

How to Make SUSHI

at Home

A Fundamental Guide
for Beginners and Beyond

50
step-by-step
recipe
prep t



Jun and Stephanie Nakajima

How to Make
SUSHI
at Home

A Fundamental Guide for
Beginners and Beyond

Jun **and** Stephanie Nakajima



Skyhorse Publishing

Copyright © 2023 by Jun and Stephanie Nakajima

All rights reserved. No part of this book may be reproduced in any manner without the express written consent of the publisher, except in the case of brief excerpts in critical reviews or articles. All inquiries should be addressed to Skyhorse Publishing, 307 West 36th Street, 11th Floor, New York, NY 10018.

Skyhorse Publishing books may be purchased in bulk at special discounts for sales promotion, corporate gifts, fund-raising, or educational purposes. Special editions can also be created to specifications. For details, contact the Special Sales Department, Skyhorse Publishing, 307 West 36th Street, 11th Floor, New York, NY 10018 or info@skyhorsepublishing.com.

Skyhorse® and Skyhorse Publishing® are registered trademarks of Skyhorse Publishing, Inc.®, a Delaware corporation.

Visit our website at www.skyhorsepublishing.com.

10987654321

Library of Congress Cataloging-in-Publication Data is available on file.

Cover design by David Ter-Avanesyan

Cover photo credit: Jun and Stephanie Nakajima

Print ISBN: 978-1-5107-7350-9

Ebook ISBN: 978-1-5107-7351-6

Printed in China

Contents

1. Introduction 1
2. History 3
3. Supplies and Tools 5
 - Knives 5
 - Cutting Board 8
 - Rice Cooker 8
 - Sushi Oke / Hangiri (wooden sushi mixing bowl) 8
 - Shamoji (rice paddle) 8
 - Makisu (bamboo rolling mat) 9
 - Otoshibuta (drop lid) 9
 - Moribashi (plating chopsticks) 9
 - Fish Bone Tweezers 9
 - Tamagoyaki Frying Pan 9
4. Basic Pantry Ingredients 12
 - Rice 12
 - Rice Vinegar 12
 - Nori (dried seaweed) 12
 - Shoyu (soy sauce) 13
 - Wasabi 14
 - Gari (pickled ginger) 15
 - Goma (sesame seeds) 15
 - Dashi (Japanese stock) 15
 - Tempurako (tempura flour) 16
5. Sauce Recipes 17
 - Spicy Mayo 17
 - Unagi Sauce (eel sauce) 18
 - Nikiri Shoyu 19
6. Vegetables and Other Fresh Ingredients 20
 - Avocado 20
 - Cucumber 23
 - Daikon (Japanese radish) 26
 - Negi (green onion) 29
 - Carrot 30
 - Jalapeño 30
 - Asparagus 31
 - Takuwan (Japanese pickled radish) 32
 - Lettuce 32
 - Shiso (Japanese perilla leaf) 32
 - Kaiware Daikon (baby radish sprouts) 32
 - Kanpyo (Japanese gourd) 32
 - Red Radish 33
 - Tamago (egg) 33
 - Inari (fried tofu pocket) 33
7. Sourcing Fish and Seafood 34
 - What Does “Sushi-Grade” Mean? 34
 - Where to Buy Fish 34
 - How to Buy Fish 35
8. Fish and Seafood Preparation 41
9. Cutting Fish 65
 - How to Cut Fish for Sashimi 65
 - How to Cut Fish for Rolls 69
 - How to Cut Fish for Nigirizushi 71
10. Sashimi 77
 - Assorted Sashimi Plate 77
11. Sushi Rice 81
 - Cooking Rice 82
 - Making Sushi Rice 84
 - Making Sushi Vinegar 86

12. Makizushi (Sushi Rolls) 87

- Hosomaki (thin roll) 87
- Tekkamaki (tuna roll) 87
- Kappamaki (cucumber roll) 92
- Negihama (yellowtail green onion roll) 97
- Uramaki (inside-out roll) 102
 - California Roll 103
 - Spicy Tuna Roll 108
 - Philadelphia (Philly) Roll 113
 - Salmon Skin Roll 117
 - Rainbow Roll 123
 - Caterpillar Roll 129
 - Dragon Roll 135
- Tatemaki (vertical roll) 141
 - Shrimp Tempura Roll 141
- Futomaki ("big" roll) 147
- Temaki (hand roll) 154
 - Temaki Party 154

