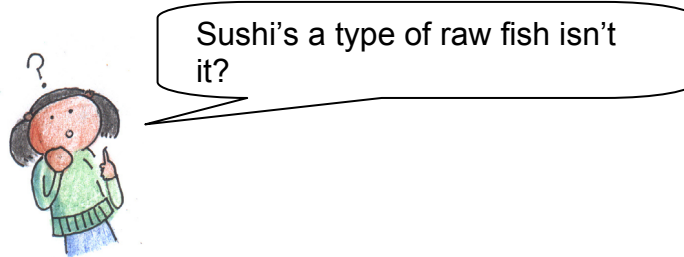


Culture Notes – Sushi

What is sushi?

You may have heard of sushi before, but do you actually know what it is?



Well yes and no! Raw fish eaten on its own is actually known as something else (sashimi). Sushi on the other hand is vinegared rice topped with various items such as raw fish, shellfish, cooked egg and beans amongst other things.



I see! So raw fish may just be one of many toppings – got it!

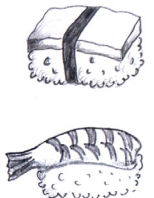


Are there different types of sushi?

There are four main types of sushi:

Nigirizushi

Bite sized pieces of rice, usually topped with a small slice of raw fish, shell fish or egg and seasoned with a spicy green horseradish paste called wasabi. Nigirizushi is often dipped in soy sauce before eating.



Makizushi

This is a type of rolled sushi. Vinegared rice is spread over a sheet of seaweed and various types of seafood and/ or vegetables are arranged in the centre. A thin bamboo mat is used to roll up the sushi into a cylinder and this is then sliced into small bite sized pieces. Makizushi is usually dipped in soy sauce before eating.



Chirashizushi

Warm vinegared rice is arranged in a bowl. Vegetables and seafood (both cooked and uncooked) are then mixed into the dish. Finally strips of sliced omelette and seaweed are arranged on the top. Soy sauce may be served on the side for dipping. There are also slightly differing regional varieties of this dish.



Oshizushi

Vinegared rice is pressed into a small boxlike wooden mould. Strips of seafood are then placed on top. It is sliced into bite sized pieces and dipped into soy sauce. For further information on sushi, check out: <http://www.sushilinks.com/>

