

Sushi course Assignment #1: planning sheet

Theme: “Salmon or Tuna Nigiri”

Assignment date:

Ingredients & Tools

Items	Buy?	Where?	When?	Memo / Questions
Salmon				
Rice				
Rice vinegar				
Sugar				
Salt				
Soy sauce (to serve)				
Weight scale				
Colander				
Knife				
shamoji				
Fukin (kitchen towel)				
Timer or stopwatch				
Camera or mobile phone camera				
Plate for final products				
Container for Tezu				

Cooking

Preparations		Time	Memo / Questions
Prepare all items & ingredients on the table			
Sharpen knife			
Buy salmon			
Procedures		Time	Memo / Questions
1.	Measure rice		
2.	Wash rice		
3.	Cook rice		
4.	Prepare sushi-zu		
5.	Prepare fish		
6.	Season rice		
7.	Nigiri		
8.	Plating		
Other			