



# Sushi Hound

## Sushi-Making Parties

## Sushi Tools and Ingredients

### Staples

Bamboo mat  
Nori seaweed sheets  
Pickled ginger  
Rice (Japanese style like Kokuho Rose or Nikishi)  
Rice vinegar (not seasoned)  
Soy sauce  
Wasabi powder



### Other Stuff to Collect

Chopsticks (wooden easier to use)  
Chopstick rests  
Good sharp  
Kecap manis  
Masago roe  
Mirin  
Paddle  
Plastic wrap  
Rice bowl  
Sake  
Sake set (pitcher & cups)  
Sesame oil  
Shichimi pepper  
Small bowls for soy  
Soup/rice bowls  
Soy pitcher  
Sushi plates  
Towel for drying hands



### Ingredient Options

#### Vegetables

Asparagus  
Avocado  
Burdock root  
Cucumber  
Carrot  
Daikon radish  
Enoki mushrooms  
Green onions  
Kampyo (dried gourd strips)  
Onion  
Radish sprouts  
Shiitake mushrooms (see recipe)  
Shiso leaves  
Spinach  
Watercress

#### Fish (Fresh!)

Crab or krab  
Halibut  
Oboro sprinkles (pink fish flakes)  
Roe (flying fish/tobiko, salmon)  
Salmon  
Scallops (raw or grilled)  
Seasoned eel  
Shrimp (cooked)  
Tuna  
Yellowtail

#### Other

Egg omelette (see recipe)  
Fumi furikake (seaweed sprinkles)  
Mayonnaise  
Sesame seeds (black or white)  
Shichimi pepper  
Ume-boshi or umboshi (pickled plum)

# Recipes

## Sushi Rice

- 1 cup Japanese rice (for example, Kokuho Rose, Nikishi etc.)
- 1 cup + 1 Tbs water
- 1-1/2 to 2 Tb rice vinegar (not seasoned style)
- 1 Tb + 1/2 tsp sugar
- 1/2 tsp salt

Rinse rice several times to remove starch. Put rice in pot and cover with water. Stir with fingers, then drain. Repeat until water runs clear, maybe 4-6 times. Drain rice in a colander for 1 hour. While rice sits, mix vinegar, sugar and salt together in saucepan and cook until sugar is dissolved. Set aside and let cool. (can do in microwave)

Put rice and measured amount of water into pot. Bring to boil, then reduce heat to low, cover and leave untouched for 15 minutes. Take off heat, put clean cloth over pot, cover again and steam for 15 minutes. Moisten a wooden bowl with vinegared water (or you can soak it while rice is cooking) drain and rub with a little vinegar before using. Dump rice into bowl and quickly pour vinegar over. Stir with cutting strokes and while fanning at same time to cool rice quickly. Try not to crush or mash rice.

Makes about 2 1/2 cups rice, enough for about two large sushi rolls or about enough for two - three people if making assorted types of sushi. Can double recipe. Any more might make gooier rice, but can do.

## California Rolls (2 rolls, can double recipe)

- 2 sheets Nori
- About 2-1/2 cups sushi rice (from above)
- Prepared wasabi (reconstituted from powder)
- Sesame seeds (black or white)
- Ripe avocado, halved and pit removed
- Crabmeat or imitation Krab (krab sticks work great)
- English cucumber, cut into strips the width of nori (if using regular cucumber, peel & seed)

Place a sheet of nori on bamboo mat. Spread about 1 1/4 cup of rice (split into two piles) evenly on the nori, leaving about 1/4 inch uncovered across top of sheet. Don't press too hard and crush kernels. (it helps to keep moistening your hands when working with sushi rice) Spread a little wasabi across the rice. Sprinkle some sesame seeds all over rice. Lay slices of avocado (scoop slices out of avocado with spoon) on rice in a line in the middle of the sheet. Lay some crabmeat beside that and some cucumber slices on the other side. Roll up, holding ingredients in with fingers. Smash a couple grains of rice on the bare part of the nori to seal the roll, or moisten with a little water. Slice into 6 pieces (keep dipping knife in water and wiping dry with towel in between slices)

