoothest texture, pass the sauce through a food mill. Reduce the sauce until thick Add salt to taste

## 3. Thai Red Curry Sauce

***Yield: 550 ml***


Quantity	Ingredients	Preparation procedures
30 ml 60g	Vegetable oil Red curry paste	Heat the oil over moderate heat in a saucepan. Add the curry paste and cook until aromatic.
60ml 410ml 45ml	Water or stock Coconut milk, canned, unsweetened Nam pla (Thai fish sauce)	Stir in the water or stock and bring to a simmer. Add the coconut milk and nam pla. Bring to a simmer and simmer several minutes to blend flavors.

## 4. Yakitori Sauce

Quantity	Ingredients	Preparation procedures
240ml 90ml 60ml 90g	Soy sauce Sake (Japanese rice wine) Mirin (sweet Japanese rice wine) Sugar	Combine all ingredients in a saucepan. Simmer until sugar is dissolved and liquid is reduced by about one-fourth.

## 5. Sesame Miso Sauce

Quantity	Ingredients	Preparation procedures
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60g	Sesame seeds	Over low heat, toast the sesame seeds in a dry saute pan until aromatic and slightly darkened. Grind the toasted seeds in a mortar or spice grinder.
240g 75g 60g	Red miso Sugar Mirin (sweet Japanese rice wine)	Mix the ground sesame seeds with the remaining ingredients. Stir well. 

## 6. Sweet Corn and Chile Purée

To make 500ml

Quantity	Ingredients	Preparation procedures
30ml 125g 2 2  500g 125ml	Vegetable oil Onion, chopped fine Garlic cloves, chopped fine Serrano chiles, seeded and chopped Sweet corn, fresh or frozen Water Salt	Heat the oil in a saute pan. Add the onion, garlic, and chiles. Saute over moderate heat until the onion is soft but not brown. Add the corn. Cook, stirring a few times, until the corn is hot. Add the water. Simmer about 3 minutes. Transfer the mixture to a food processor and puree until fairly smooth. Adjust the texture as necessary by adding additional water or by returning to the pan and reducing slightly. The desired texture may vary depending on use. For smoothest texture, pass the sauce through a food mill Add salt to taste.

## ● Topic 2 Asian sushi rice preparation

### Sushi rice preparation

1. 250g sushi rice
2. small piece of kombu: about 5\*5cm as desired
3. 2tbs light rice vinegar
4. 2tsp mirin
5. 2tsp sugar
6. ½ tsp salt
7. 300-400ml water depending on package instructions

### Preparation procedures

1. Put rice in a trainer and rinse under running water until water runs clear. Drain
2. In a pot combine water and kombu and bring to boil.

3. Boil uncovered for 2 minutes
4. Add rice then cover and simmer over low heat for about 15 minutes
5. Remove from the heat , take off the lid and cover rice with a kitchen towel .
6. Let stand for 10minutes
7. Stir together rice vinegar, marin, sugar and salt until the mixture is clear.
8. Put the rice in shallow bowl and remove kombu
9. Let rice to reach at room temperature.

### ● Topic 3: Asian sushi rolls and recipes

#### ➤ **Marinated tuna hosomaki**

**Make 24 sushi. Preparation time 30 minutes**

1. 125g fresh tuna fillet
2. 2tsp mayonnaise
3. 1tsp rice vinegar
4. 1/4tsp shichimi togarashi ( hot seasoning mix)
5. sheets toasted nori
6. 300g prepared sushi rice
7. As needed vinegar or water



#### **Preparation procedures**

1. Pat tuna dry and cut into strips 1 cm wide.
2. Marinate the fish cuts into mayonnaise, sesame oil, vinegar and shichimi togarashi for 5 minutes
3. Cut the nori sheets in half crosswise.
4. Using bamboo rolling mat make four maki rolls from the prepared rice and marinated tuna.
5. Moisten the blade of knife with vinegar water and cut each roll into six equalized pieces. Arrange shichimi togarashi and same chopped chives

#### ➤ **Crispy salmon and avocado hosomaki**

**Make 24sushi. Preparation time 40minutes**

1. 250g salmon fillet with skin
2. tbs potato or wheat flour
3. 2tbs oil
4. sheets toasted nori
5. ¼ ripe avocado



