

Arroz de Sushi · Protocolo Completo (Shari)

The single most-common Japanese cooking mistake is using the wrong rice, washing it wrong, cooking it wrong, or seasoning it wrong. All four compound. This is the protocol that fixes all four — from variety selection (koshihikari vs tamaki vs calrose) through the washing-kneading-soaking-draining ritual (the reason good sushi rice is translucent and separate-grained), to the sushi-zu ratio and folding technique. The base for every future crudo-over-rice, donburi, onigiri, chirashi, temaki, nigiri, and maki in this kitchen.

Protein None (rice + rice-vinegar seasoning)

Serves 4 generous portions (500 g dry rice → ~1.1 kg cooked seasoned shari)

Difficulty Intermediate Active 25 min (hands-on)

Total 1 h 20 min (30 min wash + soak + 20 min cook + 15 min steam)

THE STORY

Four Techniques Stacked Into One Bowl

Every Japanese sushi chef trains for two years on rice alone before being allowed to touch fish. That number is not a myth or a flex — it reflects the reality that sushi rice (*shari*) is the primary craft, not the garnish. Fish sourcing, slicing, and knifework matter enormously, but if the rice is wrong, nothing saves the dish. The fish is the ornament. The rice is the building.

Four variables decide whether a bowl of sushi rice is good, bad, or great:

Variety. Japanese short-grain rice (*japonica*) has a higher amylopectin-to-amylose ratio than long-grain, which is what gives cooked grains the characteristic cling-without-stickiness that lets them form a nigiri shape that does not collapse in your hand. **Koshihikari** (越光) is the Japanese benchmark, grown in Niigata; in the US **Tamaki Gold** (California-grown koshihikari) is the chef-default. Calrose (Kokuho Rose, Nishiki) is a medium-grain substitute — workable, not summit-grade. Jasmine, basmati, arborio are wrong for this dish; use them for other things.

Wash. The starchy coating on the grains must be removed, or the cooked rice is gummy, grey, and pasty. This is the *togi* ritual: cover with cold water, swirl three times with a cupped hand, drain. Repeat until the draining water is nearly clear (not perfectly clear — a slight cloud is OK, actually preferred). Most US home cooks wash once and cook; most US restaurants wash once and cook. That is not sushi rice; it is rice soup.

Soak. After washing, rest the drained rice 30 min before cooking. This hydrates the grains from the outside in, so the cook achieves even gelatinization. Skip the soak and the center of each grain stays chalky while the outside is over-cooked.

Season. The seasoning liquid — *sushi-zu* — is rice vinegar + sugar + salt (+ optional kombu) dissolved in careful proportion. The traditional ratio is 5:2:1 by weight (vinegar : sugar : salt). Fold it into hot rice with a *shamoji* paddle using a slicing motion (never stirring — stirring crushes grains and turns it into paste), while simultaneously cooling the rice with a fan. The cooling is what makes each grain distinct and glossy. This is *shari-kiri* — literally "cutting the rice." It takes about 10 min and is where the magic happens.

Get all four right, and the same bowl that was gummy grey is now glossy, slightly translucent, separate-grained, mildly tangy from the vinegar, sweet from the sugar, clean-finishing from the salt. A chef rice. The base layer for every future Japanese preparation in this library: [miso-salmon-sv](#) donburi, [kanpachi-crudo](#) over warm shari, [tuna-tartare-sherry-soy](#) on shari, and the proposed hamachi-crudo, tiradito-pargo, onigiri and chirashi dishes all sit on this foundation.

