

# Passion to Inspire UPSKILL DAY 6<sup>th</sup> February 2023

## Authentic Preparation and Cooking of Sushi

Chef Yoshihiko Shida and Chef Kaoru Yamamoto from the  
Tokyo College of Sushi and Washoku, London RECIPE & PREPARATION by Akemi Yokoyama  
@gohan.london

### AMAZAKE

Amazake is an umami rich and sweet non-alcoholic drink made with just koji-rice and water. It is full of nutrients and vitamins, often referred to as 'natural drips'. You can use amazake to substitute sugar in cooking although the sweet intensity is somewhat softer than sugar. Making process is similar to shio-koji but without salt.

100g Kome(Rice)-Koji  
150ml Water

Available from:  
Kome (rice)-koji  
Wholesale

[Natural Natural Online Shop](#) or [Japan Food Express](#) for

### **Sous-vide**

Add all ingredients together in a vacuum bag, seal loosely. Rice expands by about 20%. Maintain 58°C for 8 hours.

Store amazake in fridge. Enzymes will continue to breakdown rice further in the fridge. Consume within 1 week. Make these 1 day before the event.



Franciacorta - <https://www.berlucchi.it/en/>

## ICHIBAN DASHI

30g Kombu  
50g Bonito Flakes 'Katsuobushi'  
1.8L Water (soft water preferred)

Available from:

Kombu Ma Kombu [The Wasabi Company](#)  
Rishi Kombu [The Wasabi Company](#)  
Rausu Kombu [Japan Food Express for Wholesale](#)

Wipe kombu lightly with damp cloth to remove any superficial dirt. White powder is mannitol that produces sweetness so try not to remove it. Add kombu to water in a pot, slowly increase the temperature to 60°C. Maintain the temperature for 60 minutes to make kombu dashi. You may use sous-vide.

Taste the kombu dashi

Remove kombu from kombu dashi and bring to a soft boil in a pot. Add a cup of water to reduce the temperature to about 85°C. Add bonito flakes and bring to a boil quickly over high heat. As soon as it reaches the boiling point turn off the heat.

Leave to rest until the bonito flakes settle down for a couple of minutes. Strain the Ichiban dashi slowly over muslin.

Taste the Ichiban Dashi and enjoy the power of umami synergy effect



Grace - <https://www.grace-wine.com/en/>

## **STAGE 1: Cutting skills and understanding Japanese knives**

### **Features of Japanese knives**

All Japanese knives are single edged. The front side has a step and the cutting edge is thin, but the back side is almost flat. The cut ingredients follow the shape of the knife, making it easier to separate. The blade enters perpendicularly to the ingredients, resulting a clean cross-section. The result is that the cut surface is always clean and smooth, not breaking the cells, which would prevent the UMAMI flavours escaping. Also, Japanese single edged knives have right-handed and left-handed versions. Usually, most Japanese chefs are required to have right-handed knife skills.

### **Three main Japanese knives**

#### YANAGI-BA (Sashimi) Knife

This knife is so called because its pointed tip resembles a willow leaf (YANAGI-BA).

A certain length is required as it cuts in one motion.

#### USU-BA Knife

A knife designed for cutting vegetables. It is characterized by its thin blade and excellent sharpness. The blade is straight so that it can be used for shredding.

#### DE-BA Knife

This knife has a thick and heavy blade and is required when handling whole fish, such as removing the head, cutting into three pieces (San-Mai-Oroshi), removing scales and breaking bones.

### **Cutting skills demonstration**

- KATSURA-MUKI (Thin slicing into a long strip)
- SEN-GIRI (Cut into julienne strips)
- UME-NINJIN (Plum petals cut from carrots)



## **STAGE 2: Cooking Sushi rice skills (Including Japanese vinegar mixtures for sushi rice)**

### ***How to prepare Sushi rice***

The basic rule when cooking sushi rice is to cook it to a firm consistency. The reason is that the vinegar is mixed in after the rice is cooked. For Sushi rice cooking, reduce the amount of water by about 10% when cooking regular rice. Unfortunately, the rice at many overseas Sushi restaurants is often too soft and an inappropriate texture.