6. 2tso lemon juice
7. 1tsp wasabi paste
8. Vinegar as needed

### **Preparation procedures**

1. Pat salmon dry and dust lightly with flour
2. Fry the fish 2minutes
3. Remove it from the heat
4. Cut nori sheet in half crosswise. Peel avocado cut into 8 edges and immediately brush with lemon juice
5. Place a half a nori sheet on bamboo mat, shiny side down, so that the long egde is flush with the bottom of the mat.
6. Moisten your hands with vinegar water
7. Cover nori sheet with 0.5-1cm layer of room temperature sushi rice leaving 2 cm uncovered at the two linger edge.
8. Make a lengthwise depression in the rice and brush a little wasabi paste into the depression with your finger strip
9. Place one quarter of salmon and avocado strips into the depression arranging them tightly together.
10. Lift up edge of bamboo mat closest to you and use it to wrap the nori sheet and rice around filling in the place with your hand so that it remains in the center. Just before the roll is complete, lift up the end of the mat and roll a little is further so that it does not caught in the roll
11. Now the sushi roll takes on its final shape. Place part of bamboo mat on top of the roll and carefully but firmly press it together with both hands
12. Depending on the way you apply pressure, maki sushi will be round or square.
13. Remove the bamboo mat and follow the same procedures to make other three more rolls
14. Place the sushi roll on board, seam-side down. Firmly press in on the open ends with your fingers. Moisten a sharp knife with vinegar water and cut roll in half crosswise
15. Place halves side by side and ct into thirds slice rolls either straight across or at an angle. Each roll makes 6 small morsels. Arrange sushi cut sides up.
16. Serve with Japanese soy sauce, wasabi paste and pickled ginger.

### ➤ **Carrots and zucchini hosomaki**

1. Make 16 rolls. Preparation time: 40 minutes
2. Ingredients
3. large carrot long julienne
4. piece firm zucchini (10cm) long julienne
5. 2tbs sake ( Japanese rice wine)
6. ½ tsp sugar
7. ¼ tsp salt





8. 2tbp water
9. sheets roasted nori
10. 300g sushi rice prepared
11. 1 tsp wasabi paste
12. Vinegar as needed

### Preparation procedures

1. Clean carrots and zucchini cut them into in julienne of 10 cm
2. In small saucepan combine rice wine, sugar, salt and water
3. Boil and simmer for 1 minute
4. Remove from the heat
5. Add zucchini strips and let cool in liquid.
6. Remove vegetables, drain and pat dry
7. Follow the procedures to roll sushi

### ➤ Mushroom and arugula futomaki

Make 16 sushi preparation time: 25 minutes

### Ingredients

1. 4 dried shiitake mushroom
2. 2tsp sugar
3. light soy sauce
4. 4tsp marin
5. 50g arugula
6. 80g omelet
7. sheets toasted nori
8. 300g prepared sushi rice
9. 1tsp wasabi paste
10. Vinegar as needed



### Preparation procedures:

1. Soak mushroom in boiled 150ml of water about 20minutes
2. Remove from water, rinse thoroughly, and remove the stems, pour soaking water through a fine strainer and pour into small saucepan.
3. In the same water, add mushroom caps, sugar,, soy sauce, and marin to the saucepan and simmer for 10 minutes
4. Pour off water and drain
5. Cut mushroom into strip, rinse arugula, pat dry, remove hard stem and chop leaves coarsely
6. Cut omelet into strips

