

# List of sushi and sashimi ingredients

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There are many sushi and sashimi **ingredients**, some traditional and some contemporary.



Sushi plate (盛り合わせ) with sashimi to the left

## Sushi styles

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- Chirashi-zushi (ちらし寿司, *scattered sushi*) is a bowl of sushi rice topped with a variety of raw fish and vegetables/garnishes (also refers to *barazushi*).<sup>[1][2][3]</sup>
- Inari-zushi (稲荷寿司, *fried tofu pouch*) is a type of sushi served in a seasoned and fried pouch made of tofu and filled with sushi rice.<sup>[1][3]</sup>
- Maki-zushi (巻き寿司, *rolled sushi*) consists of rice and other ingredients rolled together with a sheet of nori.<sup>[4][2][3]</sup>
  - Chu maki (中巻き, *medium roll*) is a medium-sized rolled maki sushi usually containing several ingredients.<sup>[2]</sup>
  - Futo maki (太巻き, *large or fat roll*) is a thick rolled maki sushi containing multiple ingredients.<sup>[4][1][2][3]</sup>

- Gunkan maki (軍艦巻, *battleship roll*) is a type of sushi consisting of a rice ball wrapped in a sheet of nori which extends in a cylinder upward to hold a loose topping such as fish eggs<sup>[1][5][2][3]</sup>
- Hosomaki (細巻き, *thin roll*) is thinly rolled maki sushi with only one ingredient<sup>[4][1][2][3]</sup>
- Kazari maki (飾り巻き寿司, *flower or decorative roll*) is a type of sushi designed frequently with colored rice into simple or complex shapes.<sup>[4][3]</sup>
- Temaki (手巻き, *hand roll*) is a cone-shaped maki sushi<sup>[4][1][2][3]</sup>
- Nigiri sushi (握り寿司, *hand-formed sushi*) consists of an oval-shaped ball of rice topped with a slice of another item<sup>[1][2][3][5]</sup>
- Oshi sushi (押し寿司, "pressed sushi"), also known as hako-zushi (箱寿司, "box sushi"), is formed by molding the rice and toppings in a rectangular box, then slicing into blocks.<sup>[4][1][2][3]</sup>



Futomaki wrapped in egg with soy sauce

## Regional Styles

### Canada

- Doshi (*sushi doughnut*) is a doughnut shaped ball of rice on a deep fried crab or imitation crab cake topped with sushi ingredients<sup>[6]</sup>
- Squares are an invention of Square Fish restaurant consisting of layers of rice, fish, and vegetables cut into bite size squares
- Sushi Burger is two deep fried rice patties with traditional and non-traditional ingredients in between<sup>[7]</sup>
- Sushitto (*sushi burrito*) is a supersized maki-zushi, measuring 3.5 inches in diameter and is eaten like a burrito<sup>[8]</sup>
- Sushi Cake is made of crab meat, avocado, shiitake mushroom, salmon, spicy tuna, and tobiko and served on sushi rice then torched with spicy mayo, BBQ sauce, balsamic reduction, and dotted with caper and garlic chips<sup>[9]</sup>
- Sushi Pizza is a deep fried rice or crab/imitation crab cake topped with mayo and various sushi ingredients<sup>[10]</sup>



Packaged nigirizushi for sale at a Tokyo supermarket



California roll is a contemporary style maki-zushi (roll) containing cucumber, cooked crab meat or an imitation, and avocado that is made *inside-out* (Uramaki) with rice on the outside and an outer layer of tobiko or sesame seeds, shown here with a similar maki-zushi with raw tuna, which is darker

- Maki Poutine is similar to a maki-sushi in style except it is topped with cheese curds and gravy and contains duck confit, cheese curds, and sweet potato tempura <sup>[11]</sup>
- Sushi Tacos are nigiri-zushi wrapped in a taco shell and more elaborately topped
- Uramaki (うらまき, *inside-out roll*) is a contemporary style of Maki sushi that is described as a roll that is *inside out*—with the rice on the outside—and has an outer layer of tobiko or sesame seeds. This style was developed in Canada or the United States though its origins are disputed<sup>[4]</sup>