### ***Vinegared Rice for Sushi Recipe***

300g Short grain rice

300ml Soft water

- Put the short grain rice into a bowl and pour over some water. Stir lightly by hand and drain it right away.
- Make a claw shape with your hand and stir the wet rice quickly in a circular motion about 15-20 times gently.
- Pour over more water, rinse the rice, and drain. Do this step twice.
- Do the above two steps one more time.
- Put the rinsed rice and soft water in a pot.
- Leave it at least 40 minutes to 1 hour to let the rice soak up the water.
- Put a lid on the pot and cook it on a medium heat until boiling.
- When it's boiling, turn down to a low heat and leave for about 10 minutes.
- Turn off the heat and let it steam for about 15 minutes.

### ***SHARI-KIRI (mixed with vinegar) for 300g steamed rice***

60ml Vinegar

6g Salt

12g Sugar

The process of mixing vinegar is called SHARI-KIRI.

Transfer the cooked rice to a shallow basin-shaped bucket and while it's still warm, add vinegar, salt and sugar, and stir/cut to combine. Never knead or crush the rice grains. Make sure the vinegar coats the rice grains appropriately. The combination of vinegar is different depending on the chef, and each chef has their own characteristics. Some chefs do not use sugar in their vinegar mixture. The composition may also change depending on the sushi ingredients. The amount of vinegar and sugar is adjusted depending on the fat and taste of the fish, and a combination of vinegar is added to improve the perfection.

### ***AKA-ZU (Red vinegar)***

AKA-ZU is made by fermented Japanese sake lees. It was found in the Edo era (1800's). Compared to rice (white) vinegar, it has a milder sourness and aroma, enriched UMAMI as fermented products. A lot of authentic and exclusive sushi restaurant chefs use this AKA-ZU.



### **STAGE 3: Preparing the fish**

#### **KOBU-JIME**

KOBU-JIME is a cooking technique that adds the flavour of KOMBU (Kelp) to white fish Sashimi, such as sea bream, to make it last longer. At the same time, it makes the fish delicious with the UMAMI (glutamic acid) from the kelp.

#### **TAI NO KOBU JIME (Sea bream Kobu-jime)**

150g Fillet of sea bream

20g Dried kombu (20cm x 5cm, 4psc)

½ Tbs Japanese Sake (to wipe the surface of the kelp)

½ Tbs Salt

- Sprinkle a thin layer of salt on the surface of fillet. The amount needs to be adjusted depending on the thickness or condition of the fish.
- Wipe the surface of KOMBU (Kelo) with the Japanese sake.
- Put the fillet on top of the KOMBU and sandwich with another piece of KOMBU.
- Wrap it with plastic wrap, put a light weight on it, and let it sit in the refrigerator for ½ to one day.
- After sitting for the appropriate time, remove the KOMBU and cut for sashimi slice.
- Enjoy with soy sauce and WASABI, as UMAMI enriched sashimi.



Lagar D Cevera - [https://www.riojalta.com/en/wines\\_lagar-de-cervera/](https://www.riojalta.com/en/wines_lagar-de-cervera/)

#### **STAGE 4: Vegan Sushi**

##### ***Vegan sushi***

Originally, Sushi was a combination of seafood and rice. As a recent global trend, there is a growing interest from vegetarians and vegans, who avoid eating meat, and enjoy a diet centered on vegetables. Vegetarian cuisine known as "SHOJIN RYORI" has been established in Japanese cuisine since the 1,400's due to the influence of Buddhism. Innovation is needed to incorporate this cooking technique into Sushi so that even vegetarians and vegans can enjoy the taste of rice, as the essential and stable ingredient of Japanese foods.

##### **RED BELL PEPPER SUSHI**

1 Red bell pepper  
10g Salt  
100ml Kombu Dashi stock  
20ml Soy sauce  
10ml Maple syrup  
10ml Grain vinegar

- Grill the red bell pepper well until it turns black. (Using a grill is better and easier than an oven)
- Peel off the blackened skin while washing with water.
- Make a dipping sauce by adding the soy sauce, maple syrup and grain vinegar to the Kombu Dashi stock.
- Soak the peeled red bell pepper for 20 minutes.
- Slice for sushi, just looks like tuna.
- Make a NIGIRI with sushi rice and a bit of wasabi.

