

SAY YES TO SUSHI

寿司

THE HISTORY OF SUSHI

It's a little-known fact that the word "sushi" is derived from the Japanese word for "sour".



In the early days, the Japanese ate fish and rice together. The fish was often fermented in a vinegar solution, which gave it a sour taste. This is where the word "sushi" comes from.

HOW TO EAT SUSHI



When eating sushi, it's important to use chopsticks. Pick up the sushi with the chopsticks, and eat it in one bite. Don't use your hands to eat sushi, as this is considered unhygienic.

THE INGREDIENTS OF SUSHI

RICE: Short-grain white rice is the base of all sushi. It is cooked and seasoned with a mixture of rice vinegar, sugar, and salt.

FISH: Fresh, high-quality fish is essential for sushi. Common choices include salmon, tuna, and yellowtail.

VEGETABLES: Fresh vegetables like cucumber, avocado, and scallions are often used as toppings.

SOY SAUCE: A staple condiment for sushi, it adds a salty, umami flavor.

WASABI: A spicy condiment made from the root of the wasabi plant, it adds a pungent heat.



The history of sushi is a long and interesting one. It has evolved over centuries, from a simple fermented fish and rice to the diverse and delicious dishes we know today.

HOW TO EAT SUSHI (CONTINUED)
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HOW TO PREPARE SUSHI

1. Wash the rice: Rinse the rice under cold water until the water runs clear.

2. Cook the rice: Cook the rice according to the instructions on the package.

3. Season the rice: Mix the rice with a mixture of rice vinegar, sugar, and salt.

4. Prepare the fish: Wash the fish and pat it dry.

5. Prepare the vegetables: Wash and chop the vegetables.

6. Assemble the sushi: Place a small amount of rice on a piece of nori.

7. Add the toppings: Place the fish and vegetables on top of the rice.



Sushi (2)

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When eating sushi, it's important to use chopsticks. Pick up the sushi with the chopsticks, and eat it in one bite. Don't use your hands to eat sushi, as this is considered unhygienic. The correct way to hold chopsticks is a key part of the sushi-eating experience.

The ingredients of sushi are simple but essential. High-quality fish, short-grain white rice, and fresh vegetables are the building blocks of this delicious cuisine. Soy sauce and wasabi are also important condiments that enhance the flavor.

How to eat sushi is a skill that takes time to learn. It's not just about picking up the sushi with chopsticks, but also about the proper etiquette and timing. Eating sushi is a social activity, and it's important to enjoy it with others.

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Culinary Pleasures

Daniel F McAuley



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