13. Nigirizushi 159

- Assorted Nigiri Platter 159

14. Gunkanmaki (Battleship Sushi) 165

- Assorted Gunkanmaki Plate 165

15. Temarizushi (Sushi Ball) 170

- Assorted Temari Plate 170

16. Chirashizushi (Scattered Sushi) 176

- Chirashi-don/Kaisen-don (scattered sushi bowl/seafood bowl) 176
- Barazushi (Kansai-style scattered sushi) 181

17. Inarizushi (Fried Tofu Pocket Sushi) 194

- Kanto-Style Inarizushi 194

18. Other Recipes 201

- Dashi Stock 201
- Braised Shiitake Mushrooms 204
- Miso-shiru (miso soup) 207
- Shrimp Tempura 208
- Tamagoyaki 214
- Homemade Pickled Ginger (gari) 220

19. Presentation 221

- Sushi Rolls 221
- Nigirizushi 223
- Sashimi 223
- Garnishes 223

20. Sake and Other Drink Pairings 227

- Sake (Nihon-shu) 227
- Beer 229
- Wine 229
- Cocktails/Spirits 231

21. Sushi Etiquette 233

22. Sushi Glossary 237

Index 241

Conversion Charts 247

Index

A

- aburaage
 - Barazushi, 181–193
- amaebi, 39
 - Chirashi-don, 176–180
 - preparing, 61–62
- asparagus, 31
- avocado, 20–21
 - California Roll, 103–107
 - Dragon Roll, 135–140
 - Rainbow Roll, 123–128
 - Shrimp Tempura Roll, 141–145
 - Temaki Party, 154–157
 - Temari Plate, 170–175

B

- Barazushi, 181–193
- beer, 229
- beverages, 227–232
- bonito flakes, 15, 201
 - Nikiri Shoyu, 19
- bowl, mixing, 8
- Braised Shitake Mushrooms, 204–206

C

- California Roll, 4, 103–107
- carrot, 30
 - Barazushi, 181–193
 - inarizushi, 200
- Caterpillar Roll, 22, 129–134
- cayenne

- Spicy Mayo, 17
- champagne, 231
- chili powder
 - Spicy Mayo, 17
- Chirashi-don, 176–180
- chirashizushi, 176–193
- chopsticks
 - etiquette, 234
 - plating, 9, 10
- cocktails, 231–232
- cologne, 233
- crab, 39
 - imitation, 39
- Futomaki, 147–151
- Rainbow Roll, 123–128
- Shrimp Tempura Roll, 141–145
- Temaki Party, 154–157
- cream cheese
 - Philadelphia Roll, 113–116
- cucumber, 23–25
 - California Roll, 103–107
 - Caterpillar Roll, 129–134
 - Philadelphia Roll, 113–116
 - Rainbow Roll, 123–128
 - Salmon Skin Roll, 117–122
 - Shrimp Tempura Roll, 141–145
 - Temaki Party, 154–157
 - Temari Plate, 170–175

- Cucumber Roll, 92–96
- curing salmon, 48–49
- cutting board, 8, 10
- cutting fish, 65–76

D

- daikon, 26–28
 - Assorted Sashimi Plate, 77
 - Chirashi-don, 176–180
 - Temari Plate, 170–175
- dashi, 15–16, 201–203
 - Barazushi, 181–193
 - inarizushi, 195
 - Miso Soup, 207
 - Tamagoyaki, 214
- deba, 6–7, 10
- Dragon Roll, 22, 135–140
- drinks, 227–232

E

- ebi, 39
 - preparation, 55–60
 - Rainbow Roll, 123–128
 - Temaki Party, 154–157
- Edo period, 3–4
- eel, 40
 - Caterpillar Roll, 129–134
 - cutting, for nigiri, 76
 - cutting, for rolls, 70
 - Dragon Roll, 135–140
 - Futomaki, 147–151
 - preparation, 63
 - Temaki Party, 154–157