Specs

<p>YIELD</p> <p>~1.1 kg cooked shari from 500 g dry rice · serves 4</p>	<p>VARIETY</p> <p>Koshihikari short-grain japonica only</p>	<p>RICE : WATER</p> <p>1 : 1.1 by weight (5 0 0 g rice : 5 5 0 g water)</p>	<p>SUSHI-ZU RATIO</p> <p>5 : 2 : 1 · vinegar : sugar : salt (by weight)</p>
<p>DIFFICULTY</p> <p>Intermediate</p> <p>●●●○○</p>	<p>ACTIVE TIME</p> <p>25 min</p>	<p>TOTAL TIME</p> <p>1 h 20 min</p>	<p>RICE WASHING GOAL</p> <p>Until water runs ~90% clear (not 100%)</p>
<p>COOKING METHOD</p> <p>Rice cooker OR stovetop heavy-bottom pot OR Thermomix TM6 (Varoma steaming tray)</p>	<p>SERVE TEMP</p> <p>Body-warm (~37 °C) — never cold, never hot</p>		

UMAMI ADAPTATION

What Changed & Why

The two-tier question here is almost entirely about *rice quality*, followed by *vinegar quality*. Technique is identical — same wash, same soak, same rice-to-water ratio, same shari-kiri. The ● Tier A (Everyday) uses California koshihikari (Tamaki Gold at Whole Foods or Kimchi Mart) + Mizkan rice vinegar + C&H sugar + Diamond Crystal kosher salt — produces a legitimate sushi rice, indistinguishable to non-experts from

restaurant-grade. The ● Tier B (No-Limits) uses Japan-direct koshihikari from Niigata (Yoshimasa Tamaki) + Iio Jozo 120-year-aged rice vinegar + hon-zara (fine Japanese-method cane sugar) + Hakata shio-seishi salt — produces a shari that an Edomae-trained sushi chef would recognize as high-tier. The difference is real but subtle; Tier A is the correct answer for 90% of home use, Tier B is the correct answer for the one special dinner where the fish sourcing also justifies it (bluefin o-toro, fresh-caught Oma tuna, Hokkaido uni). Do not waste Tier B rice under a Whole-Foods yellowtail.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	'Rinse rice once, cook in rice cooker, mix with bottled sushi vinegar' — the common US home approach	Four-stage protocol: wash 5-8 times until ~90% clear · soak drained rice 30 min · cook 1:1.1 ratio · shari-kiri with self-made sushi-zu while fanning to cool	Each stage compounds: unwashed rice is gummy, unsoaked rice is unevenly cooked, wrong ratio is mushy or chalky, stirred-not-sliced rice is paste. Following the full protocol is the difference between 'rice-looking-sushi' and actual sushi.
ADD	—	Kombu added to cooking water (optional enhancement) — 1 piece × 5cm kombu on top of the rice during cooking, removed before mixing	This is a Japanese restaurant-grade detail rarely seen in US recipes. The kombu adds a subtle glutamate-umami backnote to the rice itself that makes the eventual sushi-zu seasoning feel rounder. Not technically traditional (purists object), but it is a documented move in some serious Tokyo-tradition sushi kitchens. Omit if keeping strict tradition.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
ADD	—	Self-made sushi-zu (vinegar + sugar + salt in 5:2:1 by weight, dissolved cold or gently warmed) — never bottled commercial sushi vinegar	Bottled sushi vinegar (Mizkan, Nakano) uses high-fructose corn syrup, preservatives, and flavor extenders. Making the sushi-zu yourself from plain rice vinegar + sugar + salt is 90 seconds of work and gives a cleaner, adjustable result. Once you taste the difference you will not go back to bottled.
ELEV	Mix rice and sushi-zu in the same pot it was cooked in	Transfer hot rice to a wide wooden or cedar hangiri tub (or a wide glass baking dish as substitute) — fold the sushi-zu in with a shamoji slicing motion while simultaneously fanning with a stiff paper fan	The wide vessel maximizes surface area so the rice cools quickly (target: body temp 37 °C in 10 min). The wood (or at minimum the wide vessel) absorbs excess moisture, giving glossy not wet rice. Fanning as you fold is what produces the characteristic shine. Stirring in a deep pot produces gummy paste regardless of vinegar quality.
SKIP	Adding sake to the cooking water 'for fragrance'	Plain water (plus optional kombu). No sake, no mirin, no sugar in the cooking water.	Sake in the cooking water is a minor chef-move that does nothing perceptible in a home kitchen. The sushi-zu seasoning carries all the flavor. Save the sake for drinking with the finished sushi.

