



RQF LEVEL 5



TRADE CULINARY ARTS

MODULE CODE: CUAAS501

Table of content

Acronyms

Introduction

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 emphasizes 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.

Module Code and Title: CUAAS501 ASIAN SUSHI AND SAUCES

- Learning Units:**
1. Select the ingredients
 2. Prepare and use tools and equipment of sushi and sauces.
 3. Prepare ingredients of sushi and sauces.
 4. Prepare sushi and sauces.
 5. Present, garnish and store sushi and sauce.

Learning Unit 1: Select ingredients



STRUCTURE OF LEARNING UNIT

Learning outcomes:

- 1.1. Identify ingredients for Asian sushi and sauces
- 1.2. Select ingredients for Asian Sushi and sauces
- 1.3. Precise ingredient of Asian sushi and sauces calculation quantity

Learning outcome 1.1: Identify ingredients for Asian sushi and sauces



Duration: 2hrs



Learning outcome 1.1 objectives:

By the end of the learning outcome, the trainees will be able to:


- 1. Trainee should be able to collect ingredients for sushi and sauces
- 2. Trainee should be able to select properly the ingredients for sushi and sauces.
- 3. Trainee should be able to explain briefly the function of the ingredients of sushi and sauces.



Resources

Equipment	Tools	Materials
-----------	-------	-----------

<ul style="list-style-type: none"> • Rice cooker or a pan • Sushi oke or a large bowl • Sushi paddle • Hand fan • Deep fryers • Working table • Freezers 	<ul style="list-style-type: none"> • Sushi gloves • Sushi knife • Cutting board according to codes(colours) • Measuring spoon • Mat • Bomboo steamer • Pan or pot with lid • Joint plates • Fish knives 	<ul style="list-style-type: none"> • Video aids • Internet • Boards • Markers • Reference books • Pictures • Pens • Papers
--	---	--



Advance preparation:

- . Having the work place set
- . Availability of ingredients
- . Availability of tools and equipments



INDICATIVE CONTENT: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 mellow than western

vinegar. As seasoning, rice vinegar is what gives sushi rice its slightly acidity flavour

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 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) marinade 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 a drop or teaspoonful at a time) as a highly flavor seasoning- light sesame oil which is made from untoasted sesame seeds has a neutral flavour 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**

a) Ingredients for making Shari

some traditional and some contemporary.

Shari (sushi rice) Recipe for 4(portions)

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



B) 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 paste

8. **Example 1: Prepared sushi ingredients**

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



10.
11. **16. NETA (Raw seafood) and Fish**
12. **Shrimp (*ebi*)**



wash
bits of dirt,
lightly salted
it.

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

14. 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*.

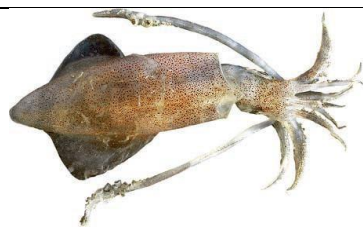
15. **Octopus (*tako*)**

16. 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 in toward the body by a web. The suckers can contain unwanted material and must be cleaned thoroughly.

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



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



19. **Cuttlefish (*kōika*) and squid (*ika*)**

20. 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

21. have a narrow chitin quill running the length of the back.



the body
skin and,



22. 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 open on one side and pull off the grey with it, the two lateral fins.

23. **Scallop (*hotategai*)**

24. 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

25. 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.



26. **Salmon fillet**

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



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

29. **Tuna Halibut**

30. **Notes: Right safety use of seafood, red**

meats and fish in sushi production

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

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

33. 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).

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

35. 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).

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

37. 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.



- ✓ Trainer should ask trainees about on brainstorming on ingredients and quality points for Asian Sushi and sauce within 20minutes in groups)
- ✓ By individual research on ingredients and quality points for Sushi and Asian.



Practical learning Activity

- ✓ Trainer should ask the trainees to make Asian sushi and vinaigrette sauces within 30minutes in groups)



Points to Remember (Take home message)

- Define of key point such us Sushi, sushi rice, nori, wasabi,.....
- The quality point of ingredients
- Tools and equipments to be used



INDICATIVE CONTENT 2: Quality points of ingredients for Asian Sushi and sauces

Topic1: Quality signs of fresh vegetables

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

Topic2: 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)

Topic3: 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



Theoretical learning Activity

- ✓ Trainees brainstorm on displaying and observation on types of Asian sushi and sauces Ingredients within 20minutes in groups
- ✓ Presentation on types Asian sushi and sauces Ingredients.