Eel Sauce, 19
egg. *See* tamago
egg frying pan, 9
etiquette, 233–236

F

fish cutting, 65–76
fish freezing, 64
fish preparation, 41–64
fish sourcing, 34–40
fish storage, 63–64
flour, tempura, 16
flying fish roe, 40
 California Roll, 103–107
 Caterpillar Roll, 129–134
 Futomaki, 147–151
 Salmon Skin Roll, 117–122
 Temari Plate, 170–175
freezing fish, 64
frying pan, 9
furikake
 inarizushi, 200
 Temari Plate, 170–175
Futomaki, 147–151

G

gari, 15, 235
 Assorted Sashimi Plate, 78
 Homemade Pickled
 Ginger, 220
garnishes, 223–226
gin, 231
ginger, 15, 220, 235
 Homemade Pickled
 Ginger, 220
gochugaru
 Spicy Mayo, 17

goma, 15
gourd. *See* kanpyo
green onion, 29–30
 Miso Soup, 207
 Temari Plate, 170–175
 Yellowtail Green Onion
 Roll, 97–101
gunkanmaki, 165–169
Gunkanmaki Plate, 165–169
gyuto, 6, 7

H

hamachi, 39
 Assorted Sashimi Plate, 78
back loin, 50–51
belly loin, 52–53
breaking down, 50–55
Chirashi-don, 176–180
Rainbow Roll, 123–128
skin removal, 54–55
 Temaki Party, 154–157
hana-age, 213
hangiri, 8, 11
hikarimono, 67–68
hirazukuri, 65–66
history, of sushi, 3–4
hosomaki, 87–101, 222

I

ikura, 40
 Assorted Sashimi Plate, 78
 Caterpillar Roll, 129–134
 Chirashi-don, 176–180
 Gunkanmaki Plate,
 165–169
 Rainbow Roll, 123–128
 Temaki Party, 154–157

 Temari Plate, 170–175
inari, 33
inarizushi, 194–200
ingredients, 12–16

J

jalapeño, 30–31
 Temaki Party, 154–157

K

kaiware, 32
 Caterpillar Roll, 129–134
 Temaki Party, 154–157
kani, 39
kanikama, 39
 California Roll, 103–107
 Futomaki, 147–151
 Rainbow Roll, 123–128
 Shrimp Tempura Roll,
 141–145
 Temaki Party, 154–157
kanpyo, 32
 Futomaki, 147–151
Kanto-style inarizushi,
 194–200
Kappamaki, 92–96
katsuobushi, 15, 201
 Nikiri Shoyu, 19
katsuramuki, 24, 26
Kawafuku, 4
kelp, 15
knives, 5–7, 10
konbu, 15, 201

L

lettuce, 32
 Temaki Party, 154–157

lid, drop, 9
liquor, 231–232

M

mackerel

Assorted Sashimi Plate, 78
cutting, for nigiri, 75

maguro, 35–37

Assorted Sashimi Plate, 77
breaking down, 41–45
Chirashi-don, 176–180
cutting, for nigiri, 72–73
cutting, for rolls, 69–70
Rainbow Roll, 123–128
Spicy Tuna Roll, 108–112
Temaki Party, 154–157

makisu, 9, 10, 102

makizushi, 87–157

masago, 40

California Roll, 103–107
Futomaki, 147–151
Gunkanmaki Plate,
165–169
Salmon Skin Roll, 117–122
Temaki Party, 154–157
Temari Plate, 170–175

mayo, Kewpie

Spicy Mayo, 17
Dragon Roll, 135–140
Shrimp Tempura Roll,
141–145
Spicy Tuna Roll, 108–112
Temaki Party, 154–157

mezcal, 232

mirin

Barazushi, 181–193
Eel Sauce, 19

inarizushi, 195
Nikiri Shoyu, 19
Tamagoyaki, 214

Miso-shiru, 207

moribashi, 9, 10

mushroom, shiitake
braised, 204–206
dried, 15

Barazushi, 181–193
inarizushi, 200

N

narezushi, 3

negative space, 222

negi, 29–30

Negihama, 97–101

Gunkanmaki Plate,
165–169

negitoro

Gunkanmaki Plate,
165–169

Nigiri Platter, 159–164

nigirizushi, 4, 71–76,
159–169, 223

nikiri, 13

Nikiri Shoyu, 19

norisushi, 12–13

California Roll, 103–107
Dragon Roll, 135–140
Futomaki, 147–151
Gunkanmaki Plate,
165–169
Philadelphia Roll, 113–
116
Rainbow Roll, 123–128
Salmon Skin Roll, 117–122
Temaki Party, 154–157