What You Need

● Everyday

The Rice

- 500 g (2½ cups) **California-grown koshihikari — Tamaki Gold** (Whole Foods Coral Gables / Brickell, or Kimchi Mart Palmetto Bay — see [sourcing/05-japanese-pantry](#)). Do NOT substitute jasmine, basmati, arborio, or generic "medium-grain" rice — *japonica* short-grain is mandatory.
- *Acceptable backup*: Nishiki or Kokuho Rose (medium-grain calrose) — workable but clearly inferior; use only if koshihikari unavailable.

The Cooking Water

- 550 g **filtered or spring water** — 1:1.1 ratio with rice (rice weight × 1.1 = water weight). Do NOT measure water by volume cups — small gram-weight differences matter here.
- Optional: **1 piece kombu, 5 × 5 cm** (Sam Yick Hong or Kimchi Mart) — laid on top of the rice in the pot; removed before fluffing.

The Sushi-Zu

- 50 g (~50 ml) **rice vinegar** — **Mizkan Genuine Brewed Rice Vinegar** (Whole Foods Japanese section, Kimchi Mart). Look for "brewed," avoid "seasoned sushi vinegar."
- 20 g (~1.5 tbs) **white granulated sugar** — any clean-brand (C&H, Domino). Avoid cane sugar or turbinado for this application (too molasses-forward).
- 10 g (~1.5 tsp) **fine sea salt or kosher salt** — Diamond Crystal kosher (standard kitchen salt); not Morton iodized.

● No Limits

The Rice (Tier B)

- 500 g **Japan-direct koshihikari** — **Yoshimasa Tamaki Koshihikari** from Niigata (via thejapanesepantry.com) or **Uonuma Koshihikari** (premium Niigata sub-region) via japanesetaste.com. The Niigata climate (cold mountain water, short summer) produces koshihikari with notably denser, sweeter grains than California.
- Alternative: **Tamaki Gold Haiga-Mai** (partially-milled, retains germ) — sushi pros mix haiga with white koshihikari 30/70 for a subtle nuttiness that premium *nigiri* counters favor.

The Sushi-Zu (Tier B)

- 50 g **Iio Jozo 'Fujisu' premium rice vinegar** — [markethallfoods.com] (<https://markethallfoods.com/>) · 120-year-old Kyoto vinegar house, their rice vinegar is the industry reference. The difference vs Mizkan is real — rounder, slightly sweet-sour-complex, not sharp.
- 20 g **wasanbon sugar** (Japanese heirloom cane sugar from Shikoku) — [The Japanese Pantry](https://thejapanesepantry.com). Very fine texture, dissolves instantly; slightly more complex than white sugar.
- 10 g **hon-uchi shio** or **Hakata shio-seishi** (Japanese artisan sea salt) — via [The Japanese Pantry](https://thejapanesepantry.com) or umami-mart.com.

The Vessel (Tier B)

- **Hangiri (shari-kiri tub)**, cedar, 30 cm diameter — [Korin NYC](https://korin.com) (\$120-220). The traditional Japanese sushi-rice mixing vessel. Absorbs excess moisture from the vinegar, adds subtle cedar aroma. Lasts 20+ years.
- **Shamoji (rice paddle)**, wooden or bamboo — Korin, \$8-15. A wooden shamoji does not crush grains during folding; plastic does.
- **Uchiwa (paper fan)** — the traditional fanning tool for shari-kiri. Any stiff fan works — a magazine folded over works in a pinch.