## Fresh Scallop Sushi with Mayonnaise Sauce (gunkan sushi)

- 4-5 teaspoons mayonnaise
- 1 teaspoon masago (capelin) roe
- 1 teaspoon very finely chopped onion
- shichimi pepper to taste
- 1/4 lb fresh scallops, chopped into small chunk (about 5 sea scallops or 2 dozen bay scallops)
- 4 strips of nori sheet
- 4 handfulls of sushi rice
- Prepared wasabi (reconstituted from powder)

Mix first four ingredients together. Mix with scallop pieces. Cut nori into strips about 1" x 7" (usually along perforated lines). Lightly form a 2 Tb sized ball of rice into oval shape. Wrap nori strip around rice, lengthwise, overlapping and securing with smashed rice kernel. Push rice down lightly into cup to make room for filling and flatten bottom so it will stand up. Add dab of wasabi. Top with scallop mixture. Makes about 4-6 pieces of sushi.

## Cucumber Rolls

Nori, cut in half, crosswise

Sushi rice

Prepared wasabi (reconstituted from powder)

Cucumber - preferably long English style since they have less seeds and you don't need to peel. If you use regular cucumber, peel and seed.

Cut cucumber into thick matchsticks, as long as the width of the nori, if possible. Place a sheet of nori on bamboo mat. Spread rice, evenly, on the nori, leaving about 1/4 inch uncovered across top of sheet. (it helps to keep moistening your hands when working with sushi rice) Spread a little wasabi across the rice. Lay slices of cucumber on rice in a line in the middle of the sheet. Roll up. Smash a couple grains of rice on the bare part of the nori to seal the roll, or moisten with water. Slice into 6 pieces (keep dipping knife in water and wiping dry with towel in between slices.)

For chrysanthemum style rolls: Before rolling sushi, moisten the open ends of nori with vinegared water. when rolling, instead of overlapping nori and securing with rice, shape roll into a teardrop shape (open ends of sushi make point) and press nori sides together. After cutting, arrange in circle, points inward, like flower.

## Spicy Tuna Hand Rolls

About 6 oz fresh tuna, cut into small chunks

Spicy Sauce:

2 Tb mayonnaise

1 tsp Shichimi pepper (also called chili flavored seasoning mix)

1/4 tsp sesame oil

1 1/2 tsp Sriracha chili sauce (or other chili sauce)

1 Tb minced green onions

About 4-6 Tb sushi rice

Daikon radish sprouts or watercress

2-3 half peices of nori

Mix sauce ingredients together. Add tuna chunks and mix. Cut a sheet of nori in half widthwise (the short way.) Place a ping-pong ball size of rice (a bit less than 2 Tb) on the left size of nori from top left corner to bottom middle. Flatten lightly and make a well for ingredients. Place spoonful of tuna mixture on rice. Top with a few daikon radish sprouts. Roll into cone and secure with a crushed piece of rice. Makes 2-3 rolls

## Salmon Nigiri Sushi

Fresh salmon filet (thicker filet works better)

Sushi rice

Nori

Prepared wasabi (reconstituted from powder)

Paper-thin lemon slices, quartered

It's hard to cut perfect sushi slices with the cuts of fish we get in the market, do the best you can. If possible, cut filet into 3" wide blocks. Slice fish, on an angle, into 1/4" thick slices. Slices should be about 3" long and 1-1/2" wide. (You can "flatten" corner slices by slicing almost all the way through, at an angle, from the thick side to the opposite corner and spreading open.) Take a small handful of rice (about 2 Tb), shape into oval lightly flattening one side so it will stand up. Put a dab of wasabi on the other side. Top with a slice of salmon. Garnish with a lemon slice.

## Chirashi Sushi

Sushi rice (vinegared rice)  
Seasoned shiitake mushrooms, finely chopped  
Egg omelette, finely sliced into shreds  
Assorted raw fish, cooked shrimp, cucumber etc. etc. Whatever you want.

Mix sushi rice with chopped mushrooms and put into a serving bowl. Put a layer of chopped egg on top. Layer slices of fish (etc.) nicely on top. Serve with pickled ginger and wasabi.

