

Sushi



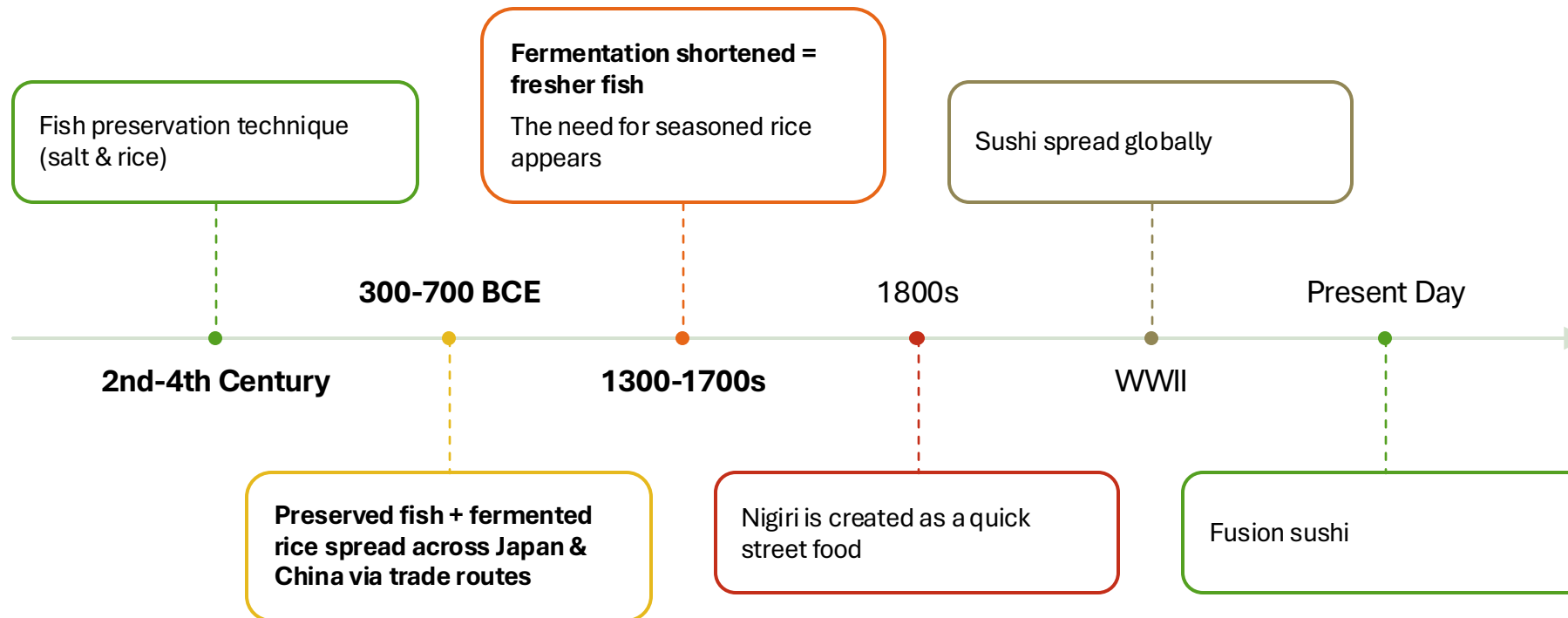
**Rosen College of
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UNIVERSITY OF CENTRAL FLORIDA

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The Evolution of Sushi



Components

Rice

Nori

Vegetables

Seafood

Sauces &
accompaniments

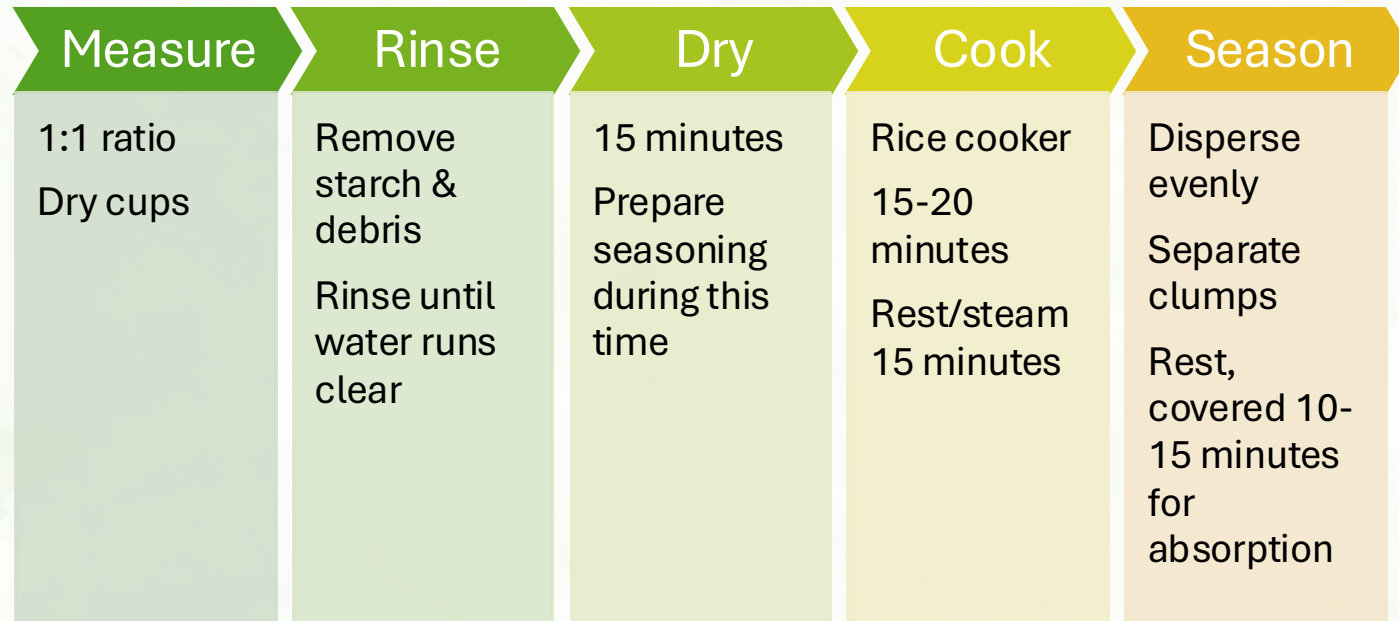


Rice - the foundation

- ▶ Japanese short-grain rice
- ▶ Calrose rice
- ▶ 1:1 rice/water ratio (dry cups)
- ▶ Seasoning
 - ▶ Seasoned rice vinegar
 - ▶ Granulated sugar
 - ▶ Kosher salt



Rice - the process



Seafood

- ▶ Raw "sushi grade" fish
- ▶ Cured fish
- ▶ Cooked Seafood
 - ▶ Surimi (Imitation Crab)
 - ▶ Tempura battered & deep fried
 - ▶ Steamed





Vegetables

- ▶ Raw
- ▶ Julienne cut

Sauces & Condiments

- ▶ Soy Sauce
- ▶ Eel Sauce
- ▶ Spicy Mayo
- ▶ Wasabi
- ▶ Pickled Ginger
- ▶ Roe
- ▶ Tempura Flakes



Types of Sushi

- ▶ Nigiri
- ▶ Maki
- ▶ Oshizushi

Nigiri[zushi]

- ▶ The original
- ▶ Hand-molded rice
- ▶ Thin layer of fish





Maki

- Hosomaki
 - Thin rolls
 - Rice and nori
 - Single filling
- Futomaki
 - Thick rolls
 - Rice & nori
 - 4+ fillings
- Uramaki
 - Size varies
 - Nori & rice reversed
 - "inside out"

Oshizushi

- ❑ Pressed
- ❑ Seasoned rice, seafood & vegetables
- ❑ No nori
- ❑ Cut into uniform shapes



Mise en Place - Tools & Equipment

Bamboo mat

Cutting board

Sharp knife

Water

Single-use gloves



Maki

Best practices for rolling sushi

Plate Design

- ▶ Thematic - ocean, animals, nature (sea creatures, fish, flowers, etc.)
- ▶ Ti leaves
- ▶ Orchids
- ▶ Sauces
- ▶ Bright colors (pink ginger & wasabi)
- ▶ Tea lights
- ▶ Dry ice



Sushi in Culinary Education

Skill Development

- ▶ Mise en Place
- ▶ Knife Skills
- ▶ Versatile Plating
 - Elaborate design
 - Takeout applications
- ▶ Time/temperature control
- ▶ Sauces & thickening agents

Practical

- ▶ Modern, relevant, and familiar
- ▶ Minimal cooking equipment required
- ▶ Lesson plans can be progressive
 - Advanced plating
 - Deep frying
 - Fusion cuisine applications