- Nori (海苔): dried seaweed (often used to wrap or belt makizushi or gunkan)<sup>[4][1][2][3][5]</sup>
- Rice paper<sup>[1]</sup>
- Salmon skin<sup>[12]</sup>
- Thinly sliced sheets of cucumber<sup>[1]</sup>
- Usuyaki-tamago: thinly cooked sweet omelette or custard<sup>[1]</sup>
- Yuba: "tofu skin" or "soybean skin", a thin film derived from soybeans<sup>[1][3]</sup>

- Tamago (卵, 玉子): sweet egg omelette or custard, sometimes mixed with minced fish<sup>[4][5]</sup>
- Quail eggs (raw or cooked)<sup>[3][5]</sup>



*Tamagoyaki*, also referred to as *tamago*

- Basashi/sakura niku (馬刺し/馬肉): Raw horse, nicknamed for its bright pink color<sup>[13]</sup>
- Gyusashi (牛刺し): Raw Beef<sup>[13]</sup>
- Shikasashi (鹿刺し): Raw Venison<sup>[13]</sup>
- Torisashi (鳥刺し): Raw chicken<sup>[13]</sup>

- Ainame (アイナメ): fat greenling<sup>[3]</sup>
- Aji (鰺): Japanese jack mackerel<sup>[1][2][3][5]</sup>
- Akami (赤身): red meat fish<sup>[2]</sup>
- Akamutsu (アカムツ): rosy seabass (Unrelated to the seabass listed below)<sup>[3]</sup>
- Aka-yagara (赤矢柄): red cornetfish<sup>[14]</sup>
- Amadai (あまだい): tilefish<sup>[2]</sup>
- Ankimo (鰻肝): monkfish liver (cooked)<sup>[2]</sup>

- Ayu (鮎): sweetfish (raw or grilled)<sup>[3]</sup>
- Buri (鰯): adult yellowtail (cooked or raw)<sup>[1][2][3][5]</sup>
  - Hamachi (鰺, はまち): young (35–60 cm) yellowtail<sup>[15][3][5]</sup>
- Chinmi (珍味) delicacies<sup>[2]</sup>
- Dojo (ドジョウ): Japanese loach<sup>[3]</sup>
- Ei (エイ): skate<sup>[3]</sup>
- Engawa (縁側): often referred as 'flake fin', the chewy part of flake, a flatfish<sup>[3]</sup>
- Fugu (河豚): puffer fish<sup>[3]</sup>
- Funa (フナ): crucian carp<sup>[3]</sup>
- Gindara (銀鱈): sablefish<sup>[3]</sup>
- Hamo (鱧, はも): daggertooth pike conger<sup>[3]</sup>
- Hata (ハタ): grouper<sup>[3]</sup>
- Hatahata (鰺): sandfish<sup>[3]</sup>
- Hikari-mono (光り物): blue-backed fish, various kinds of "shiny" (silvery scales) fish<sup>[2][3][5]</sup>
- Hiramasa (平政, 平杢): yellowtail amberjack (*Seriola lalandi*)<sup>[3]</sup>
- Hirame (平目, 鰭): flake, a type of flounder<sup>[4][1][2][3][15]</sup>
- Hokke (ホッケ): Okhotsk atka mackerel<sup>[3]</sup>
- Hoshigarei (干鰈): spotted halibut<sup>[16]</sup>
- Inada (鰯): very young yellowtail<sup>[3]</sup>
- Isake (いさけ): trumpeter<sup>[1]</sup>
- Isaki (伊佐木, いさき): striped pigfish<sup>[3]</sup>
- Ishigarei (石鰈): stone flounder<sup>[17]</sup>
- Iwana (イワナ): charr<sup>[3]</sup>
- Iwashi (鰯): sardine<sup>[4][5][3][2]</sup>
- Kajiki (梶木, 舵木, 旗魚): swordfish<sup>[3]</sup>
  - Makajiki (真梶木): blue marlin<sup>[3]</sup>
  - Mekajiki (目梶木): swordfish<sup>[18]</sup>
- Kanpachi (間八): greater amberjack, *Seriola dumeril*<sup>[2][3]</sup>
- Karei (鰈): flatfish<sup>[3]</sup>
- Katsuo (鰹, かつお): skipjack tuna<sup>[1][2][3][5]</sup>
- Kawahagi (皮剥ぎ): Filefish<sup>[2]</sup>
- Kibinago (黍魚子): banded blue sprat, or silver-stripe round herring<sup>[3]</sup>
- Kisu (鱈): sillago<sup>[1][2]</sup>
- Kochi (こち): flathead<sup>[2]</sup>
- Kohada (小鰭): Japanese gizzard shad<sup>[5][3][2]</sup>
- ■ Shinko (新子): very young gizzard shad<sup>[3][5]</sup>
  - Konoshiro (鰯): fully matured gizzard shad<sup>[2]</sup>
- Kue (クエ): longtooth grouper<sup>[3]</sup>



