

Sushi Cooking Class with Alex Schulman

During this session, we'll be making miso soup, wasabi, nigiri (tuna and salmon), and maki (salmon, tuna, and crab). You are welcome to make any or all of the items along with me, or just watch.

Here's your shopping list.

I recommend going to the Buford Highway Farmers Market, Super H or any Japanese or Oriental store.

Miso Soup	wakame (seaweed), vegetable stock, shitake mushrooms (optional), carrot (optional), a sturdy green (optional), miso paste*, green onions, soft tofu – see recipe for amounts
Wasabi	1 small can of wasabi powder (if making from scratch) or tube of wasabi paste already made
Nigiri and Maki	<ul style="list-style-type: none"> ● 1 slab of sushi grade salmon and 1 slab of sushi grade tuna (at most, ½ pound each) – see images below ● 1 package of Imitation Crab Meat sticks, Kosher from Kosher Kroger (optional, but required for the Rabbi 😊) ● Japanese short grain white rice (“sushi rice”) ● Small bottle of rice vinegar ● 1 package of Nori ½ sheets* (if making Maki / rolls) ● 1 Rolling mat (optional, only needed for making rolls) ● Optional Maki toppings: sesame seeds, smelt roe (tiny, orange fish eggs), sliced cucumbers (in strips), sliced avocado (in strips)

**Multiple people can share cost of these two items as you don't need a lot.*

“Day of” Preparation Required (1 ½ - 2 hours before class):


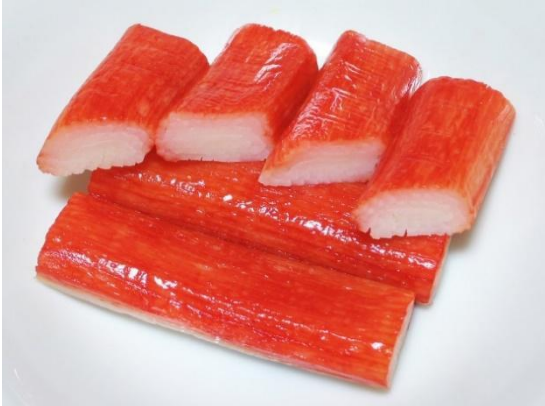
- Cook the sushi rice so it's ready for class, using the directions below.
- **IMPORTANT:** The cooked rice must be at room temperature (cool to the touch) in order to make the nigiri and the rolls during class.

At the Start of Class:

Have all ingredients near your work area. At start of demonstration, we will make the wasabi, then miso soup, then finish with nigiri and maki.

Images:

<p>1 slab of sushi grade Salmon, approx. weight 0.5 lb (or less)</p>	
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<p>1 slab of sushi grade Tuna, approx. weight 0.5 lb (or less)</p>	
<p>1 package of Imitation Crab Meat sticks, Kosher from Orchard Park Kroger (only if making roll for Rabbi)</p>	

Make the Sushi Rice

Ingredients

- 2 cups [Japanese short-grain rice \("sushi rice"\)](#), I use Nishiki Premium from Buford Highway Farmers Market
- 2 cups water
- 1/4 cup [unseasoned rice vinegar](#), I use Kikkoman from Buford Highway Farmers Market
- 4 teaspoons sugar
- 1 teaspoon [fine sea salt](#)

Instructions

1. **Rinse the rice.** Rinse the rice with cold water in a large fine mesh strainer for 1-2 minutes, or until the water runs very clear. Drain well.
2. **Cook the rice.** See details in the notes below for how to cook the rice either on the stovetop, in a rice cooker, or in the Instant Pot.
3. **Make the sushi vinegar.** While the rice is cooking, heat the rice vinegar, sugar and sea salt together in a small saucepan over medium-high heat until the mixture nearly reaches a simmer. Remove from heat and whisk until the sugar has dissolved. (Alternately, you can just heat the mixture in the microwave if you prefer.)
4. **Season the rice.** Once the rice is cooked, transfer the rice immediately to a large mixing bowl and drizzle it evenly with the sushi vinegar. Use a wooden or plastic spatula (**NOT** metal) to very gently fold the rice — more of a slicing and lifting motion, rather than stirring and smooshing — until the vinegar is evenly mixed into the rice. You want to touch the rice as little as possible to prevent from bruising it.
5. **Cool.** Cover the mixing bowl with a damp towel so that it is touching the surface of the rice, which will help prevent the rice from drying out. Let it cool on the counter (or in the refrigerator) until it reaches room temperature.

6. **Serve.** Use the rice immediately in a recipe or transfer to an airtight food storage container and refrigerate for up to 3 days.

Notes

Rice Cooker Instructions: Briefly stir the rice and water together in the bowl of a rice cooker. Cover and cook according to device instructions.

Instant Pot Instructions: Briefly stir the rice and water together in the bowl of an Instant Pot. Cover and pressure cook on high for 5 minutes, followed by a 10 minute natural release, followed by a quick release.

Stovetop Instructions: Briefly stir together the rice and water (I recommend using 2 1/4 cups water for this method) in a large saucepan and cover with a tight-fitting lid. Turn the heat to medium-high and cook until the water *just* reaches a simmer. Reduce heat to medium-low to maintain the simmer, and cook for 16-18 minutes or until all of the liquid is absorbed and the rice is tender. Remove saucepan from the heat (with the lid still on) and let the rice steam for an additional 10 minutes.

Wasabi Recipe

Ingredients

- 2 tablespoons Wasabi powder (do not inhale)
- 2 – 3 teaspoons of water
- Small glass bowl (not white)

Put Wasabi powder in bowl and pour first 2 teaspoons of water into powder and mix. Continue to add water till the mixture is a loose paste but **NOT** runny. This only improves with age so can be made a day ahead of time.

Miso Soup Recipe

Ingredients for 1 serving:

- ¾ cup wakame (seaweed)
- ¼ - ½ block soft tofu – cut into small cubes.
- 2 cups vegetable stock
- 1 cup water
- 2 – 3 sliced shiitake mushrooms
- 1 - 2 inches sliced carrot (small-thin slices) (optional)
- 1 - 2 bunches of sturdy green (ex: green chard, bok choy) (optional)
- 3 – 4 tablespoons miso paste
- 1 – 2 green onions (scallions)



Cooking Instructions:

1. Put wakame in a pot with warm water and vegetable stock on high heat. If wakame is in large clusters, you may have to break them up.
2. When water starts boiling add any additional vegetables to the broth (ex: carrots, mushrooms, bok choy). Reduce the flame to medium. Cook 4 minutes or until vegetables are tender.
3. Mix miso paste with a little amount of water in a separate bowl and add to the soup. Add tofu and green onions.
4. Reduce flame to the lowest and let it simmer for 10 – 15 minutes.
5. Serve hot.