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# SUSHI MAKING KIT

THE ART OF SUSHI MAKING

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Created by



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# Introduction

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Sushi is an extremely popular dish all over the world. This sushi making kit allows you to replicate the unique and tasteful sushi found in some of the highest rated restaurants in your own home for your guests to enjoy.

This sushi kit will allow you to control and decide on the size and shape of your sushi as well as the elaborate flavors which can be added.



# Equipment in your sushi kit

Your sushi kit comes with 15 essential items:



# Equipment Items Explained

1. Round cover: used to shape your sushi into classic circular shape
2. Mini Square frame: Used in the early stages of the sushi making process to help shape the sushi
3. Mini square cover: used to shape your sushi into chic square shapes
4. Flat cover: used to help shape triangular and square shaped sushi
5. Serving fork: Use this to serve sushi onto your guests plate
6. Spatula: Used to evenly spread your rice
7. Sushi knife: Use this to neatly slice your sushi into bite sized pieces for all your friends and family to enjoy.
8. Heart cover: Used to shape you sushi into heart shape
9. Triangle base: used to shape your sushi into trendy heart shape.
10. Round Base: Used in the early stages of the sushi making process to help shape the sushi
11. Big Square Frame: Used in the early stages of the sushi making process to help shape the sushi



TRIANGLE



HEART



ROUND



SQUARE



As you can see in the picture, the different equipment is used to make the different shapes of sushi rolls. How to do this specifically will be explained further in the step-by-step guide.

## Other items in your kit

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### CARRY CASE



12. This unique carry case can be used to easily transport and store your sushi kit and to keep it all together in one place.

13, 14 & 15. These handy cleaning tools can be used to give your sushi equipment a thorough clean after use. The individual brushes can get into all the corners to clean effectively!



### HANDY CLEANING TOOLS

# Preparation

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Before you take your first steps to creating tasteful sushi you will need to purchase the necessary ingredients.

## Sushi Staples:

- sushi rice
- nori (seaweed sheets)
- soy sauce
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## Additional Extras:

- wasabi + pickled ginger
- toasted sesame seeds and/or chia seeds
- sriracha chili sauce

For the majority of these ingredients, you will find them in your local asian food market or in your grocery store's international food aisle.

## Fresh Produce

In addition to the sushi staples, you will need some fresh produce. This part is completely down to you and you can



choose whichever fruits, vegetables and protein sources you wish. Some of the vegetables we recommend experimenting with are cucumber, avocado, asparagus, jalapeño, carrots, lettuce, bell peppers, red onion, radish and sweet potato. In terms of fruit, pineapple, mango, apple and pear are all flavorsome options. Protein food sources are important and fresh salmon, fresh tuna and shrimp tempura can be classic options. If you are vegetarian, you can opt for tofu.

Be creative with your fresh produce, it is the main part of any sushi making and it may need a few attempts before you find the most satisfying and delicious combination of flavors.

# Step by Step guide to making Sushi

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## Step 1: Make your sushi rice

Make your sushi rice on the stove top or using a rice cooker. Here is a simple recipe to make delicious sushi rice.

Combine 200-300g of sushi rice with 2 cups of water in a medium sized pot and bring to a boil. Once the water begins to boil, reduce heat to low and cover. Let the rice simmer for 20 minutes, stirring every 5 minutes or so. Remove from heat after 20 minutes but let the rice stand, covered, for 10 minutes or so to ensure that the rice is fully cooked. A taste test will ensure that your rice is perfectly fluffy and not crunchy.

Whilst it is cooking you can get to work on preparing your local produce.



## Step 2: Season your sushi rice

If you do not already own rice vinegar, feel free to opt for the pre-seasoned rice variety to save yourself a step. If you already have a bottle of rice vinegar or have white vinegar on hand,

simply season the rice with salt and vinegar to taste. For the rice measurements above you'll need 85mls of seasoned rice vinegar or 85mls of vinegar seasoned with one teaspoon of sugar and 1/2 teaspoon of salt. Pour this over your rice, fluff with a fork, and taste. Adjust salt/sugar as desired. Remove the rice from heat, add to a bowl and cover with a paper towel.

### Step 3: Preapre your vegetables and fruits

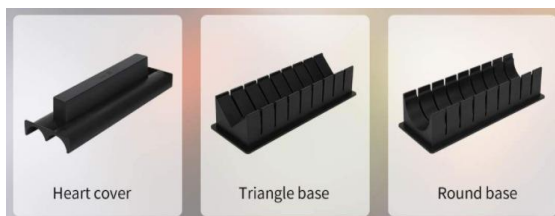


While the rice is cooking you can prep your veggies and fruit. Slice vertically into matchsticks and set aside. Once the rice is done you'll be ready to start creating your sushi!

