



# SUSHI

Sushi is a food preparation originating in **Japan**, consisting of **cooked vinegared rice** combined with a variety of ingredients such as **raw seafood, vegetables** and sometimes **tropical fruits**. Ingredients and forms of sushi presentation vary widely, but the ingredient which all sushi have in common is rice, by contrast, raw fish sliced and served without rice is called **sashimi**. Both are commonly served with **pickled ginger, wasabi, and soy sauce**. Sashimi and sushi containing raw fish present a risk of infection by **parasites**: for this reason EU regulations forbid the use of fresh raw fish. In order to be consumed raw, the fish needs to be frozen at **temperatures below  $-20^{\circ}\text{C}$**  for no less than 24 hours. As such, a number of fishing boats, suppliers and end users freeze fish for sushi to temperatures as low as  $-60^{\circ}\text{C}$ . As well as parasite destruction, this kind of super-freezing also prevents the **oxidation** of the blood in tuna flesh, thus preventing discoloration.



Click on the picture for a video of this **RECIPE**