Engawa (meat close to the fin of a flounder) nigirizushi



- Madai (まだい): red sea bream<sup>[2]</sup>
- Maguro (鮪): Thunnus (a genus of tuna)<sup>[1][15][3][5]</sup>
  - Chūtoro (中とろ): medium-fat bluefin tuna belly<sup>[2][5]</sup>
  - Kuro (maguro) (くろまぐろ): bluefin tuna, the fish itself<sup>[2]</sup>
  - Kihada (maguro) (木肌鮪, 黄肌鮪, きはだ): yellowfin tuna<sup>[2]</sup>
  - Mebachi (maguro) (めばちまぐろ): bigeye tuna, the most widely distributed fish in Japan<sup>[2]</sup>
  - Meji (maguro) (メジ鮪): young Pacific bluefin tuna<sup>[19]</sup>
  - Ōtoro (大とろ): fattiest portion of bluefin tuna belly<sup>[2][5]</sup>
  - Shiro maguro (白鮪), Binnaga/Bincho (鬚長): albacore or "white" tuna<sup>[15][2][3][5]</sup>
  - Toro (とろ): fatty bluefin tuna belly<sup>[15][5]</sup>
- Makogarei (まこがれい): marbled flounder<sup>[2]</sup>
- Mamakari (飯借): sprat<sup>[3]</sup>
- Matou-dai (まとう-だい): John Dory<sup>[1]</sup>
- Masu (鱒): Trout<sup>[3]</sup>
- Mejina (メジナ): Girella<sup>[3]</sup>
- Nijimasu (虹鱒): Rainbow trout<sup>[3]</sup>
- Nishin (ニシン): Herring<sup>[3]</sup>
- Noresore (のれそれ): baby Anago<sup>[20]</sup>
- Ohyou (大鰆): halibut<sup>[5]</sup>
- Okoze (虎魚): Okoze stonefish<sup>[3]</sup>
- Saba (鯖): chub mackerel or blue mackerel Served raw or marinated<sup>[1][15][2][5]</sup>
- Sake, Shake (鮭): Salmon<sup>[1][15][5]</sup>
- Sanma (秋刀魚): Pacific saury (autumn) or mackerel pike<sup>[2]</sup>
- Sawara (鱈): Spanish mackerel
- Sayori (針魚, 鰭): halfbeak (springtime)<sup>[1][2]</sup>
- Shima-aji (しま鮨): white trevally<sup>[1][2]</sup>
- Shirauo (しらうお): whitebait (Springtime)<sup>[1][2]</sup>
- Shiromi (白身) seasonal "white meat" fish<sup>[2][5]</sup>
- Suzuki (鱸): sea bass<sup>[5]</sup>
  - Seigo (鱸): young (1-2 y.o.) sea bass
- Tachiuo (タチウオ): beltfish<sup>[3]</sup>
- Tai (鯛): seabream snapper<sup>[4][1][15][3][5]</sup>
  - Madai (真鯛): red sea bream<sup>[2]</sup>
  - Kasugo (春子鯛): young sea bream<sup>[2]</sup>
  - Kurodai (黒鯛): snapper<sup>[5]</sup>
  - Ibodai (疣鯛): Japanese butterfish<sup>[3]</sup>