EQUIPMENT

Your Kit

- Digital scale (1 g resolution) — mandatory for rice + water + sushi-zu ratios
 - Fine-mesh strainer (for draining rice after wash)
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- Heavy-bottom pot with tight lid (3-quart) OR rice cooker OR Thermomix TM6 (Varoma steaming setup)
- Wide wooden bowl, glass baking dish, or hangiri — for shari-kiri (the rice-cutting mix)
- Shamoji rice paddle or wide silicone spatula
- Stiff fan (paper fan, folded magazine) — for fanning during shari-kiri
- Small saucepan or microwave-safe bowl — for dissolving sushi-zu

MISE EN PLACE

Before You Start

- Rice weighed 500 g, in a large bowl ready to wash.
- Cooking water measured 550 g, room temperature.
- Sushi-zu ingredients weighed: 50 g vinegar + 20 g sugar + 10 g salt, in a small saucepan or bowl.
- Shari-kiri vessel (hangiri or wide wooden bowl) wiped with a damp cloth — this prevents rice from sticking. If using a new hangiri, soak it in water for 30 min before first use.
- Fan ready at the shari-kiri vessel.
- 30 min soak timer ready. 20 min cook timer ready. 15 min steam-rest timer ready.
- Service plan: shari is best within 2-3 hours of making, at body temperature. Plan your service timing backward from this.

MAKE-AHEAD

Timeline

- undefined
- undefined

METHOD

The Cook

1 Phase 1 · Washing (Togi) — 5-8 min

1. Place 500 g rice in a large bowl. Cover with cold filtered water (fill the bowl).
2. Swirl with a cupped hand in a gentle circular motion 3-4 times. The water will go milky-white immediately.
3. Drain through a fine-mesh strainer into the sink (do not lose rice grains — the strainer catches them).
4. Return drained rice to the bowl. Cover with fresh cold water. Swirl 3-4 times. Drain.
5. Repeat 5-8 times total, until the draining water is ~90% clear (light cloud still acceptable). Each subsequent wash the water gets noticeably less milky.
6. After the final wash, drain thoroughly in the strainer — shake off excess water. The rice should look nearly dry (rice grains still cling to each other slightly).



WHY THIS WORKS

Milled white rice grains carry surface starch (broken starch from the milling) that if cooked in place becomes paste. Washing removes this surface starch without removing the structural starch inside each grain. The goal is not to strip all starch (that would make the grains non-cohesive) — it is to remove the broken outer-surface dust. The ~90% clear target is the right balance; 100% clear means you washed too aggressively.

2 Phase 2 · Soaking — 30 min

1. Transfer drained rice to the cooking pot or rice cooker inner bowl.
2. Add the 550 g of cold filtered water (1:1.1 ratio with the rice weight).
3. Optional: lay the 5×5 cm piece of kombu on top of the rice, covered by water. Do not submerge/press it.
4. Do not turn on the heat. Rest at room temperature 30 min (set a timer). Do not stir during the soak.
5. During the soak, make the sushi-zu (Phase 3). Both happen in parallel.



WHY THIS WORKS

The drained washed rice is wet on the outside and dry inside. Direct heat would cook the outside before the inside is hydrated, producing chalky centers. The 30-min cold soak lets water migrate from the outside in by capillary action — every grain is evenly hydrated before cooking begins. Most US cooks skip this step; it is the single biggest difference between US home-sushi rice and real sushi rice.

3 Phase 3 · Making the Sushi-Zu — 5 min, done during soak

1. In a small saucepan or microwave-safe bowl, combine 50 g rice vinegar + 20 g sugar + 10 g salt.
2. Heat gently (low stove or 20-second microwave bursts) — DO NOT BOIL. Target: 40-50 °C, warm to the touch.
3. Stir with a spoon or whisk until sugar + salt fully dissolve (30-60 seconds at 40 °C). If you see any undissolved crystals, warm for another 10 seconds.
4. Remove from heat immediately once dissolved. Set aside at room temperature. Do not refrigerate — room temp is the correct folding temp.



