



Sushi: Easy Recipes for Making Sushi at Home

Emi Kazuko, Fiona Smith, Elsa Petersen-Schepelern

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Healthy, delicious, modern--everyone loves sushi. But if you thought sushi was hard to make yourself--not so. With clean, fresh flavors and great good looks, sushi has never been so popular. Sushi is delicious as a quick snack or as part of a more substantial Japanese dinner and makes perfect finger food. The term 'sushi' is used for dishes based on 'sumeshi', meaning vinegared rice, the most vital part of sushi-making. This book explains how to cook the rice perfectly. Start with simple rolled sushi using classic ingredients such as cucumber, tuna or salmon. Once you've mastered the easy ones you can explore more adventurous variations. The recipes use easy-to-find ingredients, including everything from spinach, asparagus and carrots to shrimp, crab and smoked salmon. If you thought making sushi was strictly for the professionals, Sushi will amaze you. With these recipes you will never eat ready-made sushi again. There are also recipes for sashimi and the miso soups that traditionally end a sushi meal as well as others for making great accompaniments, like fabulous pickles and three ways with wasabi. You can have parties where you provide the ingredients and guests make up their own hand rolls from their favorite ingredients, or you can do it for them--it takes no time at all! This is really easy party food, healthy snack food, and great food for kids.

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