Various cuts of tuna including akami, otoro and chutoro prepared as sashimi

- Kinmedai (金目鯛): splendid alfonsino<sup>[21]</sup>
- Tara (鱈): Cod<sup>[3]</sup>
- Unagi (鰻): freshwater eel, often broiled (grilled) with a sweet sauce. The preparation of unagi is referred to as kabayaki.<sup>[15][3][5]</sup>



Unagi nigiri sushi

- Aori ika (あおりいか): Bigfin reef squid<sup>[2]</sup>
- Hotaru ika (ホタルイカ): Firefly squid<sup>[3]</sup>
- Ika (烏賊, いか): Cuttlefish or Squid, served raw or cooked<sup>[4][1][3][5]</sup>
- Sumi ika (墨, すみいか): Japanese spineless cuttlefish<sup>[2]</sup>
- Tako (蛸, たこ): Octopus<sup>[4][15][2][3][5]</sup>
- Yari ika (ヤリイカ): Spear squid<sup>[2]</sup>

- Anago (穴子): saltwater eel, Conger eel<sup>[4][5][3][2]</sup>
- Hoya (海鞘, ホヤ): Sea pineapple, an Ascidian<sup>[3]</sup>
- Kamesashi (かめさし): Sea turtle sashimi<sup>[13]</sup>
- Kurage (水母, 海月): Jellyfish<sup>[15]</sup>
- Kujira (鯨, くじら, クジラ): Whale<sup>[22]</sup>
- Namako (海鼠, なまこ): Sea cucumber<sup>[3]</sup>
- Shiokara (塩辛): Seasoned, salted entrails; frequently squid<sup>[4]</sup>
- Hitode (ヒトデ): Starfish
- Uni: (雲丹, 海胆) gonad of Sea urchin; may come in different colors<sup>[23][5][3][2][15]</sup>



Sea cucumber (*Namako*)

- Caviar (キャビア): roe of sturgeon.<sup>[24]</sup>
- Ikura (イクラ): Salmon roe<sup>[5][3][15][25]</sup>
- Sujiko (筋子): Salmon roe (still in the sac)<sup>[25]</sup>
- Kazunoko (数の子, 鱈): Herring roe<sup>[3]</sup>
- Masago (まさご): Smelt roe<sup>[15]</sup>
- Mentaiko (明太子): Pollock roe seasoned to have a spicy flavor
- Shirako (白子): Milt<sup>[4][2]</sup>
- Tarako (たらこ, 鱈子): Alaska pollock roe<sup>[26]</sup>
- Tobiko (飛子): roe of Flying fish<sup>[5][15][3]</sup>