WHY THIS WORKS

Gentle warming dissolves sugar and salt in the vinegar without driving off the vinegar's volatile acidity (acetic acid is the reason sushi-zu tastes bright). Boiling would evaporate the acid and leave flat-sweet-salty syrup. Target temp is 40-50 °C — warm enough to dissolve, cool enough to preserve the tang.

4

Phase 4 · Cooking — 25 min

1. **STOVETOP METHOD** (recommended for chef control): Cover pot with tight lid. High heat until you see steam escaping around the lid (~5 min, do NOT open). Reduce to LOW heat (smallest burner, lowest setting) and cook 15 min. Remove from heat, leave LID ON. Rest 15 min off heat. Do not lift the lid until the 15 min are up.
2. **RICE COOKER METHOD**: Use the 'white rice' or 'sushi' cycle. No need to babysit. Rice cooker's final steam rest is built into the cycle.
3. **THERMOMIX TM6 METHOD**: Put 550 g water in the TM6 bowl with a pinch of salt. Put rinsed + soaked rice in the Varoma steaming tray. Steam 25 min / Varoma / speed 1. Transfer to hangiri immediately.
4. After cooking + steam rest, remove any kombu piece (compost or save for dashi). Rice should look glossy, plump, fully expanded — each grain distinct but touching.



WHY THIS WORKS

During cooking, the hydrated rice reaches ~100 °C as the water boils, then drops to a simmer below the lid. Starch gelatinizes fully (grains become translucent and tender). The 15-minute steam rest off heat is critical: residual steam redistributes through the grain, finishing the gelatinization without any direct heat. Lifting the lid early releases this steam prematurely and leaves grains under-cooked at their cores.

5

Phase 5 · Shari-Kiri (The Rice Cutting) — 10 min

1. Transfer hot cooked rice to the hangiri or wide bowl. Spread evenly across the vessel — thin layer for fast cooling.
2. Pour the sushi-zu evenly across the rice surface, using a spatula or shamoji to scatter it. Do not concentrate in one spot.
3. With the shamoji in a SLICING motion (perpendicular to rice, cutting left-right + front-back, never stirring in circles), fold the vinegar into the rice. Think of it as dealing cards — quick, sharp, gentle.
4. Simultaneously, fan the rice with a paper fan or stiff magazine folded double. Fan with the non-shamoji hand. Continuous fanning.
5. Continue cutting + fanning for 8-10 min until rice is body-warm (37 °C), glossy, and the grains are separate (not mashed). Taste one grain — should be slightly tangy, sweet-salty-savory balanced.
6. Cover with a clean damp kitchen towel. Rest 5-10 min before use. This is your finished shari.



WHY THIS WORKS

The hot rice is absorbing the sushi-zu at every grain surface. Fanning evaporates excess moisture — the vinegar is liquid; fanning turns some of it to vapor, leaving the flavor compounds on the grain surface while the grain remains glossy and not wet. Slicing motion prevents grain crushing (stirring crushes, cutting separates). The body-warm target temperature is the right serving temp — below body-warm the rice tightens and becomes firm, above body-warm the fish can cook from contact.

QUICK REFERENCE

Timing Cheat Sheet

STEP	TIME	CUE
Start washing rice	T- 1 h 2 0 m	500 g rice in bowl, cold water, swirl 3×, drain, repeat 5-8× to ~90% clear
Begin 30-min soak	T- 1 h 1 0 m	Drained rice + 550 g water + optional kombu in pot, rest at room temp

STEP	TIME	CUE
Make sushi-zu	T- 1 h 0 0 m	50 g vinegar + 20 g sugar + 10 g salt · warm to 40 °C, dissolve, cool to room
Begin cook	T- 4 0 m	High heat, tight lid, until steam visible (~5 min)
Low heat simmer	T- 3 5 m	Lowest heat, lid on, 15 min, no peeking
Remove heat, steam rest	T- 2 0 m	Off heat, lid still on, 15 min undisturbed
Remove kombu, transfer to hangiri	T- 5 m	Hot rice to wide vessel, thin even layer
Pour sushi-zu, begin shari-kiri	T- 5 m	Scatter vinegar evenly; slice + fan simultaneously
Cut & fan for 10 min	T+ 0 m → T+ 1 0 m	Body-warm, glossy, separate grains
Cover with damp towel	T+ 1 0 m	Rest 5-10 min before service
Serve	T+ 1 5 m onward	Body temp (37 °C), within 2-3 h of making