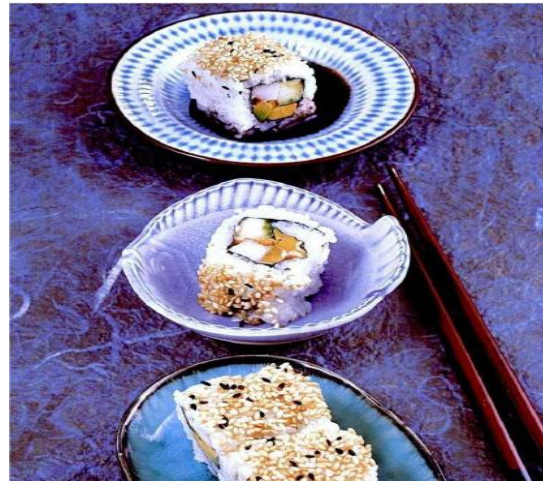
7. Make maki sushi roll as indicated in this handout. For each roll place one sheet nori on rolling mat. Moisten your hand with vinegar water. Distribute half the rice over the nori sheet leave 2 cm uncovered at the two longer edges
8. Spread ½ tsp wasabi on top. Lay half prepared ingredients crosswise on rice and shape it all into a thick roll
9. Make second roll from the remaining ingredients

### ➤ **Surimi Uramaki**

Make 16 sushi. Preparation time 40 minutes

#### **Ingredients**

1. 2tbs white sesame seeds (with few black sesame seeds (optimal))
2. 4 surimi (Imitation crab)
3. 1/4 ripe avocado
4. 2tsp lemon juice
5. 10 cm cucumber
6. sheets roasted nori
7. 300g prepared sushi rice
8. 1.5tsp mayonnaise
9. 1tsp soy sauce



#### **Preparation procedures**

1. Toast white sesame in saucepan until golden brown. Remove from the pan and let it cool. If desired mix with black sesame seeds. Pat crab sticks dry and cut in half lengthwise. Peel avocado cut lengthwise into strips and immediately drizzle with lemon juice
2. Rinse and dry cucumber, cut a ½ cm thick strip of peel. Including flesh then cut crosswise into stick ½ cm
3. Wrap two bamboo rolling mats in plastic wrap. Place 1 sheets nori on a bamboo mat with shiny side down so that the long edge is flush with bottom of the mat. Moisten your fingers with vinegar water. Distribute half the rice on nori sheet. Leaving 2 cm uncovered at the 2 longer edges. Gently press down on rice. Place other mat on top, turn it over and remove top mat the nori is now on top.
4. Stir together mayonnaise and soy sauce. Spread across lower third of the nori sheet. Top with half crab sticks. Cucumber strips, and avocado strips. Using rolling mat, make a tight roll. Using rice, nori, and fillings, if desired make it slightly square.
5. Repeat the same process with remaining ingredients to make the second sushi
6. Moisten the sharp knife with vinegar water. Cut each sushi in toasted sesame seeds halfway around its circumferences. Serve cut side up.

### ➤ **Shrimp salad gunkan-maki**



**Make 12 sushi. Preparation time: 30minutes**

**Ingredients**

1. 1 cm fresh ginger
2. 6-8 spring Italian parsley
3. 150g cooked, peeled shrimp
4. 80ml fresh cream
5. 2tsp of lemon juice
6. sheets roasted nori
7. 300g prepared sushi rice
8. Sea salt
9. Ground pepper
10. Vinegar water



**Preparation procedures**

1. Peel ginger and grate very finely. Rinse parsley shake dry, and remove coarse stems. Set aside 1 tablespoon leaves for garnishing and finely chop the rest, rinse shrimp and pat dry.
2. Stir together fresh cream, ginger with lemon juice until smooth . add chopped parsley and shrimp. Season shrimp salad to taste with salt and pepper
3. Trim and frayed edges from nori sheets. Cut nori sheet lengthwise into 12 strips about 3 cm wide and 15 cm long.
4. Moisten your hands with vinegar water. Shape prepared sushi rice into 12 rectangular blocks. Wrap a nori strip around each block of rice under the end of the strip and press onto nori.
5. Gently press rice down inside the nori sheet. Distribute shrimp salad evenly on top. Cut parsley leaves into fine strips and use as garnish

**Notice the following are handmade sushi**

➤ **Tuna nigiri**

**Make 8 sushi. Preparation time: 30 minutes**

**Ingredients:**

1. 150g tuna fillet
2. ¼ tsp wasabi paste
3. 300g prepared sushi rice
4. Vinegar water
5. Chives
6. egg



