



## SUSHI BY NANA



### Tirasi (Mixusu) Mixed rice sushi

Pictured is a mixture of vinegar, rice, mushrooms, carrots, boiled shrimp (usually chicken), and boiled and cut snap peas. To make it beautiful to mixture is topped with sliced eggs, and all ingredients.



### Nigiri (Raisuboru) Rice ball sushi

The orange sushi pictured is **Sushikko** (seasoned Capelin Roe). A rice ball is first wrapped with seaweed leaving a pocket at the top. The pocket is filled with the Sushikko. It's fun and noisy to eat - lots of crunchy popping going on!

The brown sushi pictured is **Unagi** (freshwater eel, and sounds scary ("Eeeee!! Eel!")). It's cooked, and it's all made in Japan, or Korea, and then shipped around the world. The Unagi is placed on top of the rice ball and wrapped with dry seaweed.

The light yellow pictured is **Tamago** (pan fried egg sliced and placed on top of the rice ball and wrapped with dry seaweed).

### Maki (Ro-Ru) Rolled rice sushi

The roll pictured here has a blend of egg, the green is MiTuBa (a Japanese parsley), shrimp, and dried raddish.

**Avocado** provides a surprisingly noticeable quality of richness to sushi. If you're hungry and vegetarian..



**Cucumber** is also a surprise. It's very refreshing and cool, and will lend a nice crunch to mushy dishes.

## Basic Sushi Ingredients



Pictured left are Basic Sushi Ingredients and Materials



Pictured right are the ingredients prepared ready to make the sushi



Rice



Eggs



Imitation Crab



Fish Eggs (Roe)



Fish Cake



Sesame Seeds



Fish Sausage



Bamboo Roller



Radish



Sesame Oil



Sushi Seasoning

## **San Francisco Bay Area Shopping locations for ingredients:**

Ninja Market (Japan Town)  
1737 Post Street  
San Francisco, CA 94115

Korean Plaza  
2370 Telegraph Avenue  
Oakland, CA 94612

Country Square Market  
510 Contra Costa Blvd.  
Pleasant Hill, CA 94523

## **Honolulu Hawaii Shopping locations for ingredients:**

Ninja Market  
1009 University Ave.  
Honolulu, HI 96826  
(808) 979-8977