Practical learning Activity

- ✓ Individual practical on selection of Asian Sushi and sauces ingredients



Points to Remember (Take home message)

- Define of key point such us Sushi, sushi rice, nori, wasabi,.....
- The quality point of ingredients
- Tools and equipments to be used

Learning outcome 1 formative assessment

1.Explain

L.O1.2 : Select ingredients for Asian Sushi and sauces



Duration: 2hrs



Learning outcome 1.1 objectives:


By the end of the learning outcome, the trainees will be able to:

1. Identify correctly ingredients for sushi and sauces
2. Define properly ingredients for sushi and sauces
3. Differentiate correctly ingredients for sushi and sauces



Resources

Equipment	Tools	Materials
<ul style="list-style-type: none"> • Rice cooker or a pan • Sushi oke or a large bowl 	<ul style="list-style-type: none"> • Sushi gloves • Sushi knife 	<ul style="list-style-type: none"> • Black board • Video • Audio • Flipchart

<ul style="list-style-type: none"> • Sushi paddle • Hand fan • Deep fryers • Working table • Freezers 	<ul style="list-style-type: none"> • Cutting board according to codes(colours) • Measuring spoon • Mat • Bamboos steamer • Pan or pot with lid • Joint plates • Fish knives 	<ul style="list-style-type: none"> • Pen • Notebook and hand out
<div>  Advance preparation: </div> <p>. Having the work place set</p>		



INDICATIVE CONTENT 1.2.1: 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.

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.



Theoretical learning Activity

- ✓ Trainees brainstorm on ingredients and quality points for Asian Sushi and sauce within 20minutes in groups
- ✓ Individual learner makes a research on ingredients and quality points for Sushi and Asian.



Practical learning Activity

- ✓ Trainer should ask the trainees to make Asian sushi and vinaigrette sauces within 30minutes in 5 groups)



Points to Remember (Take home message)

- Define of key point such us Sushi, sushi rice, nori, wasabi,.....
- The quality point of ingredients
- Tools and equipments to be used



INDICATIVE CONTENT1.2.2: Types of ingredients for 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: Avocadoes, 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.



Theoretical learning Activity

- ✓ Trainees brainstorm on ingredients and quality points for Asian Sushi and sauce within 20minutes in groups
- ✓ Individual learner makes a research on ingredients and quality points for Sushi and Asian.



Practical learning Activity

- ✓ Trainer should ask the trainees to make Asian sushi and vinaigrette sauces within 30minutes in 5 groups)



Points to Remember (Take home message)

- Define of key point such us Sushi, sushi rice, nori, wasabi,.....
- The quality point of ingredients
- Tools and equipments to be used



INDICATIVE CONTENT1.2.3: Types of sauces

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 haute sauces.

The following are some examples of sushi sauces recipes

Topic 1: 3.1.Cold dipping sauce recipes

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

Topic 2: 3.2 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



Theoretical learning Activity

- ✓ Trainees brainstorm on ingredients and quality points for Asian Sushi and sauce within 20minutes in groups
- ✓ Individual learner makes a research on ingredients and quality points for Sushi and Asian.



Practical learning Activity

- ✓ Trainer should ask the trainees to make Asian sushi and vinaigrette sauces within 30minutes in 5 groups)



Points to Remember (Take home message)

- Define of key point such us Sushi, sushi rice, nori, wasabi,.....
- The quality point of ingredients
- Tools and equipments to be used



Duration: 2hrs



Learning outcome 1.1 objectives:

By the end of the learning outcome, the trainees will be able to:

1. Identify correctly ingredients for sushi and sauces
2. Define properly ingredients for sushi and sauces
3. Differentiate correctly ingredients for sushi and sauces



Resources

Equipment	Tools	Materials
<ul style="list-style-type: none"> • Rice cooker or a pan • Sushi oke or a large bowl • Sushi paddle • Hand fan • Deep fryers • Working table • Freezers 	<ul style="list-style-type: none"> • Sushi gloves • Sushi knife • Cutting board according to codes(colours) • Measuring spoon • Mat • Bomboo steamer • Pan or pot with lid • Joint plates • Fish knives 	<ul style="list-style-type: none"> • Black board • Video • Audio • Flipchart • Pen • Notebook and hand out



Advance preparation:

. Having the work place set

L.O 1.3: Precise ingredient of Asian sushi and sauces calculation quantity



INDICATIVE CONTENT 1.3.1: 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.



