

Sushi:

Sushi is a Japanese style of cuisine which refers to rice, formed into various shapes, with seafood or vegetables. The worldwide popularity of sushi has led to the utilization of non-traditional ingredients and combinations. Although there are a myriad variety of sushi, below are some of the most common forms.

Maki: Roll

Rice and ingredients are rolled together, with the help of a bamboo mat, in a seaweed wrapper (nori)

Commonly ordered Maki rolls include:

- California Roll
- Philadelphia Roll
- Spicy Tuna Roll



Nigiri: Finger

Fresh ingredients, usually fish, are draped over a "finger" sized clump of sushi rice

Common Nigiri include:

- Sake - Salmon
- Unagi - Eel
- Hamachi - Yellow Tail



Temaki: Cone

Cone shaped roll with rice and ingredients

Common ingredients include

- Saba - Mackerel
- Uni - Sea Urchin
- Ikura - Salmon Roe



Sashimi: No Rice

Very fresh raw meat or fish sliced into thin pieces

Most commonly ordered are varieties of Maguro - Tuna:

- Akami - Red, Lean Tuna
- Toro - Pink, Fatty Tuna
- Otoro - Pink, Very Fatty Tuna



Rice:

Rice is the essential ingredient of all Sushi. The cooked rice is seasoned with vinegar, sugar and salt before combining with other ingredients, usually raw fish or other seafood. Although white rice is the most common, brown rice can also be used.



Not all sushi has to be eaten with chopsticks. It is recommended to eat Maki and Nigiri with your fingers. It is proper to always use chopsticks for Sashimi.

Condiments:

- **Soy Sauce** (Shoyu): ubiquitous Southeast Asian condiment derived from fermented soy beans.
- **Wasabi**: light green paste of grated wasabi root. Rarely found outside of Japan and higher end restaurants. Most "wasabi" is reconstituted horseradish powder with green food coloring.
- **Pickled Ginger** (Gari): either pink or pale straw colored. Used to cleanse the palette and aid digestion.



*Always specify the amount of total pieces when ordering sushi

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