O

octopus

Chirashi-don, 176–180

onion, green, 29–30

Miso Soup, 207

Temari Plate, 170–175

Yellowtail Green Onion
Roll, 97–101

ordering, 234

oshibori, 234

otoshibuta, 9

P

peas, snow, 189–190

perfume, 233

perilla leaf. *See* shiso

Philadelphia Roll, 113–116

pinot grigio, 230

pinot noir, 231

plates, 222

plating chopsticks, 9, 10

presentation, 221–226

R

radish. *See* daikon; red radish;
takuwan

Rainbow Roll, 22, 123–128

red radish, 33

Temari Plate, 170–175

reservations, 233

rice, 12, 81–85

rice cooker, 8

rice paddle, 8–9, 10

rice vinegar, 12, 86

riesling, 229–230

roe

flying fish, 40

- California Roll, 103–107
- Caterpillar Roll, 129–134
- Futomaki, 147–151
- Salmon Skin Roll, 117–122
- Temari Plate, 170–175
- salmon, 40
- Assorted Sashimi Plate, 78
- Caterpillar Roll, 129–134
- Chirashi-don, 176–180
- Gunkanmaki Plate, 165–169
- Rainbow Roll, 123–128
- Temaki Party, 154–157
- Temari Plate, 170–175
- smelt, 40
- California Roll, 103–107
- Futomaki, 147–151
- Gunkanmaki Plate, 165–169
- Salmon Skin Roll, 117–122
- Temaki Party, 154–157
- Temari Plate, 170–175
- rolling mat, 9, 10, 102
- rolls, 87–157
- California Roll, 4, 103–107
- Caterpillar Roll, 22, 129–134
- cucumber, 92–96
- cutting fish for, 69–70
- Dragon Roll, 135–140
- Philadelphia Roll, 113–116
- presentation of, 221–222
- Rainbow Roll, 123–128
- Salmon Skin Roll, 117–122
- Spicy Tuna Roll, 108–112
- thin, 87–101
- tuna, 87–91
- yellowtail green onion, 97–101
- rosé, 231
- S**
- saba
- Assorted Sashimi Plate, 78
- cutting, for nigiri, 75
- sake, 227–229
- Barazushi, 181–193
- Eel Sauce, 19
- Nikiri Shoyu, 19
- sake (salmon), 37–38
- Assorted Sashimi Plate, 77
- Barazushi, 191
- breaking down, 45–49
- Chirashi-don, 176–180
- curing, 48–49
- cutting, for nigiri, 73–74
- Rainbow Roll, 123–128
- Temaki Party, 154–157
- saku blocks, 41–45
- salmon, 37–38
- Assorted Sashimi Plate, 77
- Barazushi, 191
- breaking down, 45–49
- Chirashi-don, 176–180
- curing, 48–49
- cutting, for nigiri, 73–74
- Rainbow Roll, 123–128
- smoked, 38–39
- Philadelphia Roll, 113–116
- Temaki Party, 154–157
- salmon roe, 40
- Assorted Sashimi Plate, 78
- Caterpillar Roll, 129–134
- Chirashi-don, 176–180
- Gunkanmaki Plate, 165–169
- Rainbow Roll, 123–128
- Temaki Party, 154–157
- Temari Plate, 170–175
- Salmon Skin Roll, 117–122
- sashimi
- Assorted Sashimi Plate, 77–79
- cutting fish for, 65–68
- presentation, 223
- saucers, 17–19, 222
- sauvignon blanc, 230
- seafood preparation, 41–64
- seafood sourcing, 34–40
- sea urchin, 40
- Chirashi-don, 176–180
- Gunkanmaki Plate, 165–169
- seaweed, 12–13
- sesame seeds, 15
- California Roll, 103–107
- Caterpillar Roll, 129–134
- Dragon Roll, 135–140
- Philadelphia Roll, 113–116
- Rainbow Roll, 123–128
- Salmon Skin Roll, 117–122

