



Enjoy Japanese Cooking!

Sushi Rolling Lesson

**Regents Parents Cooking Class
Wednesday 16 May 2018**



Where to eat Sushi in Japan?

¥¥¥
★ ★ ★



Sushi Restaurant

¥¥
★ ★



Kaiten Sushi Restaurant
(Conveyor Belt Sushi)

¥
★



Purchase from...
Supermarket, Convenience Store



Sushi Delivery

Different Types of Sushi

Nigiri-sushi Hand-formed sushi



Oshi-sushi Pressed sushi



Chirashi-sushi 'Scattered' sushi
(Decorated sushi)



Maki-sushi Rolled sushi



Sushi Roll Occasion

Cherry Blossom
Viewing Picnics



Family Celebration



Sports Day

Different Types of Rolled Sushi



Hoso-maki
Thin-roll



Futo-maki
Thick(Fat)-roll



Ura-maki
Inside-out-roll



Te-maki
Hand-roll

How to Roll Sushi



Rolled Sushi Fillings

Fish

- Tuna
- Salmon
- Shrimp
- Ikura (Salmon Roe)
- Tobiko (Fish Roe)
- Crab Sticks
- Eel
- Tuna-mayo



Vegetables

- Cucumber
- Shiso Leaves
- Lettuce
- Avocado
- Daikon
(Japanese Radish)
- Natto
(fermented beans)



Egg Roll



Anything you like!

- Cooked Meat
- Cheese
- Sausage

How to Make Japanese Egg Roll

右采亭 卵焼き たし巻さ卵



https://youtu.be/PTo8K_XsAt8

How to Wash Japanese Rice

How to Wash Rice



<https://www.youtube.com/watch?v=3k9ltS0QVTc>



Today's Menu

1. How to make sushi rice

2. Demonstrations

- Thin roll

- Thick roll

3. Enjoy rolling your sushi!

Can I find sushi ingredients in Pattaya ?

... Yes!

Japanese Short Grain Rice



Where can I get ingredients?

Nori Seaweed Sheet



Where can I get ingredients?

Vinegar



Where can I get ingredients?

Sushi Rolling Mat





Thank you!!

ありがとうございました！

To Sarah and Carina
The PSG
All of the Participants