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Sushi Recipe

Sushi is a delicious, healthy and easy to prepare food. Deciding on and finding your ingredients, preparing the beautiful presentation, and enjoying your creation are all part of the fun of sushi. Finding a great sushi recipe is the first step in putting together a wonderful meal. Sushi, traditionally, refers to rice, but it has developed to include the whole concept of the finger food. It commonly is a fish or vegetable, served with vinegar rice. A sushi recipe can be presented in several ways. Some common ways are wrapped in seaweed, served in a bowl, in bite size pieces or in a cone type wrap. Wide ranges of vegetables, seafood, and shellfish are used throughout a sushi recipe. There are some common ingredients that you should always have on hand to prepare a good sushi recipe. These include seaweed, called nori, rice, and sushi vinegar. These are the base ingredients you will need to start with for any sushi recipe. Several sauces such as soy sauce, and wasabi; a spicy paste like substance, are commonly served with sushi to enhance the flavor. Common vegetables in a sushi recipe include carrots, cucumber, peppers, and avocado. Common seafood used in sushi recipes are crab, salmon, octopus, and shrimp. This is by no means an exhaustive list of what you can use in your sushi recipe. The sky is the limit. Get creative as you like with your sushi recipe. Where can you find a good sushi recipe? There are several great places where you can find a good sushi recipe. A great place to start is the Internet. By doing a quick search through a search engine for sushi recipe, you can find some great websites that will provide you with a great sushi recipe. Often, they will provide you with detailed pictures and instructions that can help when preparing your sushi recipe. Also, try bookstores for their cookbook selections or local sushi restaurants to see if they will share their sushi recipe. There are several pieces of kitchen equipment that can help you in preparing a sushi recipe. One of the most important pieces of equipment is a sharp knife. A sharp knife is essential in cutting and preparing the ingredients for your sushi recipe. It will allow you to cut your fish into thin slices, slice vegetables into attractive shapes and designs, and do all of these with ease. Another very helpful piece of equipment is a bamboo mat, traditionally called sushimaki sudare or makisu. This mat is what you use when you roll your sushi such as in a California roll. It is possible to roll with your hands, but the rice can be very sticky, so the mat can help eliminate a little frustration while preparing your sushi recipe. Other equipment such as rice cookers and sushi presses can also help make the preparation quicker, but they are not essential for preparing a good sushi recipe. A final touch in the presentation of your sushi recipe is the plates and dishes you serve them on and the utensils that you use to eat them. Patterned china dishes, saucers, and cups are a beautiful touch. You can also use matching dispensers for items such as soy sauce. Often, chopsticks are used when eating sushi. Chopsticks come in all styles from wooded to metal and can complement your presentation beautifully. You can also eat sushi with your fingers, so make sure to have some nice matching napkins with the dishes. It is easy to find the ingredients you need to complete your sushi recipe. Sushi recipes generally use basic ingredients that can be found easily. Many of the ingredients, if not all, can be purchased at most local grocery stores. If your grocery store does not carry what you need, try asking them to bring it in. Many companies will bring in supplies that are requested by their customers. For more complicated recipes that require special ingredients, many Asian specialty stores carry the more obscure ingredients on a regular basis. These stores can provide hard to find sushi recipe ingredients, often directly from Asian suppliers. A final option for finding your sushi recipe ingredients is online. There are countless websites that you can use to order everything from your good ingredients to equipment to finishing touches such as utensils. Sushi is a wonderful food style. It's fun to follow a sushi recipe and see your final result. Many people consider preparing a sushi recipe an art form. It can be an exciting addition to your family dinner or an impressive dinner party concept. With a great sushi recipe, you can make out standing delicacies. It can be a great bonding event; gather the family together and everyone can make their own sushi dish. Grab your sushi recipe, your ingredients, your equipment, and have some fun.

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