**Preparation procedures**

1. With a sharp knife, cut tuna across the grain and at slight angle into 8 thin, equal-sized slices about 3\*5cm
2. Spread a dab of wasabi down the center of each pieces of tuna with your fingertip
3. Moisten your hands with vinegar water. Shape sushi rice into 8 rectangular, relatively loose block
4. Once at a time place tuna slices on the palm of your left hand. Wasabi side up. Place rice block on top and press down gently with your thumb and index finger so that the rice and fish stick together
5. Use your index finger to shape the rice side of the sushi to give it the typical nigiri dome shape
6. Serve sushi "Plain"
7. Or garnished as desired; top each sushi with either 2 chives leaves or several chopped chives. They are also pretty with an egg yolk pearl. In case hard boiled 1egg, let cool and peel and peel. With the back of a spoon. Press egg yolk through a small fine-mesh strainer. Place the equivalent of one small pearl on top of each sushi. Serve with Japanese soy sauce, wasabi paste and pickled ginger.

#### ➤ **Gravlax temaki**

Make 6 sushi. Preparation time 30 minutes

##### **Ingredients:**

1. 150g zucchini
2. 150g gravlax
3. 3 sheets toast nori
4. 300g prepared sushi rice
5. tsp mild mustard
6. Vinegar water

##### **Preparation procedures**

1. Rinse 2 zucchini, clean and pat dry
2. Cut one-third into strips about 10cm long and finally chop the rest. Dice gravlax as finely as possible. Mix dices zucchini and gravlax. Cut nori sheet in half crosswise
3. Moist your hands with vinegar water. Shape rice into six balls. Place ½ sheet nori in the palm of your left hand, shiny side down. Place rice ball in the center and dab on mustard with your fingertip. Place one sixth of the gravlax and zucchini strips on the rice. Squeeze gently so it all sticks together.
4. Roll nori sheet around filling into cone. Seal the outside edge of the nori with a couple mashed grain of rice.



#### ➤ **Sushi omelet**

Thick sushi omelet is prepared in a large, deep, square frying pan

## Ingredients

1. 8eggs
2. 160ml white stock/ light chicken broth
3. 7g salt
4. 15g sugar caramelized
5. 30ml light soy sauce
6. As needed vegetable oil for frying

## Preparation procedures

1. Beat the eggs until white and yolks are well mixed but not frothy
2. In a sauce pan combine stock, salt, soy sauce
3. Combine the cooled caramelized sugar with the beaten egg s
4. Combine step one and step two
5. Heat oil and add step three
6. Turn omelet by using lids
7. Cook omelet throughout
8. Prepare sushi filling ingredients
9. Based on your choice make different types of sushi
10. Roll and cut the sushi ( See notes above)



**Noitice:** An arrangement of *maki*-zushi consisting of rolls of different shapes and with different internal patterns

[Learning Unit 5: Present, garnish and store sushi and sauces](#)

## LO 5.1 Present and garnish Asian sushi and sauces

### ● Topic 1: Presentation and garnishing techniques

To make a dish good appearance and attractive to the diner, the dish should be characterized by Appearance (color and color contrast, shape, shine, arrangement on the plate)

- ✓ Aroma
- ✓ Taste
- ✓ Mouth feel (texture, moistness or dryness, softness or crispness) and temperature

### 1.1 Fundamentals of Plating

The senses of sight, taste, smell, and touch play great role to evaluate and enjoy food.

## 1.2 Three Essentials of Food Presentation

### Balance

The term balance is applied when menu planning. When balancing food it is better to consider the following:

### Colors

Two or three colors on a plate are usually more interesting than just one.

### Shapes

To have attractive plate it is better to cut the same shape of a given food commodity.

### 1.3 Guidelines that apply to presentation and garnishing.

1. Keep food off the rim of the plate.
2. Arrange the items for the convenience of the customer.
3. Keep space between items, unless, of course, they are stacked on one another.
4. Maintain unity.
5. Make every component count.
6. When using a sauce or gravy, add it attractively.
7. Keep it simple.
8. The food should be easy to handle and serve,
9. A simple design is best.
10. Attractive platter presentations may be made on silver or other metals, mirrors, china, plastic or wood
11. Once a piece of food has touched the tray, do not remove it.
12. Think of the platter as part of the whole service



Sushi and *sashimi* are arranged on platters and trays, in bowls and on wooden planks, and even in small boats.