## Pressed Shrimp Sushi (great for a party)

6 - 12 cooked shrimp  
2+ plus cups cooked rice  
Prepared wasabi  
Black sesame seeds  
Thin cucumber slices, cut lengthwise instead of in rounds  
1 sheet nori seaweed

Line a loaf pan with plastic wrap (leave plenty hanging over edges.) Cut shrimp in half, lengthwise, and place on the bottom of the pan, cut side up. Carefully, spread 1/2 of the rice on top of the shrimp. Dot some wasabi all over the layer of rice. Sprinkle with sesame seeds. Make a layer of cucumber slices. Put a sheet of nori on top. Spread the rest of the rice on top of the nori. Fold over the flaps of plastic wraps to cover the loaf. Weigh it down with cans and store in refrigerator for 1 hour. Slice and serve with soy sauce, wasabi and pickled ginger. (You can make as many layers as you like, or add ingredients...this is a very flexible recipe.) Serve with pickled ginger and wasabi.

## Seasoned Shiitake Mushrooms

10 dried shiitake mushrooms  
1 1/2 cup lukewarm water  
1/3 cup sugar  
1/3 cup mirin  
1/4 cup soy sauce

Soak mushrooms in water for 30 minutes (weigh down with a plate). Put mushrooms, the soaking water (without sediment), and rest of ingredients in small saucepan. Bring to boil. Lower to a medium boil and simmer for 20 minutes. Cool and use in chirashi sushi or as filling for maki sushi. I have another recipe, where you continue boiling for maybe 45 minutes until the liquid is almost evaporated and all that's left is a sweet syrup. This is really yummy too.

## Edamame (green soybean pods)

A bag of frozen edamame pods  
Salt

Edamame (green soy beans in pods)

Put them in a pot of boiling, heavily salted water and cook until heated through. You can add some sea salt upon serving also. I've also seen fresh edamame for sale, at the Boulder Farmer's Market, grown by Pachamama Farms, I believe. I'm not sure how long you'd cook them, but I suppose you just cook them "until they're done."

## Green Mussels

Green Mussels

Mayonnaise Sauce for scallop sushi (see recipe)

A little sweet soy sauce (Kecap Manis thinned a little with Soy, or a mixture of equal parts soy, mirin, sake and sugar, mixed far enough in advance that sugar dissolves)

De-beard and wash mussels. Put mussels into boiling water for about 1 minute. (green mussels may not open like black ones do, but they are still OK.) Drain. Open shells and discard empty side. Cut mussel off of shell. (cut into two or three pieces if they are big). Put back in shell half. Top with a dollop of mayonnaise sauce (spread around). Drizzle with sweet soy. Put under broiler until sauce is warmed and browned.

## Rolled Omelette (Tamago)

6 eggs

1 Tb sugar or more

6 Tb dashi stock (see Japanese Noodle Broth below, but just use a pinch of dashi) or water

1/2 tsp salt

1 tsp mirin or sherry

Mix all ingredients together. Lightly oil a pan (or use teflon/non-stick if possible). Heat pan over medium low heat. Put 1/4 cupful of egg in pan and cook until mostly set but not completely dry. Starting at side with handle, with spatula, roll up omelette like a jelly-roll. Pull it back to the handle side. Put another 1/4 cup of egg in pan (lightly oil again if needed). Let set same way. Roll the roll over the new egg, still like a jellyroll. Pull back to other side. Continue until all egg is used up.

Put omelette onto bamboo mat and use to squeeze gently into a rectangle shape. Wrap in plastic wrap and store in refrigerator. Use sliced for sushi, or chopped for chirashi sushi.

## Japanese Noodle Broth (Kake Jiru) with various ingredients

5 cups prepared dashi stock (around 3 tsp dashi instant fish bullion granules to 5 cups water)

2 tsp sugar

1/3 cup mirin

1/4 cup soy (use less if heavy style soy)

Other ingredients to taste. The Asian style is simple, with one or two ingredients, but I sometimes add several.

Mix first 4 ingredients together and bring to boil. If you want to add noodles, do it now and cook them until tender. Add other ingredients (see below) at end, just long enough to heat through.

*Possible Additions (mix and match):*

Buckwheat soba noodles, cubes of silken tofu, straw mushrooms (canned), fresh enoki mushrooms, chopped green onions, fresh or dried shiitake mushrooms (reconstituted if dried), cut up cooked chicken, egg omelette slices (see recipe), shrimp, sliced fish cake or fish balls (endless varieties in refrigerator section at Asian market), or use your imagination.

