

SUSHI

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Sushi is a Japanese food consisting of cooked vinegared rice (shari) combined with other ingredients (neta). Neta and forms of sushi presentation vary, but the ingredient which all sushi have in common is shari.

History The original type of sushi, known today as nare-zushi was first developed in Southeast Asia, and spread to south China before introduction to Japan. The term sushi comes from an archaic grammatical form no longer used in other contexts; sushi means «sour-tasting», a reflection of its historic fermented roots.

The fish proteins break down via fermentation into its constituent amino acids. The fermenting rice and fish results in a sour taste and also one of the five basic tastes, called umami in Japanese. In Japan, narezushi evolved into oshizushi and ultimately Edomae nigirizushi, which is what the world today knows as «sushi».

Contemporary Japanese sushi has little resemblance to the traditional lacto- fermented rice dish. Originally, when the fermented fish was taken out of the rice, only the fish was consumed and the fermented rice was discarded.

The contemporary version, internationally known as «sushi», was created by Hanaya Yohei (1799 – 1858) at the end of the Edo period in Edo. The sushi invented by Hanaya was an early form of fast food that was not fermented and could be eaten with one's hands at a roadside or in a theatre. This sushi was known as Edomae zushi because it used freshly caught fish in the Edo-mae.

Types of sushi The common ingredient across all the different kinds of sushi is sushi rice. The variety in sushi arises from the different fillings and toppings, condiments, and their preparation. However, despite its popularity among movie stars and health-conscious people, sushi can be high in mercury or infested with parasites.

Sushi, however, contains some essential omega-3 and omega-6 fatty acids that your body needs every day. The popular California roll has around 250 calories with under 10g of fat, 38g of carbs, and 9g of protein. The Shrimp tempura roll which contains a batter and fried oil contains over 500 calories, 24g of fat, 64g of carbs, and 20g of protein. One of the main concerns with sushi is that it has too many carbohydrates.

Here are 7 tips for eating healthier next time you go out for sushi:

1. Fill up on sashimi. Sashimi is raw fish.
2. Opt for brown rice. Many sushi restaurants offer rolls made with brown rice instead of white rice
3. Drink lots of water and green tea. Water will help curb your appetite and boost your metabolism. Green tea is a miracle drink that helps drop body fat.
4. Minimize the creamy sauces. If it's creamy, it's probably made with mayonnaise.
5. Avoid anything with the word tempura in it. If it says «tempura» then it means that the ingredient is deep-fried.
6. Sprinkle reduced sodium soy sauce on your sushi or sashimi.
7. Mind your portions. Since sushi usually comes in smaller servings.

When asked what sushi is, most people will quickly respond «raw fish» when asked what it is but they would only be partially correct. Technically, sushi is a type of rice. We have come to understand sushi, however, as a variety of Japanese food including sushi rice and all of the foods served with it, often raw fish.

Sashimi is for sushi snobs and definitely isn't as popular but maybe the healthiest. It is sliced pieces of raw fish often served over sushi rice with wasabi. These can be healthy as well as long as you trust the sushi chef. Food safety is key when determining if sashimi is healthy.

Seafood and any raw meats have a higher chance of being contaminated than vegetables or rice. For this reason, you want to choose a sushi restaurant with a good reputation and clean atmosphere.

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