The combination of the individual items, the harmony of their colours, and the overall presentation are a study in *wabi sabi*. The arrangement of the various elements and their aesthetic appeal are just as important as the food itself. It is not about heaping things on a

plate, but rather about respecting the spaces that are left empty.

Nuances and combinations of colours are also important. In its classical expression, a colour arrangement consists of something white, something red, and something blue or shiny. An

example is a combination of white fish, red tuna, and shiny mackerel or herring. Now the colours yellow and orange are also used, represented by ingredients such as omelette and salmon.

#### 1.4 Types of garnishes

1. Apples: unpared, slices, wedges
2. Celery: sticks, curls, fans Croutons
3. Asparagus spears
4. Cheese: cubes, grated, wedge
5. Cucumbers: rings, slices, sticks
6. Bacon, cooked: crumbled
7. Cherry tomatoes: whole, halves Dates—halves, pieces, whole
8. Beets: slices, julienne, grated
9. Coconut: flaked
10. Dessert topping: whipped
11. Cabbage, red: shredded Crabapples, spiced
12. Grapes: whole, slices
13. Carrots: sticks, curls, ribbons
14. Cranberry sauce: slices, wedges
15. Kiwi fruit: slices
16. Onions: rings, mums
17. Peppers, sweet, green: rings, slices,
18. Lemon: wedges, slices, grated rind, twist
19. Oranges: slices, grated rind, sticks
20. Pimientos: strips, minced
21. Melon balls
22. Parsley: sprig, chopped, minced
23. Pineapple: chunks, tidbits, slices,
24. Nuts: chopped, whole
25. Peppers, pickled: cherry or rings
26. Olives: green, ripe, whole, slices, chopped jalapeno
27. Tomatoes: slices, wedges, roses
28. Etc

The following are some of none edibles commodities which can be use to decollate sushi.



**Sasa-giri** are artistically cut out figures of bamboo leaves (*sasa*) used purely to decorate a serving of sushi and possibly to separate one type from another.



*Gari* stacked up in *sugimori* style.



*Wasabi* in the shape of a leaf.

## 1.5 Types of garnishing depending on type of sushi

### 1 Garnish Nigiri and gunkan style sushi dishes

1. Pickled ginger
2. Fish roe
3. Nori bands
4. Wasabi paste
5. Mayonnaise
6. Soy sauce

### 2 Garnishes and accompaniments of Temaki dishes

1. Pickled ginger
2. Fish roe
3. Mayonnaise
4. Wasabi paste
5. Soy sauce

## LO 5.2 Prepare accompaniments of Asian sushi and sauces

Sushi is mostly accompanied by different types of side dish salads, cooked or raw vegetables, Meat, fish and shellfish they might be cooked as canapé. In the following of sub-learning unity meat, vegetables, and salads with sweets and sauces recipes were identified

### ● Topic 1: Asian sushi accompaniment

#### 1. Vegetable with teriyaki dip

#### 4 servings/ preparation time: 25min

1. 6tsp teriyaki sauce
2. ½ grated ginger
3. ¼ tsp red chili sauce
4. 1tbs cilantro/ basil leaves
5. small endive
6. zucchini



7. carrots
8. stalks celery

### **Preparation procedures**

1. For dip, combine teriyaki sauce. Ginger, and chili, rinse herbs leaves, pat dry, chop finely and add to dip. Transfer to a deep bowl.
2. Trim endive leaves. Cut zucchini, Cut carrots and celery into long strips. Arrange vegetables in tall glasses and serve with teriyaki dip

### **2. Radish carrot salad**

1. Servings: 4 Preparation time: 30 min
2. 200g daily radish
3. 200g carrots
4. 2tsp salt
5. 4tbs light soy sauce
6. tsp lemon zest
7. 3tsp rice vinegar
8. ½ tsp sugar
9. ½ freshly grated gingers

### **Preparation procedures**

1. Rinse carrots and radish, peel and slice into matchsticks (4cm).
2. Mix with salt and let stand for 10 minutes.
3. Rinse under cold running water, drain, and pat dry
4. Combine lemon zest, vinegar, soy sauce and vinegar and stir until sugar is dissolved.
5. Pour over vegetables and marinates for 1 hour, stir occasionally.

