

Glossary

FAVORITE PIECES FROM THE DEMONSTRATION

KAPPA MAKI

FUTO MAKI

TEMAKI

EBI SAKE

MAGURO

TAKO

TAMAGO

Nori Dried Seaweed used to wrap or tie Sushi.

Yanagiba

A specialized Sushi knife.

Wasabi

Hot Mustard/
Horseradish flavored paste that is used as an accompaniment.

Shoyu

Soy Sauce made from Soya Beans, Wheat and Salt.

Makiso used

Bamboo rolling mat for rolling Sushi

Gari Shoga

Pickled Ginger eaten between mouthfuls of Sushi to cleanse the palate.

Tamago Yaki

Layered sweet Omelet

Oshinko

Pickled Mouri Radish

Kampyo

Pickled Gourd

Gohan Sushi

Rice used to make

Sushizu

Sweetened Vinegar used to coat the rice

Oachi

Wooden basin used to mix cooked Rice with Vinegar.

Sushi is considered as an art form. It is elegantly arranged to enhance its simplicity and natural beauty. The method of preparation, shape and taste differ somewhat depending on the locality. Each Sushi has its tradition and characteristic.

Sushi is very attractive because it is prepared quickly in front of the customer's eyes by the Sushi Chef.

Sushi is a typical Japanese food with hundreds of years of history and tradition.

History of Sushi

For hundreds of years the Japanese used to preserve their fish with salt, and press it in layers until the fish had fermented. In the early 1800's a Japanese entrepreneur decided to put slices of raw seafood onto pads of rice. From this meagre beginning started a new taste of sensation and in no time became a major success throughout Japan. This culinary specialty eventually caught on in the Western world and is recognized as being prepared in the Edo tradition – formed by the hand.

Many years of training and preparation has led to the development of culinary experts known as Sushi Chefs. Not only does a Sushi Chef make the food look appetizing, but they are involved in every detail of the preparation, including haggling with the fisherman for the freshest catch, preparing the many types of Sushi, conversion with the customers and "putting on a show".

Fresh, high quality Fish is the most important ingredient. The easiest way is to purchase your fish cleaned, skinned and wrapped from a reputable market, where it has been commercially frozen to rid it of parasites, then thawed. Always check the date or ask the seller to be sure the Fish is fresh.



NORWEGIAN
CRUISE LINE

FREESTYLE CRUISING™

M/S Norwegian Star

SUSHI DEMONSTRATION BY THE CHEFS FROM GINZA SUSHI BAR AND TEPPANYAKI LOCATED ON DECK 7 MIDSHIP.

FOR RESERVATIONS PLEASE CALL #7400 OR SEE THE FREESTYLE DAILY FOR OPENING TIMES.

There is a risk associated with consuming raw oysters or animal protein, especially if you have a chronic illness or immune disorder. If unsure of your risk, please consult a physician. Thank you.

SUSHI & SASHIMI, GINZA STYLE

NIGIRI SUSHI & SASHIMI

1 order is 2 pieces

Maguro (Lean Tuna)	\$2.00
Chu Toro (Slightly Fatty Tuna)	\$4.00
Ebi (Prawn)	\$2.00
Tako (Octopus)	\$2.00
Sake (Salmon)	\$2.00
Kani (Surimi Crabstick)	\$2.00
Tamago Yaki (Omelet)	\$2.00
Ikura (Salmon Roe)	\$4.00
Tobiuonoko (Flying Fish Roe)	\$3.00
Unagi (Smoked Eel)	\$2.00
Hamachi (Yellow Tail)	\$2.00

HOSO-MAKI-SUSHI, THIN ROLLS

1 order is 1 roll

Kappa Maki (Cucumber)	\$1.00
Tekka Maki (Red Tuna)	\$2.00
Oshinko Maki (Pickled Radish)	\$2.00

FUTO MAKI, MEDIUM & LARGE ROLLS

1 order is 1 roll

Futo Maki Thick sushi roll with omelet, gourd, oboro, mushroom, lettuce.	\$3.00
Ura Maki Inside out roll, omelet, cucumber, pickle, spinach	\$2.00
Date Maki Sushi Egg roll sushi	\$2.00
Temaki Sushi Cone shaped hand roll with avocado, surimi crabstick, mayonnaise	\$2.00
California Roll A classic with avocado, surimi crabstick, mayonnaise, flying fish roe	\$2.00
Asia-California Roll Mango, surimi crabstick, mayonnaise, flying fish roe or sesame seeds	\$2.00
Boston Roll Tuna, lettuce, avocado, sesame seeds or flying fish roe	\$2.00
New York Roll Smoked Eel, Cucumber	\$2.00

SUSHI & SASHIMI COMBOS

KOBE - \$8.00 per Person

- Kappa Maki
- California Roll
- Ebi Nigiri
- Sake Nigiri
- Kani Nigiri

YOKOHAMA - \$8.00 per Person

- Temaki Sushi
- Futo Maki
- Boston Roll
- Kani Nigiri

HONSHU - \$8.00 per Person

- Maguro Sashimi
- Sake Sashimi
- Ura Maki
- California Roll
- Kappa Maki

OSAKA - \$10.00 per Person

- Kappa Maki
- California Roll
- Ebi Nigiri
- Sake Nigiri
- Futo Maki
- Tako Nigiri

OTARU - \$12.00 per Person

- Tekka Maki
- Futo Maki
- Asia-California Roll
- Kani Nigiri
- California Roll
- New York Roll

TOKYO - \$14.00 per Person

- Cho Toro Sushi
- Sake Sashimi
- Ura Maki
- Futo Maki
- Kappa Maki
- California Roll
- Oshinko Maki

SUSHI RICE RECIPE

For 10 portions

2lb Rice (Short Grain Californian)
1/3 of a gallon Water
1 ounce Seaweed, Kelp Konbu (optional)
Dressing Ingredients
4.5 ounces Rice Vinegar
2 ounces Sugar
1 ounce Salt

Wash the rice in cold running water, changing the water completely 2-3 times until water runs as clear as from the tap. Approx 30 minutes

Drain rice into colander and allow rice to drain for approx 1 hour.

Place water and rice into a saucepan (or use rice cooker), add kelp and bring to the boil over high heat. Once water has boiled lower the heat to medium and cook for 15 minutes covered until the rice has absorbed all the water. Remove the lid and cover the rice with a damp towel, place lid back on top and allow to sit for 20 minutes. (Towel is to stop condensation dripping back onto the rice) Prepare Dressing ingredients by mixing all ingredients together until the sugar and salt dissolve.

Place cooked rice into preferably a wooden bowl and mix in the dressing with a wooden spoon until it is all absorbed by the rice. If a wooden bowl is not available then a stainless bowl will compensate.

When dressing has been incorporated, cover the bowl with a damp cloth and use Rice within 4 hours. Do not refrigerate as the rice will harden and will not be nice to eat.

To eat, roll sushi rice into small oblong pieces and top with your favorite Sushi topping
Accompany with a little Wasabi and Soya Sauce.