# Sources for Ingredients and Equipment in the Boulder/Denver area

## Boulder:

### ORIENTAL FOOD MARKET

1750 30th Street (in back corner of strip mall north of King Soopers) — This one is very organized and they speak great English, but they have much less inventory than the Asian Market. You may find roe and eel in the freezer here. They have a little restaurant and takeout foods as well.

### ASIAN MARKET

2829 28th Street (in shopping center with the beauty supply store) — This place has much more stuff than the other, but it's somewhat disorganized and overwhelming, and some of the staff don't speak English as well. But, once you are familiar with ingredients and know your way around the store...and if you're patient, this is a fun place. You may find roe and eel in the freezer here. They have a restaurant inside with many lovely dishes.

### WHOLE FOODS

Pearl between 28th & 30th — This is the best place in town to get fresh, trustworthy fish. They carry sushi-grade tuna. I also buy my salmon and scallops here, although they aren't qualified as sushi-grade. I haven't had a problem yet. I have also bought standard tuna and even scallops at some of the other grocery stores, but I'm not sure they are as high quality. So far, so good, but I recommend Whole Foods or going to Pacific Market in Denver.

## Denver:

### PACIFIC MERCANTILE

1925 Lawrence - Open 9-6 M-Sat. 9-2 on Sunday. (From I25, get off 20th street exit, head toward downtown, pass the stadium and go to Sakura Square. It's on Lawrence, between 19th & 20th: Park in the on the side of the market and get the ticket validated in the store) They have more fish for sushi, including fresh roe, yellowtail, tuna poki, quail eggs and more. They have an incredible selection of equipment and lots of Japanese tableware. You can find anything you need here. They also speak very good English (except sometimes behind the fish counter) and the older American man who runs the housewares area is great. He went in the "back room" to bring out my very special sushi knife, that was not on display in the store. I love this store!

### THE ASIAN MARKETS ON SOUTH FEDERAL, NEAR ALAMEDA

I take I25 south to 6th and go west, then to Federal and go south (But it's tricky. Right away, after you get off I25 onto 6th, you will take a right to get onto Federal...watch for the signs). Look for a pagoda over entrance into the shopping center. There are two main markets in here, the one on the left side of the parking lot is the most interesting. They have tons of fish, even live fish swimming in tanks, but sometimes I wonder about the quality. Check out the frozen section near the fish...lots of interesting things. These markets cater to a mostly Vietnamese market, but they also have some Japanese ingredients. There are some yummy bakeries in this plaza too; try a cup of tapioca in coconut milk from the fridge in one of the bakeries...yum. Good restaurants too - I like the one with the pink tablecloths, I think on the right as you pull in to the lot. Make a day of it and don't forget to check out the tchotchke shop. There's another huge market east of Federal on Alameda, past Zuni, in a shopping center. Tons of fun things to look at.

### WHOLE FOODS

2375 E. First Ave., Denver See Boulder, above for explanation.

**CHOOSING FRESH FISH:** Ask the fishmonger what is the freshest. It is easiest to tell how fresh fish is when it is still whole, but that's not usually possible, yet some of the same rules apply. Look for overall radiance. Skin: Bright shiny (not dry) and bright pinkish-red gills (not dull gray, bloody or slimy.) Eyes: Clear, bright, shiny that are not cloudy, sunken or red-rimmed. Texture: The fish should be firm to the touch and its surface shouldn't feel slimy. When pressed gently with the finger, the flesh springs back, isn't soft or doesn't leave indentations. Smell: Above all, the fish must have a fresh, mild smell of the sea or seaweed and not a strong fishy or ammonia odor. Don't be afraid to ask to smell the fish.

