Traditional sushi preparation is an art form that emphasizes freshness, precision, and balance. It starts with perfectly cooked and seasoned vinegared rice, which is carefully shaped by hand. Fresh, high-quality raw fish or seafood is sliced thinly and placed atop the rice for nigiri, or rolled with seaweed and vegetables for maki. Chefs often use specific knife techniques to enhance texture and presentation. The dish is typically served with soy sauce, wasabi, and pickled ginger to complement the flavors.