Sushi, please.

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Sushi is a wonderful dish, but does it yield any history? As a result, my topic was chosen. There was a lot I never knew about sushi. For instance, I have always thought it originated in Japan, but I was surprised to know that it actually started in Southeast Asia as a way to preserve fish. Eventually, it is has become a common cuisine.

Sushi-Master states, “We can trace sushi’s origin back to the 4th century BC in Southeast Asia.” It was called Nare-zushi. First, they salted the fish and wrapped it in rice to ferment it. Then, they waited until the needed or wanted to eat it. Finally, they’d remove the rice and eat just the fish. It came to China around and around the 8th century AD, spread to Japan. Japan made it into a meal rather than a preservation. The new, revolutionized, “fast-food” version of sushi was invented by Hanaya Yohei towards the end of the Japanese Edo period.

There are many different kinds of sushi eaten today. The most popular sushi is actually the nigiri-zushi. Nigiri-zushi is a mound of rice, shaped in the palms, topped with a bit of wasabi and a sliced topping. Maki-zushi, which is the second popular, is the rolled, cylindrical sushi. Other types of sushi include Oshi-zushi, Chirashi-zushi, Temakizushi, and Temari-zushi.

One of the basic and important ingredients in sushi is the sushi rice. The sushi rice is short grain, white rice with rice vinegar. In the same fashion, seaweed wrappers, called nori, are also important. The nori is always toasted before being used for sushi. Thus, it is easy for sushi to be rolled. Some kind of seafood is needed also. For instance, the most popular kind is fish. Wikipedia says that some examples of common fish used are “tuna... yellowtail, snapper, conger, mackerel, salmon, and eel.” Other ingredients may include vegetables, a sauce of some kind, and omelette, a paper-thin omelet.
Furthermore, sushi has really evolved over many years. It is no longer just a preservation of fish, but a yummy treat and also an art form. Nowadays there are more and more sushi restaurants everywhere you go. For example, sushi has even adapted to the United States as they invented the “California Roll.” As a result, it is mine and hundreds of other’s favorite food.
References Cited

