



# SUSHI 寿司 | SASHIMI 刺身

Resource Guide

# SUSHI 寿司

## The Six Main Types of Sushi

### NIGIRI

Nigiri is made up of molded structures of vinegared rice topped with slices of raw fish. Not all nigiri is raw



### MAKI

Rice and filling wrapped in seaweed. This is what most popular and common of sushi rolls.



### URAMAKI

Similar to Maki, but rice is on the outside and seaweed wraps around the filling. These rolls often have lots of toppings and sauces - they may either be cooked or raw.



### TEMAKI

Sushi that has been hand-rolled, another type of sushi rolls, although they are made by rolling the nori into a cone shape.



### SASHIMI

Raw fish or shellfish served alone (no rice) in long rectangular slices known as hira-zukuri.



### CHIRASHI

Chirashi means 'scattered' and is similar to sashimi in many ways. Served in a bowl of vinegared rice topped with raw fish slices and different garnishes.



# SUSHI 寿司

Name	Description
Tiger Roll	Avocado, shrimp tempura, cucumber, tobiko (flying fish roe – fish eggs)
Philadelphia Roll	Salmon, avocado, cream cheese
Crunch Roll	Spicy tuna, crispy seaweed, tempura
Dynamite Roll	Shrimp tempura, yellowtail, bean sprouts, carrots, avocado, cucumber, chili, spicy mayo
Rainbow Roll	Fish cake/imitation crab, avocado, cucumber, tuna, avocado, salmon, shrimp, yellowtail
Dragon Roll	Eel, crab, cucumber / avocado outside, eel sauce
California Roll	Crab or imitation crab, avocado, cucumber, sesame seeds
Spicy Tuna Roll	Tuna, mayo, chili sauce
Caterpillar Roll	Eel, cucumber, avocado
Spider Roll	Soft-shell crab tempura, cucumber, avocado, spicy mayo
Vegetable Roll	Cucumber, fresh carrot, scallion, avocado, asparagus, cream cheese
Shrimp Tempura Roll	Shrimp tempura, avocado, tempura flakes, eel sauce
Surf and Turf Roll	Cucumber, fish cake/imitation crab, beef, carrot, tuna, salmon, avocado
Tempura Roll	One or more of the parts is deep-fried in a light batter
Volcano Roll	Contents will differ, but it will have some kind of topping that makes it look like the roll is exploding.

# SASHIMI 刺身

Name	Description
Ahi	Tuna (raw)
Aji	Spanish Mackerel (raw)
Amaebi	Sweet Shrimp (raw)
Anago	Saltwater Eel usually deep-fried or boiled
Aoyagi	Round Clam (raw)
Bincho	Albacore White Tuna (raw)
Katsuo	Skipjack Tuna (raw)
Ebi	Tiger Shrimp (cooked)
Escolar	Butterfish (raw)
Hamachi	Yellow Tail (raw)
Hamachi Toro	Yellowtail Belly (raw)
Hirame	Halibut (raw)
Hokigai	Surf Clam (cooked)
Hotate	Scallop (raw)
Ika	Squid (the body is served raw, the tentacles are cooked)
Ikura	Salmon Roe (fish eggs)
Iwashi	Sardine (raw)
Kani	Crab Meat (cooked)
Kanpachi	Amberjack (raw)
Maguro	Tuna (raw)
Saba	Mackerel (raw)
Sake	Salmon (raw)
Sake Toro	Salmon Belly (raw)
Tai	Red Snapper (raw)
Tako	Octopus (cooked)
Tamago	Sweet Egg Omelet (cooked)
Toro	Blue Fin Belly (raw)
Tsubugai	Whelk Clam (raw)
Umi Masu	Ocean Trout (raw)
Unagi	Barbequed Freshwater Eel
Uni	Sea Urchin (raw)

## COMMON SIDES & ACCOMPANIMENTS



### Wasabi

Green Japanese horseradish paste



### Ginger (Gari)

Pink pickled ginger slices, used to clear their palette between courses.



### Soy Sauce (Shōyu)

Shōyu, or soy sauce, is perhaps the most well known of Japanese condiments. It's a dark sauce made from fermented boiled soybeans and roasted wheat which has a salty but pleasant, savory taste. It's the most essential condiment for Japanese cuisine such as sashimi and [sushi](#); at traditional sushi restaurants, soy sauce is also called "murasaki".



### Miso Soup

Miso Soup or *Misoshiru* is a traditional Japanese soup consisting of a stock called "dashi" into which softened miso paste is mixed. Many ingredients are added depending on regional and seasonal recipes, and personal preference.

Dashi is a basic stock used in Japanese cooking which is made by boiling dried kelp (seaweed) and dried bonito (fish).

## PROPER PLACE SETTINGS

Chopsticks are ALWAYS placed horizontally with points facing to the left and must be placed on a chopstick rest, as they should never be touching the table or placemat directly. Soy Sauce is to the left of the chopsticks rest. If chopsticks are in a paper wrap, serve them unopened to allow the client to open the sleeve.