- You can also put them on the rice in bowl with sliced avocado, as “TEKKA DONBURI”.



### **EGGPLANT (AUBERGINE) TERIYAKI SUSHI**

2 Eggplants  
 30ml Olive oil  
 30ml Soy sauce  
 30ml Maple syrup  
 30ml Kombu Dashi stock

- Cut the eggplant in half horizontally and slice into approximately 7mm pieces.
- Fry the sliced eggplant in a pan over a low heat.
- When they are browned, add olive oil, and swirl it all over to soak it up. Be careful not to add too much as it will become sticky.
- Then pour over the soy sauce, maple syrup and Kombu Dashi stock. Turn off the heat before it burns.
- Make a NIGIRI with sushi rice.

### **SHIITAKE MUSHROOM SUSHI**

4 Shiitake mushrooms  
 30ml Olive oil  
 30ml Soy sauce  
 30ml Maple syrup  
 30ml Kombu Dashi stock

- Cut the shiitake mushrooms diagonally in half.
- Fry the sliced shiitake mushrooms in a pan over a low heat.
- When they are browned, add olive oil, and swirl it all over to soak it up. Be careful not to add too much as it will become sticky.
- Then pour over the soy sauce, maple syrup and Kombu Dashi stock. Turn off the heat before it burns.

- Make a NIGIRI with sushi rice.



Sanford - <https://www.sanfordwinery.com/>

### Today's goal

To learn the whole process of making authentic sushi, from using correct knife skills, selecting and cooking rice, right the way through to making NIGIRI. There are several key points you must know when preparing REAL sushi

Tasting Umami With Chef Akemi 😊



### **Chef Yoshihiko Shida - Japanese Government Licensed Chef**

Chef Shida gained over 10 years practical experience in a variety of restaurant and hotel kitchens after graduating, with overseas experience in Lausanne, Switzerland, and Guam, a remote US island in the Pacific. He has since worked as an instructor / educator in Japanese culinary institutes for over 32 years. He is proficient in English and French and specialises in the culinary education of 'taste training and research' and 'innovative Japanese cuisines based on the foundations of basic skills and knowledge'.



Chef Shida's message to anyone wanting to learn the arts of Japanese cuisine; *"Japanese cuisine and food culture has the ability to make customers so happy through their purity, simplicity and healthy approach."*

### **Chef Kaoru Yamamoto - Japanese Government Licensed Chef**

Since graduation, chef Yamamoto has worked for 15 years as a head chef in Japanese restaurants in London, and has been a chef patron in Tokyo. He is also skilled in classic French cuisine and has worked in many restaurants overseas, including Nigeria. Chef Yamamoto is proficient in English and his specialised field of culinary education is in 'grilling and simmering' and 'restaurant management and operations'.



Chef Yamamoto's message to budding Japanese chefs; *"Japanese cuisine is typically low in calories, is highly nutritious and offers a balanced way of eating for well-being. The beautiful presentation will captivate your customers more than you can imagine."*

**Ed Keith – Hallgaten Wines - <https://www.hnwines.co.uk/>**



I started my career working for Disney in Florida in one of their theme park restaurants. I then returned to the UK and have worked in restaurant management around Suffolk and Essex.

I quickly realised that wine was my passion and started working for the company I had been buying from for seven years, Hallgarten & Novum Wines. I now cover East Anglia providing great wine to amazing restaurants, bars and hotels.

Personally and as a company we are a very proud supporter of “A Passion To Inspire” as it allows us to work with the next generation and champion the industry we are all part of. We are also supporters of National and Young National Chef of the year for the third year running.

### **Andrew Green – Chief Executive of The Craft Guild of Chefs**



Starting off as a Chef originally working in hotels and restaurants, he went into management within the contact catering sector firstly as a GM and then Operations Manager, and worked in some of the biggest Blue Chip companies including Credit Suisse, The Daily Mail, Transport for London, The Prime Ministers Office and the Special Forces Club to name but a few, Andrew has much experience within the catering sector, both as a Chef and Manager, he is now Chief Executive for the Craft Guild of Chefs and has been for almost 9 years.

He is also Vice President and Governor of The Craft Guild of Chefs, the UK's most progressive chef's association, and previous to this was the Chairman.