### **3. Vegetable shrimp tempura**

**Servings 4. Preparation procedures 55 min**

For the tempura

### **Ingredients**

1. carrots
2. zucchini
3. 1small eggplant
4. 1 bunch green onions
5. 8 fresh shiitake or white mushroom
6. 8 small raw shrimp
7. cups oil for frying





8. For the dip

### Ingredients

1. 4tbs Japanese soy sauce
2. 4tbs mirin
3. 2tbs sake
4. piece radish
5. 3cm fresh ginger

### For batter

#### Ingredients

1. egg
2. 125g flour

### Preparation procedures

1. Rinse vegetables, pat dry, and peel.
2. Cut carrots, and eggplant on an angle into slice ½ cm thick. Cut green onions into pieces 3 cm long. Clean mushroom
3. Peel shrimp, score along the backs, and devein. Rinse shrimp and pat dry. Refrigerate vegetables and shrimp
4. For the dip, briefly bring mirin and sake oil and let cool. Peel radish and ginger, grate finely and stir into dip. Transfer to four small dishes
5. For batter, beat together 200ml ice cold water and egg and quickly beat in flour.
6. In a wok or pot. Heat oil. Preheat oven into 70°C.
7. First dredge vegetables and shrimp in flour. Then dip into batter in batches and deep-fry in hot oil for 1-2 minutes until slightly golden and crispy.
8. With a skimmer, remove tempura from oil and drain on paper towels. Keep warm in the oven until all ingredients are fried and crispy. Serve tempura with dip.

### 4. Beef tenderloin skewer

**Serves: 4. Preparation time: 30min**

1. 250g beef tenderloin, Trimmed
2. tsp mirin
3. ½ tsp sugar
4. 2tbs light soy sauce
5. Japanese sansho pepper or black pepper
6. bunch green onions
7. tbs oil for frying
8. 8 wooden skewer

### Preparation procedures



1. Cut beef into 16 equal sized cubes
2. Stir together mirin, sugar, and soy sauce until the sugar dissolves. Season marinade with pepper.
3. Add beef, cover, and marinate in the refrigerator for 4 hours.
4. Rinse green onions, clean and cut white and light green parts into pieces 3-4 cm long.
5. Remove meat from marinade and drain. Alternately thread three onions pieces and two meat cubes into each skewer.
6. In a large pan heat oil and fry skewer in batches on all sides for 3-4 minutes while brushing on remaining marinade. Beef tenderloin skewers are delicious hot or cold

## 5. Coconut lime ice cream

**Serves: 4 Preparation time 20 min**

### Ingredients

1. 250 coconut milk
2. 60g sugar
3. 1tbs bourbon vanilla
4. 150g sour cream
5. lime

### Preparation procedures

1. Combine coconut milk, sugar and vanilla bring to boil while stirring. Remove from the heat and let cool until lukewarm.
2. Rinse lime under hot water and wipe dry. Grate peels finely. Squeeze juice from ½ lime. Stir lime peel and sour cream into the coconut milk mixture. Season to taste with lime juice.
3. Pour the mixture into an ice cream maker and freeze for 30-45 minutes.
4. Scoop out coconut lime ice cream and serve.

## 6. Chile Barbecue Sauce

**To make 1.5 L**

Qty	Ingredient	Preparation procedures
750 ml	Bottled chili sauce	Combine all ingredients in a heavy saucepot. Bring to a boil. Simmer 15 minutes. Strain. Adjust seasoning with salt if necessary. (It is not likely more salt will be needed; soy sauce is salty.)
250 ml	Soy sauce	
60 g	Dark brown sugar	
45 ml	Worcestershire sauce	
500 ml	Water	
175 ml	Lemon juice	
15 ml	Hot red pepper sauce	
2	Whole chipotle chiles	

45 ml	Chili powder	
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## 7. Soy Barbecue Sauce

