

DID YOU KNOW?

Sushi is originally a Japanese delicacy consisting of rice, fish and fresh vegetables. Over the years it has become a popular food genre around the world.

It's carefully prepared, and beautifully presented. Sushi is like eating a piece of edible art. It takes years of disciplined training and an apprenticeship to become a master sushi chef. This intense training could take anything from 5 - 20 years.

The Etiquette of Sushi Eating

Eating Nigiri & Sashimi

traditionally eaten with the fingers (thumb & middle)

Which Way In?

always place sushi fish side down on the tongue to allow the complex flavours to be tasted before swallowing

Adding Soy

to prevent masking the subtle flavours of the sushi, only ever dip the fish in soy, not the rice as it absorbs too much of the soy which can be overpowering

Adding Wasabi

avoid mixing wasabi into your soy sauce as the chef has painstakingly balanced the flavours - it's considered an insult to the master chef

When Do I Eat The Ginger?

ginger is a palate cleanser and should be eaten between different kinds of sushi, and never with sushi

Chopstick Points

avoid rubbing your chopsticks together as it's considered extremely rude

ask for a new set of chopsticks if you happen to find a splinter

keep your chopsticks lying straight head on your bowl, when resting - avoid crossing them at any time

“ Making sushi
is an art,
and experience
is everything. ”

Nobu Matsuhisa -



SUSHI by 12A

created by
Chef Sarawut Sukkowplang