TROUBLESHOOTING

Emergency Protocols

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DEEP DIVES

Technique Notes

Universal: The 90% Clear Water Goal

JAPANESE FOUNDATION · WASHING

The target for rice-washing is water that is roughly 90% clear, not 100% clear. A faint cloud is acceptable; water you can see the bottom of the bowl through is the right stop point. Washing until the water is crystal clear strips too much starch — the grains become non-cohesive and won't hold nigiri form. Five to eight rinses usually hits the target; count them and stop when the rinse water is noticeably less milky than the first one.

Universal: The Soak is Non-Negotiable

JAPANESE FOUNDATION · HYDRATION

The 30-min cold soak after washing, before cooking, is the step that separates real sushi rice from imitation. Skipping it is the most common error in US home-sushi. The soak lets water migrate into each grain by capillary action, so when cooking begins every grain is uniformly hydrated. The result: even gelatinization, no chalky centers, glossy translucent cooked grains. If you skip the soak: your rice will be grey-white outside, chalky inside — a textural tell that instantly marks it as amateur.

● **Universal: Slicing, Not Stirring (Shari-Kiri Motion)**

JAPANESE FOUNDATION · FOLDING

The shari-kiri motion is called 'cutting the rice' for a reason. Use the shamoji (rice paddle) in a sharp, flat, perpendicular slicing motion — down-and-sideways, down-and-sideways, rotating the vessel every 3-4 cuts. Imagine cutting a cake sideways: the paddle slices, never stirs. Stirring or mixing in circles crushes the cooked grains and releases their inner starch, producing paste. Slicing separates the grains from each other while coating each one with the sushi-zu. The fan action (non-shamoji hand) cools the rice simultaneously — the fanning is what produces the characteristic glossy-not-wet finish.

● **Japanese Foundation: The Sushi-Zu Ratio Math**

JAPANESE FOUNDATION · SEASONING

The traditional Tokyo-tradition sushi-zu ratio is 5 : 2 : 1 by weight (vinegar : sugar : salt). For 500 g dry rice (~1.1 kg cooked), the ratio becomes 50 g vinegar + 20 g sugar + 10 g salt (total 80 g seasoning for 1.1 kg shari, or roughly 7% by weight). Regional variation: Kansai-style runs slightly sweeter (5:3:1), Tokyo-tradition runs slightly sharper (6:2:1). The 5:2:1 standard is the default and travels well. Memorize this ratio — it scales linearly. For 250 g rice → 25 g vinegar + 10 g sugar + 5 g salt. Always mass-weigh, never volume-measure.

● **Advanced: Kombu-Infused Cooking Water (Restaurant-Tier Detail)**

JAPANESE FOUNDATION · UMAMI ENHANCEMENT

Some high-tier Tokyo-tradition sushi restaurants lay a 5×5 cm piece of kombu on top of the rice during cooking (not submerged — just resting on top). The gentle glutamate release during the cook builds a subtle umami backnote into the rice itself that makes the eventual sushi-zu seasoning feel rounder. Removed before fluffing. This is not strictly traditional (purists object that the rice should carry only its own flavor until the sushi-zu is applied), but it is documented practice in some of the most serious sushi kitchens. For a quiet flex on a high-stakes dinner, the kombu-rice adds a 3-4% umami lift that is noticeable side-by-side. Optional, not mandatory.