To make 1 l

Qty	Ingredients	Preparation procedures
375 ml	Japanese-style soy sauce	In a saucepot, combine all ingredients except oil. Bring to a simmer. Reduce by one-third. Strain.
125 ml	Brown sugar	
250 ml	Sake or dry sherry	
250 ml	Water	
175 ml	Lemon juice	
30 ml	Chopped fresh ginger root	
15 ml	Chopped garlic	
250ml	Vegetable oil	

## 8. Cocktail Sauce

To make 2 litters

Qty	Ingredients	Preparation procedures
1 L	Ketchup	Combine all ingredients and mix. Chill.
600 ml	Chili sauce	
250 ml	Prepared horseradish	
125 ml	Lemon juice	
30 ml	Worcestershire sauce	
dash	Hot red pepper sauce	

**Note:** Serve as a dip with shrimp, crab, lobster, raw clams, or raw oysters.

## 9. Chicken yakitori

Serves 4. Preparation time 30min

### Ingredients

1. 125ml mirin or semi dry white wine
2. 2tsp sugar
3. 74 Japanese soy sauce
4. 350g skinless chicken breast
5. small red bell peppers
6. 8 wooden skewer

### Preparation procedures

1. For marinade, bring mirin and sugar to boil. Stir in soy soy sauce, return to a boil and let cool slightly
2. Pat dry chicken breast and cut into 24 equal sized pieces.
3. Rinse bell peppers and cut into 16 equal sized pieces
4. Alternatively thread 3 chicken pieces and into each skewer
5. Place skewers side by side in a shallow bowl. Pour over marinade over the top, turn skewers and marinates for 10 minutes

6. Heat oven broiler, remove skewer from the marinade, drain, and place side by side on a rack covered with aluminium foil. Broil for 3 minutes, repeatedly brushing with marinade until they appear glazed. Serve the chicken yakitori with lime wedges

## 10. Tropical fruit salad

**Serves 4. Preparation time 30 minutes**

1. 2cm ginger
2. lime
3. tsp honey
4. 6 mint leaves
5. 1 ripe mango
6. 1 rip papaya
7. 1 baby pineapple

### Preparation procedures

1. Peel ginger and grate it finely.
2. Rinse lime with hot water and wipe dry.
3. Finely grate 1 tsp of peel and squeeze out lime juice
4. Combine 2 tbs lime juice, grated lime peel, ginger and honey, and stir until smooth. Rinse mint leaves and cut two into fine strips
5. Peel mango and cut fruit from the pit in wide strip. Cut papaya in half lengthwise and remove seed with a spoon. Peel papaya halves, peel pineapple and cut into quarters. Cut all fruits into bite sized, decorative pieces
6. Immediately add lime-ginger mixture and mint strips to fruits.
7. Season to taste with lime juice
8. Cover and refrigerate.
9. Serve garnished with remaining mint leaves.



## ● Topic 2: Preparation techniques of Asian sushi and sauces according to recipes/menu

Sample sushi and accompaniment menu

- ✓ RADISH CARROT SALAD
- ✓ SURIMI URAMAKI
- ✓ CRISPY SALMON AND AVOCADO HOSOMAKI
- ✓ VEGETABLE WITH TERIYAKI DIP
- ✓ VEGETABLE SHRIMP TEMPURA
- ✓ BEEF TENDERLOIN SKEWER
- ✓ SOY BARBECUE SAUCE