Ikura gunkan maki sushi

- Kombu (昆布): Kelp, many preparations<sup>[3][27]</sup>
- Wakame (若布): Edible seaweed, sea mustard
- Akagai (赤貝): Ark shell<sup>[4][2][3][5]</sup>
- Ama-ebi (甘海老): raw pink shrimp Pandalus borealis<sup>[2][3][5]</sup>
- Aoyagi (青柳): Trough shell<sup>[2][3][5]</sup>
- Asari (あさり): Japanese carpet shell<sup>[3]</sup>
- Awabi (鮑): Abalone<sup>[15][2][3][5]</sup>
- Botan-ebi (ぼたんえび): Botan shrimp<sup>[2][3][5]</sup>
- Dungeness crab<sup>[28]</sup>
- Ebi (海老): boiled or raw shrimp<sup>[4][15][5]</sup>
- Hamaguri (蛤): Clam, Meretrix lusoria<sup>[4][2][3]</sup>
- Himejako (ヒメジャコ): Giant clam
- Himo (紐): "fringe" around an Akagai<sup>[5]</sup>
- Hokkigai, Hokki (ホッキ貝, 北寄貝): Surf clam<sup>[15][2][3][5]</sup>
- Hotategai, Hotate (帆立貝, 海扇): Scallop<sup>[4][15][2][3][5]</sup>
- Ise-ebi (伊勢海老): a Spiny lobster, Panulirus japonicus<sup>[3]</sup>
- Kaibashira (貝柱), Hashira (柱): valve muscles of Scallop or Shellfish<sup>[3]</sup>
- Kani (蟹): Crab, also refers to imitation crab<sup>[4][3][15]</sup>
- Kani-miso (カニミソ): Crab brains<sup>[29]</sup>
- Kaki (カキ, 牡蠣): Oyster<sup>[15][3]</sup>
- Kegani (ケガニ): hairy crab<sup>[3]</sup>
- Kuruma-ebi (車海老): Prawn species Marsupenaeus japonicus<sup>[3][2]</sup>
- Makigai (マキガイ): Conch<sup>[3]</sup>
- Mategai (マテ貝): Razor clam
- Matsubagani (松葉蟹): Champagne crab or regionally, Snow crab
- Mirugai (海松貝): Geoduck clam<sup>[5][2]</sup>
- Sazae (栄螺, さざえ): Horned turban shell
- Shako (蝦蛄): Mantis shrimp or "Squilla"<sup>[5][2]</sup>
- Shiba ebi (芝海老): Grey prawn
- Shima ebi (しまえび): Morotoge shrimp<sup>[2]</sup>
- Soft-shell crab<sup>[15]</sup>
- Tarabagani (鱈場蟹): King crab<sup>[3][15]</sup>
- Tairagai (タイラギ): Pen-shell clam<sup>[2]</sup>



Shirako (cod sperm)  
gunkanmaki-zushi



Raw abalone meat



Shrimp nigiri



Soft-shell crab on ice

- Torigai (鳥貝): Cockle<sup>[5][2][15]</sup>
- Tsubugai (螺貝, ツブガイ): Whelk (*Neptunea*, *Buccinum*, *Babylonia japonica*)<sup>[3]</sup>
- Zuwaigani (ズワイガニ/津和井蟹/松葉蟹), also regionally marketed as matsubagani: Snow crab<sup>[3]</sup>

- Asparagus (アスパラガス).<sup>[1][3]</sup>
- Avocado (アボカド).<sup>[3]</sup>
- Carrot (ニンジン): a julienne of carrot<sup>[1][3]</sup>
- Cucumber (キュウリ): a julienne of cucumber<sup>[4][1][5][3]</sup>
- Eggplant (ナス): served in small slices, coated with oil.<sup>[1][3]</sup>
- Ginger (しょうが): most often used is pickled ginger: beni shōga and gari<sup>[3]</sup>
- Gobō (牛蒡): Burdock root<sup>[3]</sup>
- Kaiware (かいわれ大根): Daikon radish sprouts<sup>[3]</sup>
- Kanpyō (乾瓢, 干瓢): dried gourd<sup>[4][1][5][3]</sup>
- Kappamaki (河童巻き): a makizushi made of cucumber and named after the Japanese water spirit who loves cucumber (*Kappa*)<sup>[3]</sup>
- Konnyaku (蒟蒻): Cake made from the corm of the Konjac plant.<sup>[3]</sup>
- Nattō (納豆): fermented soybeans<sup>[4][1][5][3]</sup>
- Negi (ネギ): Japanese bunching onion<sup>[5]</sup>
- Oshinko (漬物): Takuan (pickled daikon) or other pickled vegetable<sup>[3]</sup>
- Shiitake (シイタケ): dried shiitake mushrooms, served roasted or simmered<sup>[4][1][3]</sup>
- Takuan (沢庵漬け): pickled daikon radish<sup>[4][3]</sup>
- Tofu (豆腐): Soybean curd<sup>[3]</sup>
- Tsukemono (漬物): various pickled vegetables<sup>[3]</sup>
- Umeboshi (梅干し): pickled plum<sup>[4][3]</sup>
- Wasabi (山葵, わさび): paste of wasabi root<sup>[3]</sup>
- Yam (サツマイモ):<sup>[3]</sup>
- Yuba (ゆば): Tofu skin<sup>[3]</sup>



A dish of tsukemono