### Step 4: Using your kit equipment

Now is the time to decide what shape you would like your sushi to be. This kit enables you to choose between heart, circular, square or triangle shaped sushi! The equipment you use will depend on which shape you want.

- For round shaped sushi insert item 11 into 10.
- For heart shaped and triangle sushi insert 11 into 9
- For square shaped sushi insert 2 into 4
- For triangular sushi insert item 11 into 9





## Step 5: add your seaweed

Line the inside of 10 with a sheet of nori / seaweed.

## Step 6: add your sushi rice

Using the item 5 from your sushi kit, fill evenly with sushi rice until half full. Use item 3 to create a groove in the rice.

NOTE: if you have chosen square sushi please use the thin side of item 3 to create the grooves



## Step 6: Add your ingredients!

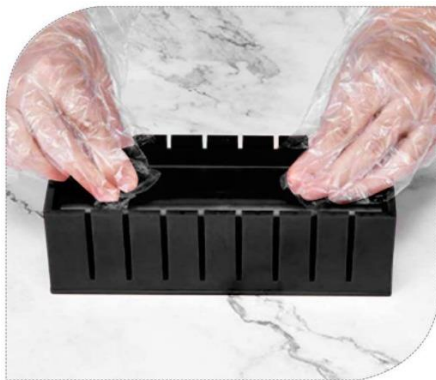
Add your favourite ingredients onto the groove and then fill the rest of the way with sushi rice

## Step 7: Wrap and shape your sushi

Wrap your nori / seaweed sheet around the rice.

Depending on what shape you decided on in the beginning choose the following equipment:

- For round shaped sushi use 1 and press down on top
- For heart shaped sushi use item 8 and press down on top
- For square shaped sushi use item 3 and press down on top
- For triangular sushi use the flat side of item 4 and press down on top



## Step 9: Slice your sushi



Using your sushi knife (item 7) slice through the gaps. Then press down on with your chosen shape cover (item 1, 8, 3 or 4 see step 8) once more, before sliding 10 and 11 off.

## Step 10: Add toppings and serve

Next pile on your toppings and set up a few sauces for dunking.  
Your sushi is now ready to serve and enjoy!

## Extra Toppings

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There are a plethora of toppings that go well with sushi. Below is a small list of toppings often used by sushi chefs.

- chia seeds
- sesame seeds
- sliced almonds
- crushed pecans
- sliced mango
- Crispy onions
- chopped green onions
- seaweed salad
- Avocado



# Sushi Sauces

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Of course, homemade sushi would not be the same if it is not served with a tasty sauce!

## Spicy Mayo

- 1 tbsp homemade or store bought mayo
- 1/2 tbsp sriracha chili sauce

Adjust to your ideal heat level from mild to unreasonably spicy! Substitute with vegan mayo or plain greek yogurt if needed.



## Ponzu

Ponzu is a citrusy soy sauce with lemon or lime added. May be purchased or easily imitated by adding fresh juice or zest to your favourite soy sauce.

## Eel Sauce

- 1/2 cup Soy Sauce Gluten Free if needed
- 1/2 cup Granulated Sugar
- 1/2 cup Mirin Japanese sweet wine

1. Combine all three ingredients in a small saucepan, whisk well to combine.
2. Bring to a boil over medium-high
3. heat, reduce heat, and simmer gently until sauce volume has reduced to about  $\frac{3}{4}$  cup. (If you boil it hard, you will end up with a caramel, not a sauce!)
4. Remove from heat, allow to cool to room temperature.
5. Once cooled, transfer to fridge and chill until you're ready to use it.
6. To serve, spoon sauce into a pastry bag or a sauce bottle (pictured). Cut the tip off the pastry bag (if applicable), squeeze sauce over prepared sushi, as desired.



## Soy Sauce



Keep it simple with shop brought soy sauce (low sodium is a healthier option). It goes great with sushi!



# Know your Sushi

If you didn't grow up eating sushi, you may be confused of what to call your sushi when serving it. We have compiled a breakdown with some common sushi terms and recipes so you can share sushi knowledge with your guests.