Having come through the ranks of the catering world over many years, including posts as Executive Chef at many City financial intuitions. He is also a fellow of the Institute of Hospitality and the Royal Society of Public Health.

Andrew has judged at many events and competitions over the years, winning many awards himself, including Restaurant of the Year, CESA Services to the Hospitality Industry, PACE Life Time Achievement award, and EurhoDip Services to Tourism & Hospitality awarded in Switerland the only 4<sup>th</sup> Britain in 28 years to achieve this feat!

As a craftsman Andrew is one of the most highly respected and passionate people working in the industry today, with true passion being part of his character. His popularity is also accompanied by a deep knowledge of all areas of the Culinary Arts and a desire to share knowledge, which can be seen through his personal and team successes on the National competition circuit.

He also guest lectures at The University of Essex.

## The Craft Guild of Chefs

<https://craftguildofchefs.org/>

The Craft Guild of Chefs encourage Chefs of all levels and from all sectors, hotels, restaurants, contract catering, pubs, to join, and importantly get involved. We have been around since 1885, under our previous name, and actively run many competitions, events, masterclasses for all to be involved in and gain additional knowledge. National Chef of the Year is the coveted competition that we run, along with our Graduate Awards, and British Student Culinary Championships. Education and involvement with colleges are also a strong area of ours as we believe in the next generation of young Chefs. We offer up a mentoring programme to our members also as a new one of our many benefits.

## Ben English - Marrfish

[www.marrfish.co.uk](http://www.marrfish.co.uk)



Marrfish Ltd was established early in 2011 as a subsidiary of Andrew Marr International Ltd with the aim of offering top quality, fresh fish from its vessels in Scotland direct into the end user.

Through its fish catching subsidiary, Peter & J. Johnstone Ltd, Andrew Marr International Ltd has ownership shares in 40 vessels in Scotland and acts as sole agent for another 10 vessels. The company also holds substantial quotas in all species in both the North Sea and the West Coast fishing grounds. The vessels fish year round and, due to the numbers of boats, we have fresh landings almost every day.

At Marrfish, we have access to the best fish off any of the boats and it is transported directly to our depot in Bishop Stortford. We cut the fish to customers' requirements and deliver daily into London, the Home Counties and East of England. Marrfish Ltd is the only company to have access to such a range of premium seafood through this vertical integration. As such we feel we have a unique offering of the freshest possible produce through a fully traceable line of supply.

## Grande Cuisine Academy

Steve Hobbs is a Director of Grande Cuisine Limited. In 2021, the company created the Grande Cuisine Academy, a free to access online learning platform for student chefs, apprentice chefs, and chef lecturers.

The Grande Cuisine Academy website contains a host of resources to inspire young chefs and help them learn, even when they are not at college or in the workplace. As well as tutorial videos on a wide range of culinary skills – from knife techniques to fish filleting, creating mother sauces to making pasta - the Grande Cuisine Academy has guidance on topics such as wellness and mental health, in addition to career advice from leading chefs for those students seeking their first job in the industry. It has the backing of the Craft Guild of Chefs whose Vice President, Steve Munkley is the Academy's ambassador.



<https://academy.grandecuisine.co.uk/>



Zest Quest Asia was founded in 2013 by Cyrus and Pervin Todiwala, owners of Café Spice Namaste, with the support of the Master Chefs of Great Britain and was conceived to help secure the future of the UK's Asian food industry with aims to raise the profile of authentic Asian cuisine among student chefs in Britain and promote Asian cookery as a career choice.

This groundbreaking student competition is devoted to the development of skills and knowledge in Asian cuisine and as such, the winning team is rewarded with a money-can't-buy culinary tour of an Asian destination.

Cyrus Todiwala; "We're very grateful to have been supported by some amazing sponsors that recognise if a talent is nurtured and celebrated, it can build so much confidence in young people, especially in these days of global uncertainty. I urge you to join us on 27<sup>th</sup> February at the Hilton London Wembley hotel; everything we make from ticket sales goes back to supporting this great competition, which has already helped to change the perspective of hundreds of student chefs. Besides, don't we all want to learn which secret Asian culinary destination awaits our new champions?"

<https://zestquestasia.org/>



<https://www.apassiontoinspire.co.uk/>