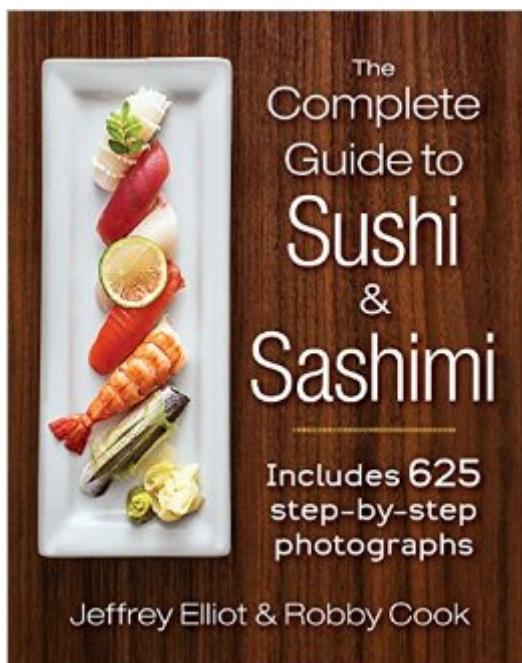


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# The Complete Guide To Sushi And Sashimi: Includes 625 Step-by-step Photographs



## Synopsis

These easy-to-follow recipes come from two of the leading experts in North America, who explain everything there is to know about sushi and knives. Sushi isn't tricky to make so long as you have the right utensils and instructions, and have the patience to get acquainted with the various techniques. All it takes is some practice and in no time at all, you'll be making sumptuous sushi that will wow family and friends. This incredible book provides all the information needed to get started--from ingredients and knives, to equipment, fish butchery, and plating techniques, making perfect rice and so much more. With full color throughout, lots of recipes, a very user-friendly concealed wiro-bound hardcover binding, 500 photos and hundreds of tips and techniques, this sushi book is sure to become the go-to guide for sushi and sashimi lovers, novice and experienced alike. You'll learn about how vitally important knives are along with the differences between Japanese and Western equivalents and substitutes. Ingredients certainly take center stage and here Robby Cook shares his extensive experience whether he's sharing his expertise about Fluke (Hirame), Octopus (Tako) or Red Snapper (Tai). Sushi, maki, sashimi, nigiri, oshizushi--it's all here. From the California and Dragon Rolls we're all familiar with, to tantalizing clam and sea urchin recipes.

## Book Information

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## Customer Reviews

We love sushi, and sashimi. Sashimi is the raw fish, sushi is basically the rice, you can make sushi without raw fish. Although Jim and I, and the sons, are all good cooks, Japanese food can be intimidating. What is first dashi, why does my sushi rice taste so wrong, why don't my knives cut

smoothly instead of butchering the roll? The complete guide to sushi and sashimi is an impressive book, but it breaks down each step, discusses ingredients, techniques, equipment, to the point it's very doable. I had noticed our local Whole Foods had started carrying sushi grade sashimi (fish) and have been wanting to try different sushi making at home, and now I have! The book is broken down into parts: Part 1 The basics this includes things like the story of sushi, different soy sauces, dashi, cutting techniques, pickles, equipment, knives and so on. Part one also includes a very informative part on the fish and seafood This includes how to buy, how to store, cleaning, filleting, etc. Part 2: Sashimi This is mostly on how to cut the fish and squid and get it ready to use and/or serve. Part 3: Sushi This has the rice recipe, different rolls and presentations etc. The book is spiral bound, which is great because, more than just a cook book, this is a teaching and technique book. It's hard to follow along I'm fighting with the book to stay open. But this book opens wide and has absolutely fabulous pictures to follow along with, very very detailed pictures that clearly illustrate how to perform the specific recipe or technique. The recipes are great. Sushi rolls sometimes vary depending on locale, or even from restaurant to restaurant across the city.

I built and operated a sushi bar for 13 years, but I wasn't the chef - I was fortunate to find one of the finest people I've ever worked with in my life, a Japan-trained guy born there, but with 30 years experience in the USA after immigrating. We have had regular customers who would, literally, drive 50 miles each way for his sushi mastery (we're in a fairly rural area; people are regularly stunned to find this in such a remote location) and excellent reviews. All this is prelude to the fact that I know, love and appreciate great sushi prepared by a dedicated master of the craft. Out of respect for his training, secrets and time, I never in all that time asked my chef for any training, but I closely observed him on a number of occasions and picked up techniques, tricks and tips that way. Now that I'm back to working from home after selling the restaurant, I felt the pull of daily sushi and determined to teach myself at least the basics so I could make a few things for myself while still visiting my old chef as a customer instead of a boss. This book is "the book" as far as I'm concerned, head and shoulders above the other dozen or so that I own. The reason I mentioned all that stuff above is that I can confirm that techniques, ingredients and tips I saw being used by a master with decades of experience, starting in Japan, are in this book. A few things are missing (mostly items you may never see for sale in a sushi bar, but at home or for restaurant staff meals, like onigiri) but it's very, very complete and incredibly well illustrated with beautiful photography. If you want to learn the basics, get this book.

Strange that it's not two Japanese or Korean authors of this book, but these guys seem to know their stuff pretty well. Lots of nice photos and some things I don't always see in other smaller Sushi guides. Now, I don't eat Sashimi as a rule, I'm sampled some Ahi tuna that was seared and very rare, but I don't like to take chances with parasites. I do however make sushi, but my animal or fish ingredients are cooked or cured in some way. They describe in the book not just the basic rolling techniques, but what kind or size of roll. How large a sheet of toasted seaweed to use, and how Sushi Chef's are first trained. They describe making inner and outer type of rolls, and how to dress up the sashimi. I especially loved the recipe for making the eel sauce. I don't know where it came from the restaurant they worked in or what, and it takes an annoyingly long time to prepare, simmering for an hour while making sure the mixture doesn't burn by using a pastry brush on the pan sides. The sauce was delicious or "oishii ryouri" which means roughly delicious food in Japanese. I used it with some pan fried dumplings since I did not have any eel on hand to grill, and it went well with them. The book itself is "comb bound" on the inside, a somewhat strange combination of a hard cover outer book, and a "comb bound" interior so the pages will turn and stay in place when you do the recipes. I find most good cookbooks are like this, or use three or five ring binders to remove or insert pages. You can do that as well with a comb binding, but you have to have the device to properly open the comb. The book teaches cooking techniques, knife techniques, proper equipment selection and more importantly if you do sashimi, how to prepare the fish.

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