

# *School of Cooking*

Martin's

## **Sushi Workshop**

Hosted by Chef Adam Sakurayama

September 22, 2009

Martin's Super Markets at Heritage Square  
Mishawaka, Indiana

### **Puffy Tofu Dumplings**

#### **Ingredients**

1 block firm/extra firm tofu (14 oz) – drain water and reserve  
1 lb of ground chicken  
1 medium carrot  
1/8 oz dried seaweed (hijiki) – bloom in water and drain & reserve  
2 dried shiitake mushroom – soak in water to soften and reserve  
1 egg, lightly beaten  
1/3 tsp salt  
1/8 tsp sesame oil  
1/2 ginger juice  
1/2 soy sauce  
vegetable oil for deep-frying  
cornstarch

#### **Instruction**

Preheat the oil to a low deep-frying temperature (320F/160C). Wrap the tofu in cheesecloth or a clean kitchen cloth and squeeze water out of tofu and reserve in a bowl. Combine carrot and shiitake mushroom in a food processor and mince finely. Add all ingredients into the bowl and mix well until all ingredients become to smooth paste. Form the dumpling mixture into small balls about 1.5 inches in diameter, dusted in cornstarch and deep-fry to a golden brown.

# Tempura

## **Ingredients**

8 raw shrimp – peel and devein (shell, leaving the tail intact).

4 white fish fillet

4 fresh shiitake mushroom, washed and stems removed

¼ medium carrot – fine julienne

*For Dipping Sauce:*

1 cup of bonito stock

5 tbsp soy sauce/5 tbsp mirin

¼ cup loose bonito flakes

*For Condiments:*

1 cup grated daikon radish

2 tbsp finely grated fresh ginger

*Batter:*

2 eggs

1 cup ice water

1 cup sifted flour

## **Instructions**

Ready ingredients for deep-frying.

Carrot: peel and slice into fine julienne.

Shrimp: make several shallow cuts across the underside of each shrimp so that they lie flat. Cut off the tip of the tail and force out any moisture with the dull side of knife.

Fish: check for any small bones, then cut into bite-size pieces.

Mushrooms: cut in half at a slight angle

*To Construct:*

Preheat the oil to a medium-low deep frying temperature (330f/160c).

Dipping sauce: combine the bonito stock, soysauce and mirin in a sauce pan and bring to a boil over high heat. Add the bonito flakes, immediately remove from heat, and strain to clarify.

Batter: combine the egg and cold water and add the flour all at once and stir briefly. Batter should be rough and only half mixed, not well mixed and sticky. Beginning with the vegetables, dredge the vegetables in flour, dip in the batter to coat loosely, and deep-fry. Fill no more than one-third the surface in order to maintain a constant oil temperature. Skim the extra batter and debris from the surface of the oil frequently. Raise the oil temperature slightly (350f/175c) and fry the seafood in the same way. Line serving plates with absorbent paper and serve the fried pieces as soon as possible. Dip the tempura in sauce seasoned with radish and ginger, or in lemon juice salted to taste.

## **Standard California Roll**

### **Ingredients**

imitation crab stick, halve in lengthwise and reserve  
slices of avocado  
fish eggs/ smelt roe or flying fish roe  
cucumber, julienne and reserve on absorbent pad  
roasted sesame seed  
short grain sushi rice

### **instruction**

Spread 4 oz of short grain rice evenly onto half-sheet seaweed and flip the seaweed over so rice is on the bottom. Add one ounce each of crabmeat, cucumber, and avocado directly on the center of seaweed in lengthwise. Use bamboo mat to guide you to roll out sushi. Sprinkle roasted sesame and cut into 8 pieces.

## **Traditional "Tekka & Kappa " Roll**

### **Ingredients**

tuna strips or minced tuna  
pomme frite/julienne cucumber  
short grain sushi rice

### **Instruction**

Spread 2 oz of short grain rice onto half-sheet seaweed evenly and leave one-inch space (lengthwise) for seams. Add one ounce of ingredient directly on the center of seaweed in lengthwise. Use bamboo mat to guide you to roll out sushi. Cut into 8 pieces.

## **Tempura Shrimp Roll**

### **Ingredients**

tempura shrimp  
red leaf lettuce  
spicy mayonnaise  
slices of avocado  
fish eggs/ smelt roe or flying fish roe  
short grain sushi rice

### **Instruction**

Spread 3 oz of short grain rice onto half-sheet seaweed evenly and leave one-inch space (lengthwise) for seams. Spread red leaf lettuce directly over the rice and add one ounce each ingredients on the leaf so the ingredients are wrapped in the leaf. Use bamboo mat to guide you to roll out sushi.

## **Caterpillar Roll**

### **Ingredients**

1 roll of "3 versions" california roll  
avocado slices  
spicy sauce/ eel sauce

### **Instruction**

Make thinly sliced avocado in lengthwise and place it on the top of california roll to dress entire roll with avocado slices. Place food wrap on the roll and press down gently with bamboo mat before slicing. Sprinkle roasted sesame and cut into 8 pieces.

## **How To Prepare Sushi Rice**

### Cooking Instruction With Rice Cooker

Using a measuring cup supplied by your rice cooker manufacturer, measure out desired amount of rice. Lightly rinse in cold water. Drain. Cook according to rice cooker manufacturer's instruction. Remove from the cooker and immediately add vinegar (4oz of seasoned vinegar to each pound of cooked rice) and fluff rice thoroughly. Reserve in room temperature.

### Cooking Instruction With Stove

Measure 2 cups of rice into colander and rinse lightly. Drain. Put rinsed rice into pot. Add 2  $\frac{3}{4}$  cups of water and stir lightly. Let stand for 30 minutes. Cover pot and bring to a boil over medium-high heat. Reduce to low and simmer until water is absorbed, approximately 25 minutes. Remove from the heat. Let stand covered for 15 minutes. Remove from the pot and immediately add vinegar and fluff rice thoroughly. Reserve in room temperature.