



ShowMe CapeTown **Your World in One Place**

In Cape Town And Addicted To Sushi?

Nigiri-Zushi - A hand formed ball of rice with an overlying topping (Neta). Sometimes the topping is held in place with a strip of seaweed

Maki-Zushi - A standard roll with a topping in the centre

Futo-Maki-Zushi - A thick roll with often a wide variety of toppings in the centre

Gundan-maki-Zushi - Known as the battleship, it has high seaweed edge walls to hold in tricky toppings

Sashimi - Masterfully prepared slices of raw fish alone

Inari-Zushi - Fried tofu pouches (Aburage) stuffed with sushi rice and toppings

Temaki-Zushi - A cone of seaweed (Nori) stuffed with sushi rice and toppings, also known as the hand roll

Chirashi-zushi - An assortment of mixed sushi also known as scattered sushi

Fukusa-zushi - Omelette pouches stuffed with rice and toppings

Gomoko-zushi - Vegetarian scattered sushi using any vegetables of your choice

Ika-Zushi - Tubes of squid stuffed with rice and toppings

Komodo zushi - Childrens sushi, nice colours, fun shapes, anything goes really

Oshi-zushi - Sushi made using a rice press or mould "Sushi" in a common word slightly Westernized used as a common term for all of the above.

Shoyu: soy sauce

Wasabi: a pale green, fiery variety of horse radish. It can be mixed with soy sauce to create a dipping sauce for the sushi.

Daikon: is a giant, mild white radish served grated, diced, or shredded thin and wispy as a garnish for sashimi. It serves as a palate refresher and is eaten with chopsticks. Bright yellow pickled versions of daikons deliver a crunchy, vinegary flavour.

Gari: pickled ginger

Shiso: is a fresh green leaf related to mint, and its taste is a piquant blend of mint and lemon. It is used as a garnish with sashimi, tucked in sushi for color, or included in various rolled sushi where its tanginess complements the other ingredients. Shiso is a subtle and delightful surprise.

Hashi: chopsticks

Hangiri: the typical bowl for mixing the cooked rice with the vinegar mixture.

Shamoji: Rice Paddle; plastic non-stick rice paddles are good for everyday cooking and serving of your rice. Wood or bamboo shamoji are preferred for making sushi and should be rinsed or dipped in the vinegar mixture before use to keep the rice from sticking to it.

Makisu: Bamboo Rolling Mat; for uramaki (inside-out rolls) cover the makisu completely with plastic wrap to keep the rice from sticking to it.

Kombu: Kelp; can be added in with sushi rice during cooking (and removed afterwards) for added flavour

Source: SushiShrine.com