- Shrimp Tempura Roll, 141–145
- Temaki Party, 154–157
- shamoji, 8–9, 10
- shiitake
 - braised, 204–206
 - dried, 15
 - Barazushi, 181–193
 - inarizushi, 200
- shiso, 32
 - Assorted Sashimi Plate, 77
 - Chirashi-don, 176–180
 - Temari Plate, 170–175
- shoyu, 13
- shrimp, 39
 - Dragon Roll, 135–140
 - preparation, 55–60
 - Rainbow Roll, 123–128
 - sweet, 39
 - Chirashi-don, 176–180
 - preparation, 61–62
 - Temaki Party, 154–157
- shrimp tempura, 208–212
- Shrimp Tempura Roll, 141–145
- smelt roe, 40
 - California Roll, 103–107
 - Futomaki, 147–151
 - Gunkanmaki Plate, 165–169
 - Salmon Skin Roll, 117–122
 - Temaki Party, 154–157
 - Temari Plate, 170–175
- smoked salmon, 38–39
 - Philadelphia Roll, 113–116
- snap peas, 189–190
- snow peas, 189–190
- sogizukuri, 68–69
- soup, miso, 207
- sourcing, 34–40
- soy sauce, 13
 - Assorted Sashimi Plate, 78
 - dipping, 235
 - Eel Sauce, 19
 - inarizushi, 195
 - Nikiri Shoyu, 19
- spicy mayo, 17
 - Dragon Roll, 135–140
 - Shrimp Tempura Roll, 141–145
 - Spicy Tuna Roll, 108–112
 - Temaki Party, 154–157
- Spicy Tuna Roll, 108–112
- spirits, 231–232
- sriracha
 - Spicy Mayo, 17
- stock, 15–16
- sujihiki, 6, 7, 10
- supplies, 5–11
- sushi
 - etiquette, 233–236
 - history of, 3–4
- sushi-grade, 34
- sushi oke, 8, 10, 11
- sweet shrimp, 39
 - preparation, 61–62
- T**
- Tabasco
 - Spicy Mayo, 17
- tako
 - Chirashi-don, 176–180
- takuwan, 32
- tamago, 33
 - Barazushi, 181–193
 - inarizushi, 200
 - Temari Plate, 170–175
- Tamagoyaki, 9, 214–219
 - Futomaki, 147–151
- tatemaki, 141–145
- Tekkamaki, 87–91
- temaki, 154–157
- Temaki Party, 154–157
- Temari Plate, 170–175
- temarizushi, 170–175
- tempura
 - hana-age, 213
 - shrimp, 208–212
- tempurako, 16
- tequila, 232
- tezu, 12
- tobiko, 40
 - California Roll, 103–107
 - Caterpillar Roll, 129–134
 - Futomaki, 147–151
 - Salmon Skin Roll, 117–122
 - Temari Plate, 170–175
- tofu, fried
 - Barazushi, 181–193
- tofu pocket. *See* inari
- tools, 5–11
- tsuma
 - Assorted Sashimi Plate, 77
 - Chirashi-don, 176–180
- tuna, 35–37
 - Assorted Sashimi Plate, 77
 - breaking down, 41–45
 - Chirashi-don, 176–180
 - cutting, for nigiri, 72–73
 - cutting, for rolls, 69–70

Rainbow Roll, 123–128
roll, 87–91
Spicy Tuna Roll, 108–112
Temaki Party, 154–157
tweezers, fish bone, 9, 10

U

unagi, 40
 Barazushi, 190
 Caterpillar Roll, 129–134
 cutting, for nigiri, 76
 cutting, for rolls, 70
 Dragon Roll, 135–140
 Futomaki, 147–151
 preparation, 63
 Temaki Party, 154–157
Unagi Sauce, 19
unami-rich cocktails, 231–232

uni, 40
 Gunkanmaki Plate,
 165–169
uramaki, 4, 102–140, 221
usuzukuri, 68–69

V

vegetables, 20–33
vinegar, 12, 86
vinho verde, 230

W

wakame
 Miso Soup, 207
wasabi, 14–15, 234–235
whiskey, 232
wine, 229–231

Y

yanagiba, 5–6, 7
yellowtail, 39
 Assorted Sashimi Plate, 78
 back loin, 50–51
 belly loin, 52–53
 breaking down, 50–55
 Chirashi-don, 176–180
 Rainbow Roll, 123–128
 skin removal, 54–55
 Temaki Party, 154–157
 Yellowtail Green Onion
 Roll, 97–101
Yohei, Hanaya, 4