● **Advanced: The Haiga Blend (30% Haiga + 70% White)**

JAPANESE FOUNDATION · GRAIN SELECTION

Haiga-mai is partially-milled rice — the bran is removed, but the germ is retained. More nutritious, slightly nuttier in flavor, slightly firmer in texture than full-white koshihikari. At summit-tier sushi counters, the shari is often blended: 30% haiga + 70% white koshihikari. The result has more textural complexity (separate grains with a subtle chewiness) and a flavor backnote of rice-germ that pairs particularly well with richer fish (bluefin toro, uni, eel). The blend is unusual in home kitchens; worth experimenting once you have the base protocol nailed.

PAIRING

What to Drink

🔥 **Application · Miso Salmon Donburi**

Serve miso-salmon-sv over warm fresh shari, scallion greens scattered, a drizzle of the bag juices

The SV miso-salmon is intentionally rice-friendly — the miso-mirin bag juices are the donburi sauce. Warm shari absorbs them; fish rests on top at body temp. The missing half of that recipe has been 'what rice do you put it on?' — this recipe answers it.

🔥 **Application · Kanpachi Crudo over Shari**

Spread warm shari in a shallow bowl, drape kanpachi-crudo slices on top, finish with shiso oil, yuzu zest, a line of tobiko

Transforms the crudo from an individual plated course into a more generous shared-bowl chirashi-style service. Works with any crudo in the library (tuna, swordfish, proposed hamachi).

Application · Future Nigiri Program

Form 18 g portions of shari into ellipsoidal mounds (~4 cm long × 2 cm wide × 1.5 cm high), top with 10-12 g slices of sashimi-grade fish, tiny touch of wasabi between

Classical nigiri. The ratio of shari to fish (~2:1 by weight) is the Edomae standard.

Once you have this protocol down, nigiri is within reach — the fish sourcing (Honolulu Fish Co, see 03-seafood) is the other half of the puzzle.

Beverage — Sake

Tier A: Dassai 39 Junmai Daiginjo (Total Wine, ~\$35/720ml) · Tier B: Tenzan Shuzo Junmai Daiginjo 'Mitsutake' direct from a specialty sake retailer

Sake with sushi is the canonical pairing. A clean, slightly fruity junmai daiginjo cuts the rice's vinegar-sweetness and complements delicate fish. Avoid heavy, warm-service sake with raw preparations — that is for cooked stuff.

CONTEXT

Menu Ideas

Weeknight Lazy Donburi (Solo or 2)

Make a half-batch of shari (250 g rice). Pair with miso-salmon-sv (bought a 200 g portion). Scallions + toasted sesame. 30 min of total effort, restaurant-quality bowl.

Saturday Sushi Dinner for 6

Full batch shari. Pair with an assortment from Honolulu Fish Co: 2 lb sashimi bluefin, 2 lb kanpachi, 1 lb uni. Wasabi, soy, pickled ginger. Everyone builds their own nigiri + temaki. The Saturday-night experience restaurants get \$200/head for.

Chirashi Bowl

Spread warm shari in a shallow wide bowl. Top with: 4 slices kanpachi + 4 slices tuna + 2 tbsp uni + 2 tbsp salmon roe + shredded cucumber + julienned shiso + tobiko. Drizzle shoyu. One-bowl sushi without rolling. Pablo-hosting friendly.

Spanish-Japanese Fusion Nigiri

summit-tier move: 4 nigiri, topped each with: (1) Ibérico Presa thin-sliced (Chèvre Miami Covap), (2) soft-scrambled sobrasada on shari, (3) mackerel + sobrasada-honey-butter brush, (4) traditional bluefin. The cross-cultural flex this library is built for.

Onigiri Meal-Prep

After making shari, form portions into triangular onigiri (120 g each), wrap in nori strips. Stuffing options: umeboshi (Japanese pantry staple), grilled salmon flake, fermented hot sauce + tuna. Refrigerate for 48 h lunch. Pablo's work-from-home lunchbox.

YOUR NOTES

Cook Log

Session Notes

Date: _____ · Serves: ____ · Rating: __ / 5

Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.



Stop following recipes. Start understanding food.