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 |  |  |  |  |
| Say 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 |  |  |  |  |
|  |  |  |  |  |
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| --- | --- | --- | --- |
| **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** | | | |
|  | | | |