Theoretical learning Activity

- ✓ Trainees brainstorm on ingredients and quality points for Asian Sushi and sauce within 20minutes in groups
- ✓ Individual learner makes a research on ingredients and quality points for Sushi and Asian.



Practical learning Activity

- ✓ Trainer should ask the trainees to make Asian sushi and vinaigrette sauces within 30minutes in 5 groups)



Points to Remember (Take home message)

- Define of key point such us Sushi, sushi rice, nori, wasabi,.....
- The quality point of ingredients
- Tools and equipments to be used

L.O 1.3: Precise ingredient of Asian sushi and sauces calculation quantity



INDICATIVE CONTENT 1.3.2: 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.

Topic 1: 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.

Topic2: 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

Topic3: 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, Vegetabl e	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 4: 2.4: Calculation of quantity for sauces and sauce ingredients.

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
Ingredients for filling		
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 proced handout
<p>Question: What will chef do to maintain the standard of this sushi dish recipe?</p> <p>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.</p> <p>Answer:</p> <p>Procedure for calculating the weight of an ingredient when the weight of one of ingredients is known</p> <p>Change the quantity into fraction or decimal number to facilitate multiplication</p> <p>To change portion, yield or quantity the following are alternative formulas which can be used depending on the given situation:</p> $\frac{\text{old o}}{\text{thold o}} \times \frac{\text{th}}{\text{th}} \text{ Or } \frac{\text{th}}{\text{th}} \times \frac{\text{old o}}{\text{thold o}}$ <p>Conversion Factor_____th</p> <p>New quantity =400g</p> <p>Old quantity =500g</p>		

Old recipes
recipe

Conversion factor =?

Conversion factor (CF)___ =0.8

2. To create a new recipe a chef will multiply the other old weight of each recipe ingredient by

New recipe

Ingredients	Quantity	CF	New quantity	Procedure
Sushi rice (cooked)	300g	0.8	240g	Follow i procedure
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 ind in this har
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	
this coefficient figure to get the new weight of each ingredient				



Theoretical learning Activity

- ✓ Group discussion on types Asian sushi and sauces Ingredients.
- ✓ Presentation on types Asian sushi and sauces Ingredients.



Practical learning Activity

- ✓ Individual practical on selection of Asian Sushi and sauces ingredients.



Points to Remember (Take home message)

1. Selecting the types of sushi
2. Selection of ingredient used in sushi and sauce preparation
3. Presentation techniques of sushi and sauces



Learning outcome 1 formative assessment

Learning unit 2 : Prepare and use tools and equipment of sushi and sauces



Duration: 2hrs



Learning outcome 1.1 objectives:

By the end of the learning outcome, the trainees will be able to:

1. Identify correctly ingredients for sushi and sauces
2. Define properly ingredients for sushi and sauces
3. Differentiate correctly ingredients for sushi and sauces



Resources

Equipment	Tools	Materials
<ul style="list-style-type: none"> • Rice cooker or a pan • Sushi oke or a large bowl • Sushi paddle • Hand fan • Deep fryers • Working table • Freezers 	<ul style="list-style-type: none"> • Sushi gloves • Sushi knife • Cutting board according to codes(colours) • Measuring spoon • Mat • Bomboo steamer • Pan or pot with lid • Joint plates • Fish knives 	<ul style="list-style-type: none"> • Black board • Video • Audio • Flipchart • Pen • Notebook and hand out



Advance preparation:

. Having the work place set

L.0 2.1: Select tools and equipments



INDICATIVE CONTENT: 2.1.1:Tools and equipment for Asian sushi and sauces

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 (*tamagoyaki*) to be used for sushi because the cooked, folded omelette will have even sides and be of a more uniform thickness.





Theoretical learning Activity

- ✓ Group discussion on types Asian sushi and sauces Ingredients.
- ✓ Presentation on types Asian sushi and sauces Ingredients.