### Chopstick Placement | Primarily JAPANESE



### Chopstick Placement | Primarily CHINESE & SOUTHEAST ASIANS



Chopstick Placement | Primarily KOREAN & WESTERNIZED CULTURES



## SERVING SUSHI



Many corporate flight attendants are hesitant about serving sushi or sashimi onboard a business jet. As long as you practice food safety and handling protocols, it is very safe to serve.

Follow these few basic rules below, you should have no problems.

- Only serve fresh sushi. There is no such thing as sushi leftovers. That means you can't put leftover sushi in the refrigerator and serve it tomorrow to your crew or clients.
- You can't overemphasize the importance of freshness for both sushi and sashimi.
- It should be firm and springy to the touch with nothing more than a slight hint of fresh sea water smell. Do not serve (or eat) sushi that has a "fishy" smell.
- Be careful when using knives to cut your ingredients and rolls. Sushi knives must be kept very sharp.
- Store all seafood and raw fish in a refrigerator at a temperature of 41° F or below at all times.

An aircraft at altitude is a "hostile" environment for many catering items due to the lack of moisture in the air - sushi and sashimi are definitely in this category! If left out of cold storage for too long before serving the pieces will dry out.

CFA HACK: To prevent the fish and rice from drying out in the cabin air, spray Evian or a water spray on the sushi or sashimi to "wake up" with some moisture.

# SUSHI SAFETY

The temperature must be **41°F (5°C) or less**. Once received, sushi must be kept refrigerated to maintain the same temperature. Sushi must be covered during receipt and storage to protect against contamination.

## **Sushi MUST be kept chilled or refrigerated**

**It is not recommended to order Sushi to be delivered via a delivery app such as Uber Eats and GrubHub. Use an aviation caterer to pick up and transport your order, as they are food safety handling 41 equipped with refrigerated or temperature controlled containers and/or vehicles.**

Sushi must be covered during receipt and storage to protect against contamination

Store in coolers/bins with a tight fitting lids, ice packs, chiller compartment.

(CAUTION: Chiller compartments with gasper air vents tend to dry out sushi/sashimi)

Dry ice can be used – be careful that the dry ice isn't touching any part of the sushi or sashimi.

Wash your hands and it's highly recommended to wear gloves.

Clean the galley countertop or any other work surfaces often.

**SUSHI RICE FACT:** Sushi rice is not a food hazard if it is made correctly. The preparation of sushi rice is different than regular rice. After the rice is steamed, it is cooled for a short time; seasoned rice vinegar is then mixed in with the cooked rice.

**Smell the Sushi** - Regardless of what you may think, sushi shouldn't smell very fishy. Sushi with high-quality fish that has been flash-frozen and properly stored will not smell fishy. If you get a big whiff of fish when your roll is brought to you, it's a good indicator that the sushi isn't fresh and you should avoid it.

**Check the Appearance** - The look of your sushi can also be a good indicator of its freshness. Fresh fish should look bright, shiny, and translucent. Although frozen fish is commonly used in the majority of sushi restaurants, you can still see the 'preserved freshness' by looking at it. Frozen fish stays bright in color and looks uniform without any blotches or discoloration. Avoid any fish that has a milky residue on it or looks dull in color.

If your sushi has Nori seaweed on the outside of it, it should be crisp. Mushy Nori is an indicator that the sushi has been sitting out for too long and has taken on moisture from the rice.

**Touch it** - Another reliable way to gauge the freshness of your sushi is to simply touch it. The fish used in your sushi should be firm yet flexible. Use the tip of your index finger to gently press the flesh of the fish. Your finger should not leave any indentation, so if the fingerprint remains on your fish it's most likely not fresh.

# SUSHI SAFETY GUIDELINES

## High-Risk Individuals

If you are at risk for Listeria, avoid sushi. Listeria Monocytogenes is an “opportunistic” bacteria. That is, it does not cause much illness in healthy persons, but given the “opportunity” to grow in a person who is immune-compromised, it may cause life threatening disease.

The main two groups at risk for listeriosis are transplant recipients and pregnant women. Transplant patients tend to get a brain infection. Pregnant women may have a mild flu-like illness or gastroenteritis, but the fetus may be much more severely infected.

If you fall into one of these groups, or if you have another reason to be concerned about your immune function, don't eat sushi.

Individuals who have compromised immune systems, men and women of reproductive age should limit their intake of raw fish and seafood, or avoid it entirely, due to potential bacterial and mercurial (mercury) contamination.

People in the at-risk groups (young children, pregnant women, senior citizens, and people with weakened immune systems) should not eat raw or undercooked fish or shellfish. People with liver disorders or weakened immune systems are especially at risk for getting sick.

## Allergies

Most seafood allergies are shellfish and mollusc-related – lobster, crayfish and prawn; oysters, mussels and abalone – but allergy to hake, yellowtail and salmon is also known.

People who have an allergy or severe sensitivity to snow crab, horseradish, egg whites, or wheat starch, or pollock products run the risk of serious or life-threatening allergic reaction if they consume these products.

Some proteins found in fish can trigger antibodies in some people, releasing histamines which cause skin rash, nausea and, more seriously, asthma.