✓ TROPICAL FRUIT SALAD

**Preparation guidelines/ techniques for the menu above**

1. Marinate fish and beef
2. Make sushi rice
3. Prepare fruits salad and refrigerate
4. Prepare all vegetables, sesame seeds and nori sheets for hosomaki and uramaki
5. One after the other hosomaki and uramaki
6. Make salad and prepare skewers
7. Place all fruits on table along with Japanese soy sauce, wasabi paste and pickled ginger
8. Serve fruits as desert
9. Preparation techniques of Asian sushi and sauces according to recipes
10. For Finely cutting, put the fish in a freezer bag or wrap it in aluminum foil and place it in the freezer for about 1 hour before slicing
11. For cutting maki roll; Hosomaki are cut into six pieces and fotomaki into eight you can cut then straight across, on an angle or a combination of the two
12. Consumption; sushi should be eaten within minutes of being made. Prepare up to 2 hours in advance, cover with plastic wrap and refrigerate. Serve as soon as soon as they return to room temperature
13. Use ingredients left over from preparing nigiri or pressed sushi ( pieces of fish omelets, vegetables) to make maki or temaki sushi. You can also use the short, narrow strips of nori sheets left over as pretty and aromatic on clear soup
14. The color of the fillet tells you a lot about its flavor. The lighter, and there for fatties the mat, the stronger the flavor will be” Otoro” is the fattiest variety “Chutoro”is medium fat, and “Akami”is the leanest and darkest.
15. Sushi rice must be at room temperature. If it is not being consumed immediately do not roll the ingredients of maki and temaki because the rice gradually epands and may tear or split open the nori sheet.
16. If possible buy fish the day you need it.
17. Throughout the sushi making process you will constantly need to moisten your fingers and palms with vinegar water in order to keep rice from sticking.
18. For good tempura, the most important thing is that you use ice-cold water for the batter and stir it only very briefly. Do not worry if a few small lumps of flour remain.

**LO 5.3 Serve and store Asian sushi and sauces**

Sushi is served with vinegary ginger garnish on the plate, as well as soy sauce in a small dish. A small amount of wasabi may be added to the soy sauce.

High quality green tea (sencha) is served in a large earth ware teacup, but sake and lager beer are other options. Green tea is usually served after Japanese meals, but with sushi, there is an exception; tea is served from the beginning. Ginger and tea are used to “refresh” the taste buds between different kinds of fish, so that the subtle flavors are fully enjoyed. (Miso soup is not served with sushi.)

- **Topic 1: Serving techniques of Asian sushi and sauces**

1. When serving sauces, a limited number of options present themselves:
2. Serve the sauce under the food item – this uses the sauce as a foundation for the meal and also aids visual presentation.
3. 'Flood' the plate – this provides a coloured background against which the food may be presented
4. Serve the sauce over the food item – this masking of the food (or 'nappe'-ing the sauce: from the French word 'napper' meaning to coat food with a sauce) is a very popular way of directing the sauce onto individual food items be that meat, fish, chicken, vegetables or salad
5. Serve the sauce into an appropriate jug for placement on the table so customers may serve themselves.
6. Supplying a spoon and an underliner is optional but usual
7. Where the order dictates, this service option may mean more than one jug is needed to accommodate the variety of sauces offered
8. Dispense the sauce into a sauce boat – this option is required where silver service is being offered
9. A sauce boat may also be used instead of a jug in the previous service option
10. Decant proprietary sauces into bottles, bowls, containers or squeeze bottles – these options can be acceptable and appropriate for barbecues, buffets and other less formal dining situation



- **Topic 2: Storage tools of Asian sushi and sauces**

**The following are procedures to storing Cleaned and Sanitized tools of Asian sushi and sauces**

1. In clean, dry location
2. Not exposed to splash, dust, or other contamination
3. At least 6 inches above the floor
4. In a self-draining position
5. Covered or inverted
6. Store the according to their size
7. Clean and sanitize trays and carts
8. Store glasses and cups upside down
9. Keep food-contact surfaces of clean-in-place equipment covered

- **Topic 2: Environment conditions for storing sushi and Asian sauces**

**The following are environmental conditions for storing sushi and Asian sauces:**

The following are guidelines to well keeping of ready to eat sushi and sauces

1. Receive only sushi that has been transported in refrigerated vehicles.

2. Always check the temperature of sushi for each batch received; The temperature must be 5°C or less.
3. Once received, sushi must be:
4. Kept refrigerated at 5°C or less; or
5. Placed sushi in cold display immediately to retailing.
6. Sushi must be covered during receipt and storage to protect against contamination.

#### **References for further reading**

1. John Wiley & Son., (1999). *Classical Cooking the Modern Way: Methods and Techniques*, 3rd ed.
2. Tsuji, Shizuo. 1980. *Japanese cooking – a simple art*. Tokyo: Kodansha international



