

Sushi Song







Sushi Son9

See the smiling Sushi Chef chopping seaweed salad. Miso soup, sashimi rolls, rice and fishy ballads.

Wasabi!
Just a bit or quite alot.
Wasabi!
That's a special Kind of hot.

See the smiling Sushi Chef making futomaki. Get your chopsticks and soy sauce; a meal that's all umami.



Fun Facts about Sushi

It takes ten years to become a master sushi chef.

Seaweed salad, or goma wakame in Japanese, is made with undaria pinnatifida, an edible seaweed used widely in Japanese cuisine.

Traditional **miso soup** is a simple combination of dashi (broth) and miso (fermented soybean paste). Miso soup is a staple food in Japan.

A **sashimi roll** is a traditional sushi roll consisting of fish, veggies and rice, rolled up in seaweed.

Futomaki is a large, thick sushi roll that usually contains anywhere from four to 10 or more different ingredients.

Authentic **wasabi** comes from a rare and expensive plant known as "Japanese horseradish". Wasabi has a similar taste to hot mustard in that its spiciness hits the nose rather than the tongue like a chili pepper does. Most wasabi is coloured European horseradish.

Umami is one of the five basic tastes, along with sweet, sour, salty and bitter taste sensations. It's most commonly defined as savoriness or meaty.