Practical learning Activity

- ✓ Individual practical on selection of Asian Sushi and sauces ingredients.



Points to Remember (Take home message)

4. Selecting the types of sushi
5. Selection of ingredient used in sushi and sauce preparation
6. Presentation techniques of sushi and sauces



L.O **2.2: Assemble and dismantle tools and equipment.**

INDICATIVE CONTENT: 2.2.1: Procedures for dismantling tools and equipment for Asian sushi and sauces



Duration: 2hrs



Learning outcome 1.1 objectives:

By the end of the learning outcome, the trainees will be able to:

1. Identify correctly ingredients for sushi and sauces
2. Define properly ingredients for sushi and sauces
3. Differentiate correctly ingredients for sushi and sauces



Resources

Equipment	Tools	Materials
<ul style="list-style-type: none"> • Rice cooker or a pan • Sushi oke or a large bowl • Sushi paddle • Hand fan • Deep fryers • Working table • Freezers 	<ul style="list-style-type: none"> • Sushi gloves • Sushi knife • Cutting board according to codes(colours) • Measuring spoon • Mat • Bomboo steamer • Pan or pot with lid • Joint plates • Fish knives 	<ul style="list-style-type: none"> • Black board • Video • Audio • Flipchart • Pen • Notebook and hand out



Advance preparation:

. Having the work place set

PROCEDURES OF CLEANING TOOLS, EQUIPMENT AND SURFACE

1. Unplug electrical equipment before cleaning such us blender, microwaves oven, electrical griller, freezer.....
- 2.You could seriously injure yourself if you accidentally hit the power switch while you are cleaning a piece of equipment.
3. Disassemble equipment when possible. (This obviously doesn't apply to such equipment as worktables.) All immersible parts should be cleaned and sanitized like kitchen utensils.
4. Wash all food contact surfaces, using a detergent solution and clean cloths.
5. Sanitize all surfaces with a double-strength sanitizing solution and with clean cloths used only for this purpose.
6. Allow to air dry.
7. Reassemble equipment

DISSEMBLING AND ASSEMBLING

- **Assembling tools/ machine: is to put together parts or accessories of a machine**
- **While disassembling is to take that parts of a machine together.**

Fixing

Fixing/ repair means responding to the breakdown of equipment and undertaking work to correct the problem in order to return the equipment to working conditions.



Theoretical learning Activity

- ✓ Group discussion on types Asian sushi and sauces Ingredients.
- ✓ Presentation on types Asian sushi and sauces Ingredients.



Practical learning Activity

- ✓ Individual practical on selection of Asian Sushi and sauces ingredients.



Points to Remember (Take home message)

7. Selecting the types of sushi
8. Selection of ingredient used in sushi and sauce preparation
9. Presentation techniques of sushi and sauces

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



INDICATIVE CONTENT: 2.3 .1:Use of tools and equipment safely and hygienically of sushi and sauces

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 vine



Theoretical learning Activity

- ✓ Group discussion on types Asian sushi and sauces Ingredients.
- ✓ Presentation on types Asian sushi and sauces Ingredients.



Practical learning Activity

- ✓ Individual practical on selection of Asian Sushi and sauces ingredients.



Points to Remember (Take home message)

- | | |
|-----|---|
| 10. | Selecting the types of sushi |
| 11. | Selection of ingredient used in sushi and sauce preparation |
| 12. | Presentation techniques of sushi and sauces |

Theoretical learning Activity

- ✓ (example: ask trainees to brainstorm about..... within groups)
- ✓
- ✓



Practical learning Activity

- ✓ (Example: Trainees in pair perform)



Points to Remember (Take home message)



Learning outcome 1 formative assessment

Written assessment

- Assessment tools
 - ✓ True or false questions
 - ✓ Multiple choice
 - ✓ Open ended questions
 - ✓ Case studies



Please mix different assessment tools for triangulation and relevancy of assessment

Practical assessment

- Assessment tools
 - ✓ Assay
 - ✓ Task to be performed
 - ✓ Observation checklist

Learning Outcome 2.2: Assemble and dismantle tools and equipment.

Topic1: Procedures for dismantling tools and equipment for Asian sushi and sauces.

References: