

Everything You Need to Know to Make Sushi and Finding Fascinating

Japanese Foods Products

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Today, with the world's population increasing and people becoming more health-conscious, there is a growing demand for seafood in countries around the globe. Raw seafood dishes, such as sashimi and sushi, from Japan's food culture are quickly gaining popularity in Europe, the US, and China, among other places. Japan's seafood quality is highly praised globally due to the careful handling of the catch and advanced cold-chain technology that ensures the fresh supply of safe and trustworthy raw seafood. As of 2013, more than 55,000 Japanese restaurants were open worldwide, and this number continues to grow year by year. However, in many countries where the food culture of eating raw fish has not taken root, sushi is often adapted to suit the local market. Unfortunately, accidents related to raw fish occur frequently, and restaurants that prioritize food safety still feel uneasy about this situation. The basic principle of sushi preparation is hygiene. To alleviate such concerns and ensure safe consumption of raw seafood, methods for making sushi rice to prevent bacteria growth caused by raw fish, techniques for preparing and processing fish (including marinading, salt-treating, vinegar-treating, blanching, searing, and washing), and fish preservation methods (such as refrigeration, freezing, thawing, and maintaining freshness) will be introduced.

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