# Good Books

*Sushi at Home*, by Kay Shimizu

*The Book of Sushi*, by Kinjiro Omae and Yuzuru Tachibana

*The Asian Grocery Store Demystified*, by Linda Bladholm

## Glossary

Aburage	See Age.
Age	Deep-fried soybean cake (tofu.)
Aji	Spanish mackerel.
Akagai	Ark shell, ribbed clam, red clam.
Ama-ebi	Sweet shrimp. Also see ebi.
Anago	Sea eel.
Awabi	Abalone.
Chirasi	Sushi served in a bowl with rice on the bottom and assorted ingredients placed attractively on top. Often a great and less expensive way to eat sushi at a restaurant since they don't need to do all the hand work.
Daikon	White Japanese long radish.
Diakon sprouts	Spicy sprouts of the daikon radish.
Dashi	Japanese stock prepared with seaweed and dried bonito (fish.) You can buy instant dashi stock.
Ebi	Shrimp. Also see ama-ebi.
Edamame	Green soybean pods, often served, salted, as an appetizer hot or cold.
Futo-maki	A fat version of maki-sushi (rolls.)
Gari	Pickled ginger served with sushi.
Goma	Sesame seeds, often toasted, used with sushi.
Gunkan-maki	Also called battleship wrap or canape sushi. Used to hold ingredients like roe that will not sit on top of nigiri-sushi, so it's put into these oval "cups."
Hamachi	Yellowtail.
Hangiri	Wooden rice cooling tub/bowl.
Hirame	Halibut or flounder.
Hotategai	Scallop, usually the larger sea scallop, served without the mayonnaise sauce and sometimes grilled.
Ika	Squid.
Ikura	Salmon roe (caviar.)
Inari	Pocket sushi made with age.
Kampyo	Dried strips of a Japanese squash, sometimes found in sushi, usually rolls.
Kappamaki	Rolled cucumber sushi.
Katsuo	Bonito. This type of sushi, often served with a garnish of grated fresh ginger and green onion, or daikon with chili.
Kobashira	Sea scallop sushi, often served with mayonnaise sauce.
Kombu	The type of seaweed used in making dashi.
Maguro	Tuna. Not the fatty toro, but the standard.
Makisu	Bamboo mat used to make sushi. Also called sudare.
Maki-sushi	Average sized rolled sushi with nori on the outside and assorted ingredients in the

	center. Also called norimaki. Futomaki is the fatter style.
Masago	Seasoned capelin roe. Usually the least expensive and easiest roe to find at Asian markets. Good as garnish and ingredient, but not fine enough as main ingredient in nigiri.
Mirin	Sweet wine used in cooking (bought at Asian grocery.)
Natto	Fermented soybeans. An acquired taste.
Nigiri-sushi	Hand-formed oval "squeezed" sushi with assorted toppings.
Nori	Flat sheets of seaweed used in making sushi. Toast outside to bring out crispness.
Norimaki	See maki-sushi.
Saba	Mackerel.
Sake	Japanese rice wine, served either hot or cold.
Sake or Shake	Salmon.
Sashimi	Freshly sliced raw fish fillets.
Shamoji	Wooden rice paddle.
Shari	Sushi rice. Seasoned with rice vinegar, sugar and salt.
Shiitake	Japanese mushroom. The dry kind is used for sushi since the flavor is intense and excellent. I buy a plastic jar full of great quality shiitakes at Costco (near the vegetable section.)
Shiso	Japanese herb, also called perilla or beefsteak plant, with a very strong flavor. Leaf is usually used as garnish, sometimes in rolls.
Shoyu	Japanese soy sauce. Light and flavorful. Try not to substitute Chinese or other soy sauces since they often have molasses in them and can overwhelm the flavor of the sushi.
Sudare	Bamboo mat used to make sushi. Also called makisu.
Sushi	Sushi means vinegared rice, not raw fish. Su means vinegar and shi means rice. Fish alone is sashimi. Sushi is the seasoned rice, formed into rolls, hand rolls, ovals, molded and more, made with ingredients like fish, vegetables and meats.
Suzuki	Sea bass.
Tai	Snapper.
Tako	Octopus.
Tamago	Sweet egg omelette sushi.
Tekkamaki	Small maki-sushi rolled with maguro (tuna) in the center.
Temaki	Hand-rolled sushi, often in the shape of a cone.
Tezu	Water with rice vinegar used to moisten hands when making sushi. The vinegar helps preserve the rice, using water alone could spoil the sushi.
Tobiko	Flying fish eggs.
Torigai	Clam, cockle.
Toro	Oily/fatty part of tuna fillet (light pinkish.)
Ume-boshi	Pickled plum.
Unagi	Fresh water eel.
Uni	Sea urchin roe.
Wasabi	Japanese green horseradish, usually found in powdered form and reconstituted.





## Sushi Hound's Top Ten Most Interesting Sushi Bars in the Boulder-Denver Area (alpha order)

- **DOMO** — 1365 Osage St., Denver, one block south of Colfax, (303) 595-3666, Thurs., Fri., Sat., 11:00am-2:00pm and 5:00am-10pm, Closed Sun.-Wed. Reservations taken for 6 or more. This place is amazing. They specialize in Japanese country foods and their “wankosushi” is served with a sauce, in a bowl on rice, served with soup and tantalizing side dishes. The rustic restaurant also houses a museum, Japanese garden.
- **FONTANA SUSHI** — 534 E. Alameda Ave., (303)-778-8818, Sun.-Thurs 11:00am-3:00pm and 5:00pm-10:00pm. Fri. & Sat. 11:00am-3:00pm and 5:00pm-11:30pm. Casual, neighborhood atmosphere. Known for inexpensive, quality sushi. \$1 sushi happy hour from 5:00p.m. to 10:00 p.m. every night.
- **FUJIYAMA GRILL** — 8101 E. Belleview Ave., (303)-741-1683. A funky eclectic atmosphere. Comfy couches in the bar and in the special karaoke room, where everyone is welcome whenever they're ready (had enough sake?) Nice sushi and also Korean smokeless barbeque in a separate room with grills in the table.
- **HAPA** — 1117 Pearl St., Boulder, (303)-473-4730, Mon.-Wed. 11:30 am-10:00pm., Thurs.-Sat. 11:30am-11:00pm., Sun. 5:00pm-10:00pm. One of the hippest restaurants in Boulder, with many delicious and interesting non-sushi dishes. The sushi is great too. (also in Denver at 2780 E. Second Ave., 303-322-9554)
- **JAPANGO** — 1136 Pearl St. Boulder, (303)-938-0330, Mon-Thurs. 11:00am-10:00pm, Fri-Sat. 11:00am-11:30pm, Sun 5:00pm - 10:00pm. Modern, trendy atmosphere and offering drink specials and other goodies throughout the week. Tues. is all you can eat sushi and menu items (not sashimi or to-go) for \$26.9, as of 11/02. Sometimes they have unique items like a giant snail.
- **MORI** — 2019 Market St, Denver; (303) 298-1864, Mon.-Sat. 11:30am- 2:30pm; Mon.-Thu. 5:00pm-10:00pm; Fri.-Sat. 5:00pm-11:00pm, Free Parking. Casual and down to earth, Mori is in a Japanese Elks Lodge of sorts. Along with great sushi, they offer great combination dinners, many including sushi. Over 40 variations of sake, including sake cocktails including Golden Sake and Purple Haze Sake.
- **SUSHI BOAT** — 3460 South East Locust Street, Denver, CO 80222, (303) 757-3181, Mon.-Thurs. 11:00a.m.-2:00p.m. and 5:00p.m.-10:00p.m., Fri. and Sat. 11:00a.m.-11:00p.m. A great family spot, because kids like to watch the sushi boats floating around the moat at the round sushi bar.
- **SUSHI DEN** — 1487 S. Pearl St., Denver, (303)-777-0826, Mon.-Thurs. 11:30am-2:30pm and 4:30-10:30pm, Fri. - Sat. 4:30pm-midnight , Sun. 5:00pm-10:30pm, Reservations Recommended. One of Denver's most popular sushi bars. Trendy and cosmopolitan and considered to have some of the best sushi in Denver. Expensive though.
- **SUSHI TORA** — 2014 10th Street, Boulder, CO Phone:(303) 444-2280, Tues.-Fri. 11:30a.m.-2:00p.m. and 5:00p.m.-10:00p.m., Sat. 12:00noon-3:00:p.m. and 5:00p.m.-10:00p.m., Sun. 5:00p.m.-9:30p.m.. Closed Monday. Dinner starts 5pm: Tora is very traditional, with an intimate and quiet atmosphere along with wonderful sushi.
- **SUSHI ZANMAI** — 1221 Spruce Street, Boulder, (303) 440-0733. Reservations Recommended (for groups of four or more), Mon. - Fri. 11:30a.m. - 2:30p.m. and 5:oop.m. - 10:00p.m., Sat. 5p.m. - Midnight, Sun. 5:00p.m. - 10:00p.m. This is the most fun atmosphere and Saturday is karaoke night from 10pm to midnight.