Roll Name	So What's in It?	Contains Raw Fish?
Spicy Tuna Roll	Tuna, mayo, chili sauce	Yes
Caterpillar Roll	Eel, cucumber, avocado	No
Spider Roll	Soft-shell crab tempura, cucumber, avocado, spicy mayo	No
Shrimp Tempura Roll	Shrimp tempura, avocado, tempura flakes, eel sauce	No
Surf and Turf Roll	Cucumber, fish cake/imitation crab, beef, carrot, tuna, salmon, avocado	Yes
Volcano Roll	Contents will differ, but it will have some kind of topping that makes it look like the roll is exploding.	Sometimes
Tiger Roll	Avocado, shrimp tempura, cucumber, tobiko (flying fish roe — fish eggs)	Usually not — double check to make sure
Philadelphia Roll	Salmon, avocado, cream cheese	Yes
Crunch Roll	Spicy tuna, crispy seaweed, tempura	Yes
Dynamite Roll	Shrimp tempura, yellowtail, bean sprouts, carrots, avocado, cucumber, chili, spicy mayo	Sometimes
Rainbow Roll	Fish cake/imitation crab, avocado,	Yes

	cucumber, tuna, avocado, salmon, shrimp, yellowtail	
Dragon Roll	Eel, crab, cucumber / avocado outside, eel sauce	Sometimes
California Roll	Crab or imitation crab, avocado, cucumber, sesame seeds	No



# How to eat Sushi

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Sushi is typically eaten with a pair of chopsticks, which takes some practice to master.

*Did you know that rubbing wooden chopsticks together like you're trying to start a fire is deemed rude and implies you think the food is poor-quality?*

Eating sushi with your hands is also completely acceptable. If you're not comfortable with either of those options, there is no shame in using a fork.

You should aim to serve your sushi with a dollop of wasabi, and thin slivers of pickled ginger.

Here are some step-by-step guidelines for eating sushi the traditional way for the best flavour experience:

1. Pour just a touch of soy sauce into a dish and dip one piece of sushi, fish side in. Rice is a sponge, and giving your food a brown sodium bath ruins everything.
2. If you like heat and bold flavour, use a chopstick to graze the top of the sushi with wasabi — but don't add too much, or you'll mask the fish's delicate sweetness.
3. Put the sushi in your mouth and chew it completely to bask in all the flavours.

4. Take a sip of sake.
5. Eat a piece of pickled ginger. Its mild flavour will cleanse your palate and prepare your mouth for your next bite, which is especially important if you have made a variety of rolls.
6. Contrary to popular belief, you're not supposed to top your sushi with ginger.



## Sushi Etiquette

- ❖ While your parents may have told you not to stuff your mouth, sushi is supposed to be eaten in one bite. This will allow you to fully appreciate the perfect proportions of rice, fish and a centrally placed pinch of wasabi. If you do not manage to put the whole thing in your mouth, the half-eaten piece should not be put back on the plate before the next bite.
- ❖ Using your bare hand to catch any falling of rice or drippings is a no-no. Instead, hold a small plate or a bowl lid as you transfer sushi pieces to your mouth.
- ❖ Interestingly, the utensils above should be picked up with both hands and then transferred to your left hand before you reach for the chopsticks. The reverse order applies when putting things down – that is, first lay down the chopsticks (on a special chopstick rest or across the soy sauce bowl) and only then the plate, making sure to hold it with both hands.
- ❖ You would usually service you sushi by placing the most expensive sushi piece (such meat and fish) in the upper-left corner of the plate and the least expensive one (such as egg and vegetables) in the bottom-right corner. This does not necessarily reflect the order in which sushi is to be eaten. You should aim to tilt your sushi pieces to the left, so that it's easier for your guests to pick them up with their right hand.

# Sushi Facts

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- ❖ **Sushi has always been cosmopolitan:** The image of a sushi chef at the top of a secluded mountaintop is a false one. Sushi has always been most strongly associated with Tokyo, so much so that the term for the most commonly adopted style of sushi (edomai) derives from the old name for Tokyo (Edo).
- ❖ **The earthquake of 1923 brought sushi off the streets:** Previously, sushi was exclusively a street food, but the devastation from the quake destroyed so much of Tokyo that real estate prices dropped, allowing sushi chefs to afford brick-and-mortar restaurants.
- ❖ **The oldest type of sushi in Japan tastes like cheese:** Near Lake Biwa in Southern Japan, they still follow old-school, pre-refrigeration sushi techniques of filleting carp, packing those fillets in vinegar rice, and leaving them to age for up to three years. The



result is a fermented local delicacy called funazushi that our expert said tastes similar to a pungent cheese.

- ❖ Japanese knives are sharpened differently: Unlike the sharp objects that cut food in the West, most Japanese knives are sharpened only on one side. They cut on the pull stroke rather than the push stroke, allowing chefs to keep their elbows close to their side.



- ❖ Pickled ginger is dyed pink: Young ginger plants do have a slightly pink colour, but most of what you'll see commercially is naturally a pale yellow before it's dyed with either artificial colours or beet juice.



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